



At The Venetian | At The Palazzo | Las Vegas

Angela Gerken
Wellness Manager

As wellness manager at Canyon Ranch SpaClub at The Venetian and The Palazzo, Angela Gerken is responsible for instructing patrons in overall health including developing a mind-body balance through meditation. Gerken was first introduced to meditation growing up in Hawaii and has since expanded her knowledge base receiving certifications from Yoga Fit as a Yoga I and II instructor, a personal trainer accreditation from the American College of Sports Medicine and the Aerobics and Fitness Association of America certification.

Gerken has introduced the art of meditation and yoga by teaching physical control and clarity of mind throughout the past four years. Gerken incorporates meditation into every aspect of her life and seeks to share this life changing skill with others. She educates clients about wellness and the mind-body relationship and how meditation is the way by which people can obtain that deeper interconnection relieving stress, tension and becoming renewed and revitalized.

Her course at Canyon Ranch SpaClub caters to all levels and experience, navigating the mind to a Zen-like state in just 30 minutes.