

## Zeeya Jaffer, Bio

Zeeya Jaffer is a high-performance coach, Ayurveda wellness expert, and motherhood content creator who helps ambitious women optimize their mind, body, and life. As the founder of The Mother Circle and The Selfcare Club, Zeeya empowers moms to move beyond just surviving to truly thriving—finding balance in wellness, productivity, home life, and personal fulfillment.

By blending Ayurvedic wisdom with modern strategies, she supports women at every stage of motherhood, from postpartum recovery to long-term well-being. Zeeya is passionate about challenging the idea that motherhood and entrepreneurship require sacrifice. Instead, she advocates for a holistic approach that builds both personal strength and a sense of community.

Through her podcast, Wellness Deconstructed, Zeeya shares powerful insights and creates a supportive space where she demystifies wellness and advocates for mind-body-soul balance. Her journey as a wellness expert, home manager, property manager, and CEO reflects her dedication to living a balanced life and creating limitless possibilities.