

1.

TESSA SKOLA



Mobile:07779 297209 www.yogafitessa.com
CURRICULUM VITAE

TV demonstrations , Book, Video, Magazine features:

- 1987 Dr Shankara's Remedial Yoga for Health Video
- 1989-2001 Yoga and Health Magazine Various articles
- 1992 Miss London magazine
 Publicity for the East West Centre - London
 Advanced Yoga video - LifeWorks Yoga Productions
 Australian Post magazine
- 1996 "Living Yoga" by Ernest Coates Featured model
 Publicity for The Life Centre studio – Notting Hill
- 1998 Watchdog - BBC 1 Safety in yoga classes
 Looking Good with Toyah Wilcox - BBC2
 This Morning – Yoga demo ITV
- 1999 "Yoga step-by-step" by Godfrey Devereaux Featured model
 Best magazine
- 2000 Vogue Article for private yoga classes in London
 Classical Yoga video - Advista Entertainment
- 2001 "Beginners Yoga" by Frances Houlahan Featured model
- 2008 Cornish Guardian-Article on bodybuilding
- 2011 Essentials magazine. Woman & Home feature

Training:

- 1963 - 1975 Classical Cecchetti ballet training. Grades 1, 2, 3, 4 certificates with Honours
 Cornwall School of Dance
 Royal Ballet scholarship
 Brooking School of Ballet & Drama - London. Studying flamenco, Martha Graham
 contemporary dance.
- 1976 Member of British Actors Equity
 Dance performances in West End theatres, TV, Film "Rip Off"-Windmill Theatre
- 1977-2000 Solo acrobatic dance show - world tours
- 1981 Diploma for Jackie Genova's Dance Aerobics (trained by Jane Fonda)
 Course included: Anatomy, physiology, injury prevention, management.
 Demonstrations for TV AM, "Empire"-Leicester Square.
- 1983 Head Instructor of aerobics at the Institute of Dance, Athens, Greece.
- 1985 Boxing and Gym/Weights training at the Lonsdale Gym, Soho, London
 Established Tessa's Total Training in central London
- 1991 Studied Step Aerobics/Bodybuilding at Erica Mess's Gym - (bodybuilding
 champion) Rotterdam - Holland
- 1994 Diploma with the American School of Fitness and Nutrition. A+ pass
- 1998 NABBA diploma and lifetime member (The National Amateur Bodybuilders
 Association)
 Trained by and instructed for Clive Manley - owner of Physique and
 Maximum Fitness gyms - London.N1 and WC2
 Course included: Anatomy, nutrition, fitness assessments, machines and
 free weights and training through injury with the Back Pain Association

2.

2001 Established Total Training by Tessa in Cornwall and Devon
First Aid/DBS certificates with the Maritime Coastal Agency
2001-2014 HM Coastguard Search & Rescue Team – Polruan, Cornwall

Gyms:

1984-2006 Guest instructor/Yoga for bodybuilders included:
GOLDS GYM – Covent Garden- London
GOLDS GYM - Istanbul - Turkey
OLYMPIC GYM – North London
THE DORCHESTER – Park Lane- Fitness suite – Private clients
NAUTILUS HEALTH CLUB - Tel Aviv, KING SOLOMON HOTEL - Eilat, Israel
THE HEALTH SUITE - Beirut - Lebanon
YMCA - Vancouver - Canada
SPORTING CLUB - Salonika - Greece
THE HILTON HOTEL - Cairo, Egypt
LES MILLS GYM - Christchurch - New Zealand
THE SHARPER IMAGE - Cape Town - South Africa
THE HILTON HOTEL - Adelaide - Australia
BALTIMORE SPORTING CLUB - Maryland - USA
VERTICAL FITNESS CLUB - New York
THE GYM - Gamagori - Japan
THE FIT CLUB - Madeira
THE SPORTS CLUB - San Jose - Costa Rica
2000-2009 SNOWLANDS GYM-Cornwall. Instructor & gym receptionist
2000-
2002- **Personal training for several celebrities – at their homes/private gyms**
LISKEARD GYM–Cornwall. Private Instructor

Yoga:

1985-2001 Studied Classical Hatha Yoga with Frances Houlahan and assisted
classes at Danceworks - London
Attended courses, master classes and retreats at Sivananda Centre-Notting Hill
Satchidananda Integral Yoga - Brixton
The Iyengar Yoga Institute - London and Amsterdam
Dina Karim - First Floor Yoga - London
Jenny Beeken - Yoga of the Heart - England
David Swenson - USA
Angela Farmer - USA
Ernest Coates - student and assistant at East West Centre – London E1
1987 Studied with Carlo Patrian at the Institute of Yoga - Milan - Italy
Studied Iyengar yoga with Charles Hond - Rotterdam - Holland
1988 Diploma for Hatha Yoga from the British School of Yoga
Course included: Anatomy, physiology, history of yoga, asanas and
pranayama
Diploma to teach Hatha Yoga from White Lotus Foundation - Santa
Barbara, California .Studied with Ganga White, Tracey Rich, June DaSalvia
Course included: Classical, Iyengar, Kripalu and Vinyasa yoga.
Philosophy, pranayama and nutrition.
Attended classes with Bikram Choudray - San Francisco
1989 Advanced Teachers Intensive at White Lotus Foundation
Studied at the LA Yoga Centre with Yogi Baba
Studied with Giris and Naryani for 5 years at the Indian Centre London W2
Studied vinyasa yoga with Derek and Radha for 5 years -
Danceworks - London
Diploma with the Relaxation Therapists Association
Yoga and Healing classes for The Theosophical Society - London
and Australia
1993 Studied with Mark Boukhams at the Sumner School of Yoga - New
Zealand - offered assistants position
Studied vinyasa yoga with Godfrey Devereaux at the LifeCentre - London
1995 Studied with Ana Forrest – LA

3. Attended courses and classes at YogaWorks - Santa Monica USA
- 1996 Studied with Dharma Mitra at his New York Yoga Centre
Intensive Teachers Training Course with Donna Farhi - Utah USA
Course included: yoga therapy, bodywork and healing
- 2001 Yoga Therapists course with Matthew Taylor - Costa Rica
- 2002 Accepted by the USA Yoga Alliance Teachers Register for previous 18 years
study and instruction of Hatha Yoga
- 2004 Assisted and studied yoga therapy with Matthew Taylor
at his Rehabilitation Clinic in Phoenix, Arizona USA
Demonstrated new Osteoporosis programme.
- 2005 Conducted Hatha Yoga workshops for Plymouth University
Yoga for the elderly demonstrations for Age Concern
Attended well-being seminar with yoga therapist Dr. Dharma Singh Florida USA
- 2006- Personal Yoga Instruction – London/Devon/Cornwall
Individual, small groups, special occasions-weddings study days
Yoga Therapy training with Mirka Kraftstow – Maui, Hawaii

Healing:

- 2007-10 Crystal Healing/laying-on of hands. 3 diplomas, Louise Cheval, England.
- 2008 NABBA Toned Figure Trophy Second place
Yoga One .Chicago USA – group classes
- 2011 Bosweddon House – West Cornwall. Private yoga classes
Kernow priestess Goddess/Healing. 2 year training.
- 2015 Enrolled with International Yoga Therapists Association USA
- 2016 Healing instruction with Shaman Cusco, Peru
- 2017 Mount Shasta, California. Healing training Andrew Moyers
- 2019 “Sooty’s Rest” Healing & Yoga Opened- West Cornwall
- 2021 Denise Linn USA. One month healers course “Travellers Guide to the Universe”