

About Teshia

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Having always been known as a "people person" ... Teshia enjoys working with, learning from, and sharing her knowledge and skill set with others. She is passionate... and devotes nothing less than 100% heart to all her endeavours. Teshia is a dynamic personal trainer and tailors her exercise programs to suit her clients individual needs; the focus is on the whole person (not just the body in motion). Teshia's clients get in the best shape of their lives and they leave their sessions feeling strong; both physically and emotionally. Teshia is also a Bikram Yoga Teacher and a "raw food lifestyle" consultant.

Book your free consultation with Teshia.