

# Tonya Adamski

**Height:** 5'  
**Weight:** 103 lbs.

**Hair:** Brown  
**Eyes:** Blue/Green

## Feature Film

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The Day of the White Lotus	Principle	Sigma Sagittarii Films
Zuma Beach Among Women	Principal	Daredevil Relief Productions

## Short Film

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Strip Steak	Lead	Monkey Cat Productions
Short Film – Still to be named	Lead	Nuvine Visuals
Life Jolt	Lead	Escape Velocity Films
The Face of Time	Lead	Escape Velocity Films
Remnants (short film) Winner Phoenix Comic Con Best Arizona Film Award	Lead	Escape Velocity Films

## Television

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Woman in Prison Season 2	Lead	Randy Murray Productions
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## Commercial

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Unnamed University	Lead	OH Partners
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## Vlog

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Camping Life Yoga Wife	Producer/Director	A Tonya Adamski original
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## Web Series

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Cupic Diary of an Investigator Season 3	Lead	A McAllister Affair Production
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## Training

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On Camera	Completed	The Actors Workhouse
Advanced On Camera	Ongoing	The Actors Workhouse
Peter Breitmayer Audition Workshop	Completed	The Actors Workhouse
Core Company	Ongoing	The Actors Workhouse

## Special Skills

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Lead programmer at Camping Life Yoga Wife 200 hour certified yoga instructor	Hiking Camping	Cooking Painting	Masters in Public Administration
Outdoor enthusiast	Backpacking	Committed to self-discovery & development	
Teleprompter	Biking	Data analysis & database programming	