

STATISTICS

Playing Age 35 to 45
Place of Residency Helsinki, Finland
Hair Dark Brown
Eyes Green
Weight 52 kg
Height 160 cm
Languages Russian (native)
Finnish (fluent)
English (fluent)
Swedish (basics)
German (basics)

CONTACT DETAILS

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Member of Union of Actors in Finland,
Actors in Helsinki,
Dramatic Combat Finland,
Nordic Stage Fight Society
Nordic Intimacy Coordinators

ACTOR, INTIMACY COORDINATOR, STUNT PERFORMER, FIGHT DIRECTOR

Anastasia Trizna

I'm an experienced actor who has appeared in stage plays, films and TV Series. I often work with cross-disciplinary projects, independent theatre, film and dance companies, various musicians and bands.

I am also a certified Intimacy Coordinator, Mental Health First Aider, and Stage Combat Instructor.

ACTING EXPERIENCE (THEATRE)

Ronja ryövärintytär (2026-2027), Turun Kaupunginteatteri
Directed by Satu Rasila

Ronja Rövardotter (2023-2026), Svenska Teatern
Directed by David Sandqvist

Tohtori J. Faustin kuolemansa jälkeen laatima omakohtainen partituuri (2025-2026), Helsinki 98 / AKHE Engineering theatre
Bilingual multimedia performance

Countess Amalie's Drama Tour (2014-2026), Alexander Theatre
Solo-performance, starring as Amalie Adlerberg

Kriget har en kvinnas kropp (2025), Klockriketeatern
Nobelfestivalen, Readers theater, text by Mirva Helenius

Sivullinen / Stranger (2021-2023), Teatteri Metamorfoosi
Directed by Davide Giovanzana

Cleaners (2020-2021), Post theatre collective
Documentary theatre performance. Directed by David Kozma

Insulted. Belarus(sia) (2021), Klockriketeatern
By Andrei Kureichik. Directed by Dan Henriksson

Kirje äidiltä (2018-2019), HIT Helsinki theatre
Bilingual drama performance. Directed by Evgeni Zimin

Dividual (2018), Pori Dance Company
Sight-specific dance theatre performance

John The Baptist (2016-2018), Independent production
Jazz oratorio by Heikki Sarmanto. Starred as Salome

Karavaani 2017 (2017), Kansallisteatteri
Musical and community theatre, directed by Jemina Sillanpää

Pathless Wood (2016-2017), Pori Dance Company / Ground Zero Project (South Korea)
Dance theatre performance

Observations of the Earth (2015), Pori Dance Company
Dance theatre performance

Ronja the Robber's Daughter (2014), Pori Theatre
Directed and choreographed by Marjo Kuusela. Starred as Loviisa

West Side Story (2006, 2013), State Musical Theatre Zazerkalie
Directed by Alexander Petrov

Full time employment (2004-2009), State Musical Theatre Zazerkalie

ACTING EXPERIENCE (FILM AND TV)

Principal / Leading Role

Patrinoj- Äidit (2025) short film
Starred as Niija, directed by Anna Andersson for Riimu Films

Solace (2022) short film (*best actress award)
Starred as Nainen, directed by Tapio Antere. Best actress award, Sipontum Arthouse International Film Festival.

Talk to Me, Dance With Me, Let Me Be (2020) short film
Starred as Flora, directed by Saara Hasan for Academy of Moving People & Images

Jackpot (2018) short film
Starred as the Winner, directed by Kim Saarinen for Modomo Films

Murskattu unelma (2017) short film
Starred as Elena, directed by Joonas Berghäll, Oktober Oy Production Company for YLE broadcasting company

Sound from the Deep (2017) short film
Starred as Sofia, directed by Joonas Allonen and Antti Laakso for Twisted Films Oy

Supporting Role

Overkill (2026) short film
Directed by Bertan Berber

To Thy Rest (2025) feature film
Polymath House Productions, Starred as Sister Marie.

Ivalo (Arctic Circle) (2018, 2024) TV Series
Yellow Films & TV Oy / Elisa Vihde, directed by Hannu Salonen

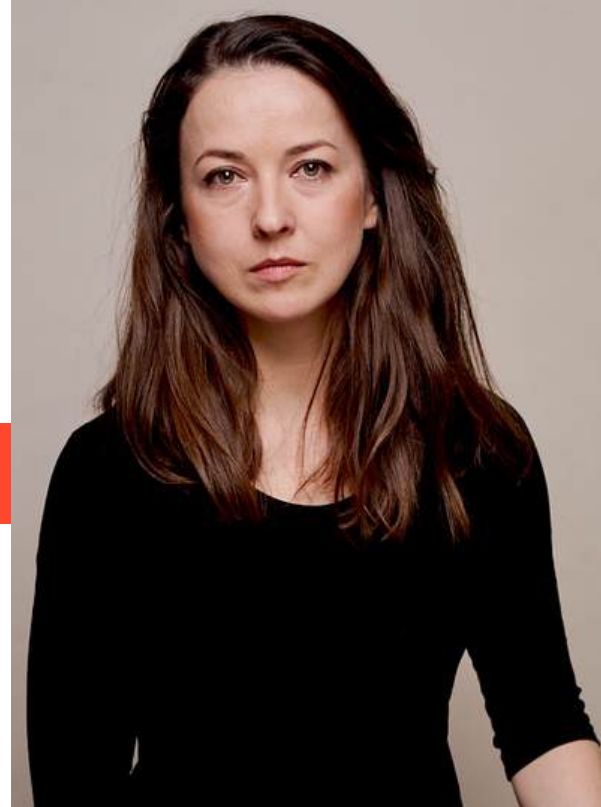
This Passing Summer (2024) short film
Aamu Film Company, directed by Uzair Amjad

Duck Roast (2023) short film
Sons of Lumière, Starred as Jelica. directed by Jelica Jerinić

Stringer (2022) feature film
Outlines Studios, directed by Mara Jelinko

Roba, Season 5 (2021) TV Series
Yellow Films & TV Oy, directed by Reetta Aalto

Sorjonen (Border Town) (2018) TV Series
Fisher King Production, starred as Sonja Harkola
Created by Miikko Oikkonen, directed by Jyri Kähönen



STUNT WORK

Kraken (2026) feature film, Nordisk Film Production AS
Stunt double, Stunt Coordinator Oula Kitti

The Last Convoy (2025), TR Productions
Directed by Esa Jussila, Stun Coordinator Oula Kitti

Wild West Stunt Show 2025, High Chaparral Sweden
Lead stunt performer and rider, Fight Director Robban Follin

Fight choreography shorts (2019-2024)
With Oula Kitti, Mikko Löppönen, Esa Jussila

Jukka Lindströmin Sivuhistoria (2022), TV Series, YLE
Fight performer, Stunt Coordinator Mikko Löppönen

What Remains (2022) feature film
Stunt double for Andrea Riseborough, Director Huang Ran, Stunt Coordinator Oula Kitti

Next of Kin (2022) TV-series, Bufo Oy
Fight performer, Stunt Coordinator Oula Kitti

Until You Shine Again (2021), music video, Happy Boy Records
Lead actor and stunt performer, Stunt Coordinator Oula Kitti

Fejd (2019) short film, Arcada University of Applied Sciences
Stunt double, Director Marlon Saares

THEATRE DIRECTING EXPERIENCE

Tohtori J. Faustin kuolemansa jälkeen laatima omakohtainen partituuri (2025-2026), Helsinki 98
Bilingual multimedia performance

The State of Things (2023), New Theatre Helsinki Festival
Sight specific sound installation at Svenska Teatern

Simple Stories (2019)
Documentary based theatre performance for Lastenkulttuurikeskus Musikantit

Dividual (2018)
Sight-specific dance theatre performance for Pori Dance Company

Voices of "F" (2016-2017)
Documentary theatre performance for Eve's Ribs Festival.
Co-directing with Petra Haapio

Body As A Conflict Zone (2016)
Sight-specific performance at Kulttuurikeskus Caisa, with David Kozma and Davide Giovanzana

Observations of the Earth (2015)
Dance theatre performance for Pori Dance Company, choreographer Mikko Lampinen

Countess Amalie drama tour (2014)
Solo-performance for Alexander Theatre

VOICE ACTING

Helsinki University, Otava (2012-2026)
Russian language audio exams and books

YLE Radio, Talo Horjahti (2022), Laatokan soutajat (2013)
Finnish language Radio play, written by Elli Salo

Heureka museum (2019)
Russian language audio-guide and animation voice-over

National Gallery Ateneum (2013, 2018)
Russian language audio-guide

Radio Sputnik, Finland (2011-2015)
Guest voice actress, radio play Zakulisie

STAGE COMBAT TEACHING & DIRECTING

Stage Combat Instructor experience (2023 - 2026)
London – ID Fight, Näty – Tampereen yliopisto, University of the Arts Helsinki - Theatre Academy, Sibelius Academy; Dramatic Combat Finland; Nordic Stage Fight Society; Q-teatterin yhteisöteatteri

National Theatre of Finland, Omapohja (2025)
Mieleni on Peto / My Mind is a Beast, co-directed by Jussi Lehtonen and Tamara Searle

INTIMACY COORDINATING

Pahat plikat (2027) TV-Series, Yle

Kaunis rietas onnellinen (2026) Feature film, Solar Films

Kraken (2026) Feature film, Nordisk Film Production AS

Limerenssi (2025) Short film, Aalto University

Guts (2024-2025) TV-Series, Just Republic Oy

PROFESSIONAL EDUCATION

Stage Combat Instructor (2022-2025)
Nordic Stage Fight Society, mentored by Oula Kitti

Intimacy Coordinator (2023-2024)
Nordic Intimacy Coordinators, Intimacy Professionals Association

Mental Health First Aid, MHFA England (2024)
Mental Health First Aider

Stage, Screen Combat and Stunt Training (2018-2024)

- Certified Advanced Fighter with Dramatic Combat Finland / Nordic Stage Fight Society
- Other Training: Fire Arms, High falls, Body burns, Horseback riding, Mounted archery, Martial Arts

MA in Theatre Arts, Russian State Institute of Performing Arts (2003-2008)
Actor/Performer Training, Music Theatre & Opera training

AWARDED GRANTS

Stipends, Svenska Teatern (2023, 2024, 2025, 2026)
Personal stipends for workshops and professional education

Stipend, Svenska Kulturfonden (2026)
Personal stipend

The Finnish Cultural Foundation (2021-2022)
Personal artistic grant

The Arts Promotion Centre Finland (2017, 2021, 2022)
Artistic grant, Work group grant

Helsinki City, Artistic Grant (2020)
Digital performance

Juhlarahasto, Cultura-foundation (2018)
Unohdettu Omenatarha theatre project

Kone Foundation (2016-2017)
Eve's Ribs project, artistic and producing work

Helsinki City (2016)
Cultural grant for personal artistic work

