

STATISTICS

Playing Age 28 to 38
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

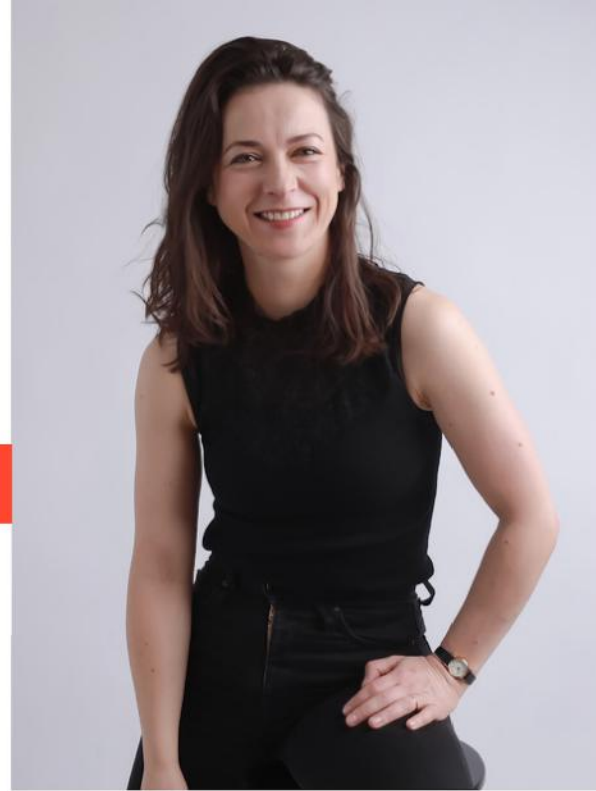
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Member of Union of Actors in Finland,
Actors in Helsinki,
Dramatic Combat Finland,
Nordic Stage Fight Society
Nordic Intimacy
Coordinators

ACTOR, SINGER, STUNT & FIGHT PERFORMER

Anastasia Trizna

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

I am also an aspiring stage fight instructor under Nordic Stage Fight Society and intimacy coordinator under Nordic Intimacy Coordinators.



ACTING EXPERIENCE (THEATRE)

Ronja Rövardotter (2023-2024), Svenska Teatern

Directed by David Sandqvist

Sivullinen / Stranger (2021-2023), Teatteri Metamorfoosi

Drama, music and physical theatre. Directed by Davide Giovanzana. Part of New Theatre Helsinki project

Countess Amalie's Drama Tour (2014-2024), Alexander Theatre

Solo-performance, starring as Amalie Adlerberg

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

Dance theatre performance, Ground Zero Project (South Korea)

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

Muistojen polku (2012), HIT Helsinki

Poetry and music performance, Russian Nights Festival

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

ACTING EXPERIENCE (FILM AND TV)

Principal / Leading Role

Solace (2022) short film

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

To Thy Rest (in post-production) feature film

Polymath House Productions, Starred as Sister Marie.

Duck Roast (2023) short film

Sons of Lumière, Starred as Jelica. directed by Jelica Jerinić

This Passing Summer (2022) short film

Aamu Film Company, directed by Uzair Amjad

Stringer (in post-production) feature film

Outlines Studios, directed by Mara Jelinko

Roba, Season 5 (2021) TV Series

Yellow Films & TV Oy, directed by Reetta Aalto

Ivalo (Arctic Circle) (2018) TV Series

Yellow Films & TV Oy / Elisa Vihde, starred as Evgenia Belova, directed by Hannu Salonen

Sorjonen (Border Town) (2018) TV Series

Fisher King Production, starred as Sonja Harkola
Created by Miikko Oikkonen, directed by Jyri Kähönen

DIRECTING EXPERIENCE

The State of Things (2023)

Sight specific sound installation for New Theatre Helsinki Festival 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

LEAD VOCALIST EXPERIENCE

Guest vocalist (2010 - till present)

Rajaton Jazz Quintet, Barbeque Jazz Band, Niki's Four Jazzmen, Mosabacka Big Band and other

Valoisaa joulua! (2011, 2013, 2019)

Jazz Christmas concert with Helena Lindgren and Jorma Uotinen

Aretha Franklin Tribute (2019)

Mosabacka Big Band for Caisa Cultural Centre

Espoo Jazz Trio (2012-2015)

Lead vocalist with Pekka Sarrmanto, Pekka Sarras, Valeri Nikitin

EDUCATION

MA in Acting, Russian State Institute of Performing Arts, 2003-2008

Qualification: music and drama theatre actor

Intimacy Coordinator (2023-2024)

Nordic Intimacy Coordinators, Intimacy Professionals Association

Stage Fight Instructor (2022-2025)

Nordic Stage Fight Society

Stage, Screen Combat and Stunt Performer (2018-2022)

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

Music Education (1991-2002)

Piano, flute, singing, music theory and history
St. Petersburg Music School №11

STUNT WORK

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, Fight and Stunt Coordinator Oula Kitti

Fejd (2019) short film

Stunt double, Director Marlon Saares
Arcada University of Applied Sciences

Fight choreography shorts (2019-2023)

Directed and choreographed by Mikko Löppönen, Oula Kitti

VOICE ACTING

Talo Horjahti, YLE Radio (2022)

Finnish language Radio play, written by Elli Salo

Ponjatna 4-6, Otava (2022-2023)

Russian language audio exams

Helsinki University (2012-2023)

Russian language audio exams

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, historical radio play Zakulisie

Laatokan soutajat - YLE Radio (2013)

Radio play, written and directed by Elli Salo

AWARDED GRANTS

The Finnish Cultural Foundation (2021-2022)

Artistic grant

The Arts Promotion Centre Finland (2017, 2021, 2022)

Artistic grant, Work group grant

Helsinki City, Artistic Grant (2020)

Amalie Goes Online 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

