

STATISTICS

Playing Age 27 to 36
Place of Residency Helsinki, Finland
Hair Dark Brown
Eyes Green
Weight 52 kg
Height 160 cm
Mother Tongue Russian
Other Languages English, Finnish
German (basics)

CONTACT DETAILS

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Actors in Helsinki, Dramatic
Combat Finland, Nordic
Stage Fight Society



ACTOR, SINGER, FIGHT PERFORMER, DIRECTOR

Anastasia Trizna

PERSONAL PROFILE

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.

ACTING EXPERIENCE (THEATRE)

As a freelance actor

Sivullinen / Stranger (2021-2022)

Drama, music and physical theatre performance by Davide Giovanzana for Teatteri Metamorfoosi & New Theatre Helsinki

Cleaners (2020-2021)

Documentary based dance theatre performance by David Kozma for Post theatre collective & Alexander Theatre

Countess Amalie's Drama Tour (2014-2022)

Solo-performance in Alexander Theatre, Helsinki

Kirje äidiltä (2018-2019)

Bilingual drama performance by Evgeni Zimin, HIT Helsinki theatre

Dividual (2018)

Sight-specific dance theatre performance, Pori Dance Company

John The Baptist (2016-2018)

Jazz oratorio by Heikki Sarmanto. Starred as Salome

Karavaani 2017 (2017)

Musical and community theatre performance, directed by Jemina Sillanpää for Finnish National Theatre

Pathless Wood (2016-2017)

Dance theatre performance by Geon Hyauk-Jin for Pori Dance Company / Ground Zero Project (South Korea)

Ronja the Robber's Daughter (2014)

Directed by Marjo Kuusela in Pori Theatre. Starred as Loviisa

West Side Story (2006, 2013)

Directed by Alexander Petrov, State Musical Theatre Zazerkalie

As a full-time employee

State Musical Theatre Zazerkalie (2004-2008)

Lead and ensemble roles in various musical, opera, drama and children productions.

ACTING EXPERIENCE (FILM AND TV)

Principal / Leading Role

Sovitus (2022) short film

Starred as Nainen, directed by Tapio Antere

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

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

Starred as Evgenia Belova, Yellow Films & TV Oy for Elisa Vihde, directed by Hannu Salonen

Sorjonen (Border Town) (2018) TV Series

Season 2, Fisher King Production, created by Miikko Oikkonen, directed by Jyri Kähönen

DIRECTING EXPERIENCE (THEATRE)

Simple Stories (2019)

Documentary based theatre performance for Lastenkulttuurikeskus Musikantit

Dividual (2018)

Sight-specific dance theatre performance for Pori Dance Company, choreographer Mikko Lampinen, playwright Veera Tyhtilä

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

EDUCATION

MA in Acting at the Russian State Institute of Performing Arts

Qualification: music and drama theatre actress
St. Petersburg, Russia, 2003-2008

Stage and Screen Combat Training

Dramatic Combat Finland / Nordic Stage Fight Society

- Certificates: Unarmed, Broadsword, Rapier, Sword & Shield, Rapier & Dagger
- Other Training: Gun Handling, Knife, Theatrical Martial Arts, Cloak & Sword

Music Education

Piano, flute, singing, music theory and history
St. Petersburg Music School №11, 1991 - 2002

AWARDED GRANTS

The Finnish Cultural Foundation (2021)

Artistic grant

The Arts Promotion Centre Finland (2017, 2021)

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

STUNT WORK

Jukka Lindströmin Sivuhistoria (2022), TV Series, YLE

Fight performer, Stunt Coordinator Mikko Löppönen

What Remains (in post-production) 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 (2019-2021)

Directed and choreographed by Mikko Löppönen

VOICE ACTING

Heureka museum (2019)

Russian language audio-guide and animation voice-over

National Gallery Ateneum (2013, 2018)

Russian language audio-guide

Helsinki University (2012-2021)

Russian language audio exams

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

LEAD VOCALIST EXPERIENCE

I Hear Music, Anita O'Day Tribute (2021-2022)

Anastasia Trizna & Mosabacka Big Band

Valoisaa joulua! (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

Guest vocalist (2010-)

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

