

Professional Portfolio

30 January, 2026

Multidisciplinary Artist & Performer

Bringing 20 years of acting, movement, and inclusive artistry to the stage and screen.

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Professional Portfolio

about

Anastasia Trizna is a multidisciplinary artist and multilingual performer with nearly 20 years of experience in acting and singing, complemented by extensive expertise in physical movement, stage combat, stunts, and intimacy coordination.

"As a dedicated freelancer, I work across genres, continually exploring new artistic forms. I am committed to equality, diversity, and inclusion, actively integrating these values into my projects. "



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core skills & expertise

- Acting & Singing
- Physical Movement & Fight Choreography
- Stage Combat & Stunt Performance
- Intimacy Coordination
- Teaching & Workshop Facilitation



work experience

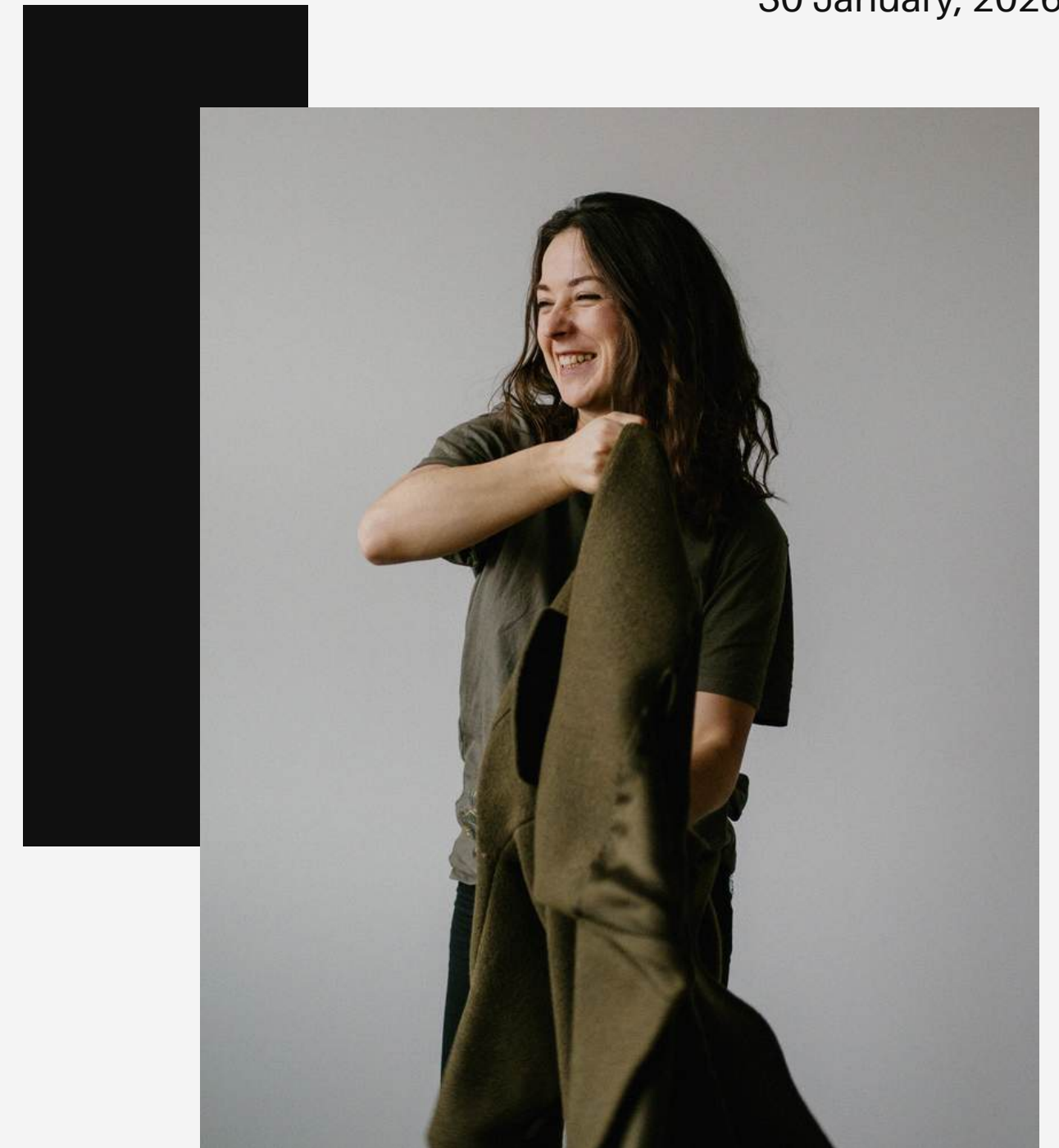
Trizna has collaborated with professional theatres in Finland and internationally, including:

- National Theatre of Finland
- Svenska teatern
- Aleksanterin teatteri
- Teatteri Metamorfoosi
- Klockriketeatern
- Helsinki 98
- Post theatre collective
- Pori Dance Company

work experience

In film & TV industry she has worked with such companies as:

- Yellow Films & TV
- Solar Films
- Just republic
- Bufo
- Yle
- Fisher King Production
- Twisted Films Oy
- Handmade films in Norwegian woods & Nordisk Film Production AS



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teaching experience

Tampere University, Uniarts Helsinki, Sibelius Academy

Courses and workshops on staged violence, intimacy and stage combat for acting students, singers and theatre directors.

2023-2026

Nordic Stage Fight Society, Dramatic Combat Finland

teaching and assisting at international and local courses and workshops.

2023-2026

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- Specializing in Stage Combat & Intimacy Coordination
- Focus on safety, inclusivity, stylized and embodied storytelling and dramatic expression



artistic philosophy

Values: Safety, inclusion, authenticity, and innovation.

Trizna's approach blends physicality, storytelling, and social engagement.

Her goal is to craft performances, create artistic and pedagogical practices that focus on high quality artistic expression and foster safety and understanding.

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certifications & training

With a unique blend of skills that span both the stage and film, she brings a dynamic energy and versatility to the performing arts community.

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Stage Combat Instructor (2022-2025)

Mentorship programme with Nordic Stage Fight Society, mentored by Oula Kitti (FIN)

Intimacy Coordinator (2023-2024)

Educated and certified by Nordic Intimacy Coordinators, Intimacy Professionals Association

Mental Health First Aider(2024)

Educated and certified by MHFA England

Stunt & Stage Combat Training (2018-2025)

Dramatic Combat Finland, European Stunt School (Denmark), IOSP The Paddy Crean (Canada), Arctic Action (Norway)

Master of Arts in Theatre Arts, (2003-2008)

Russian State Institute of Performing Arts - Actor/Performer
Training in Music Theatre and Opera

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Trizna's love for the arts and physical performance is evident, showcasing Anastasia's dedication to honing her craft and pushing her boundaries.



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thank you!