

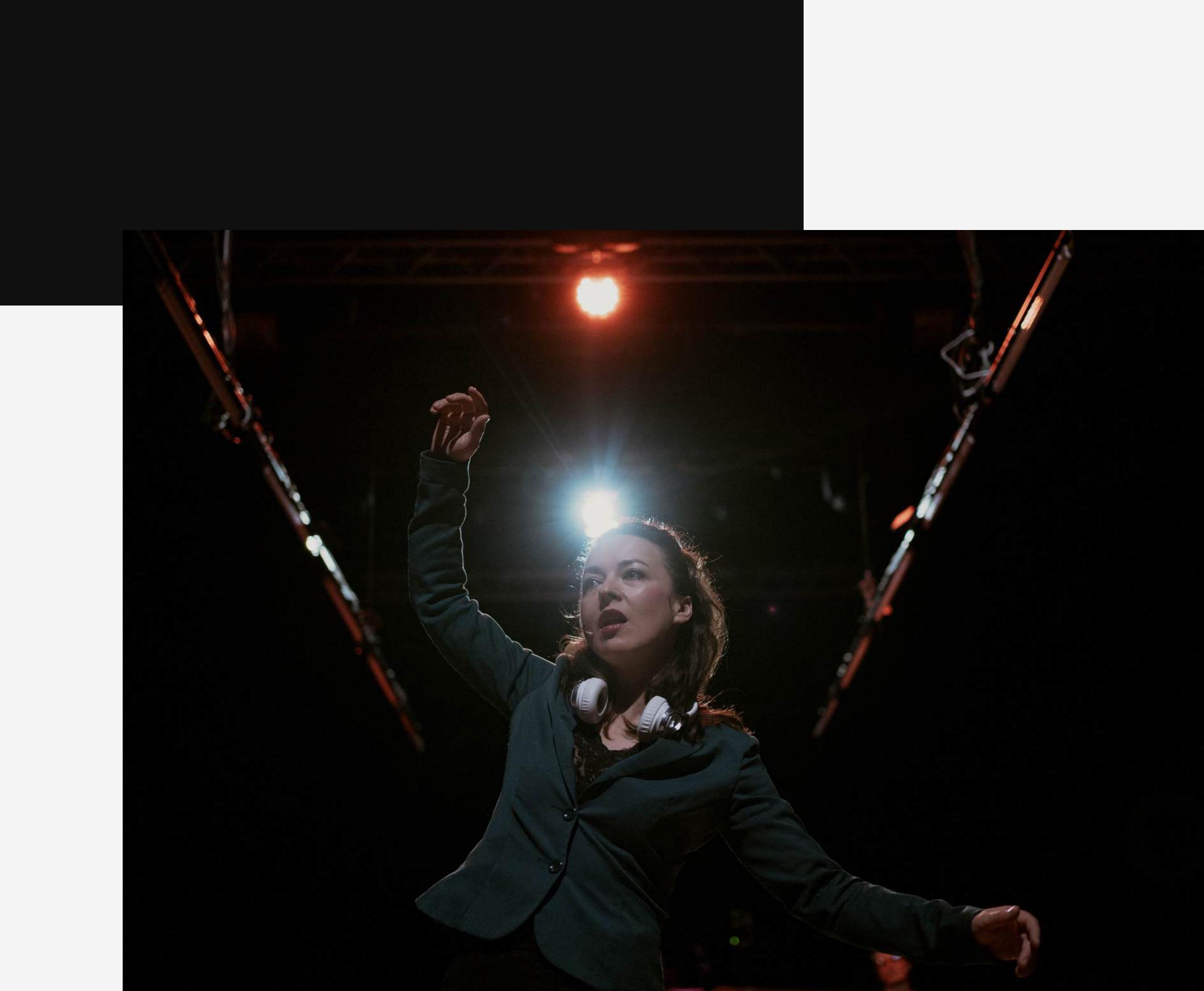
Multidisciplinary Artist & Performer

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

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. "





core skills & expertise

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



work experience

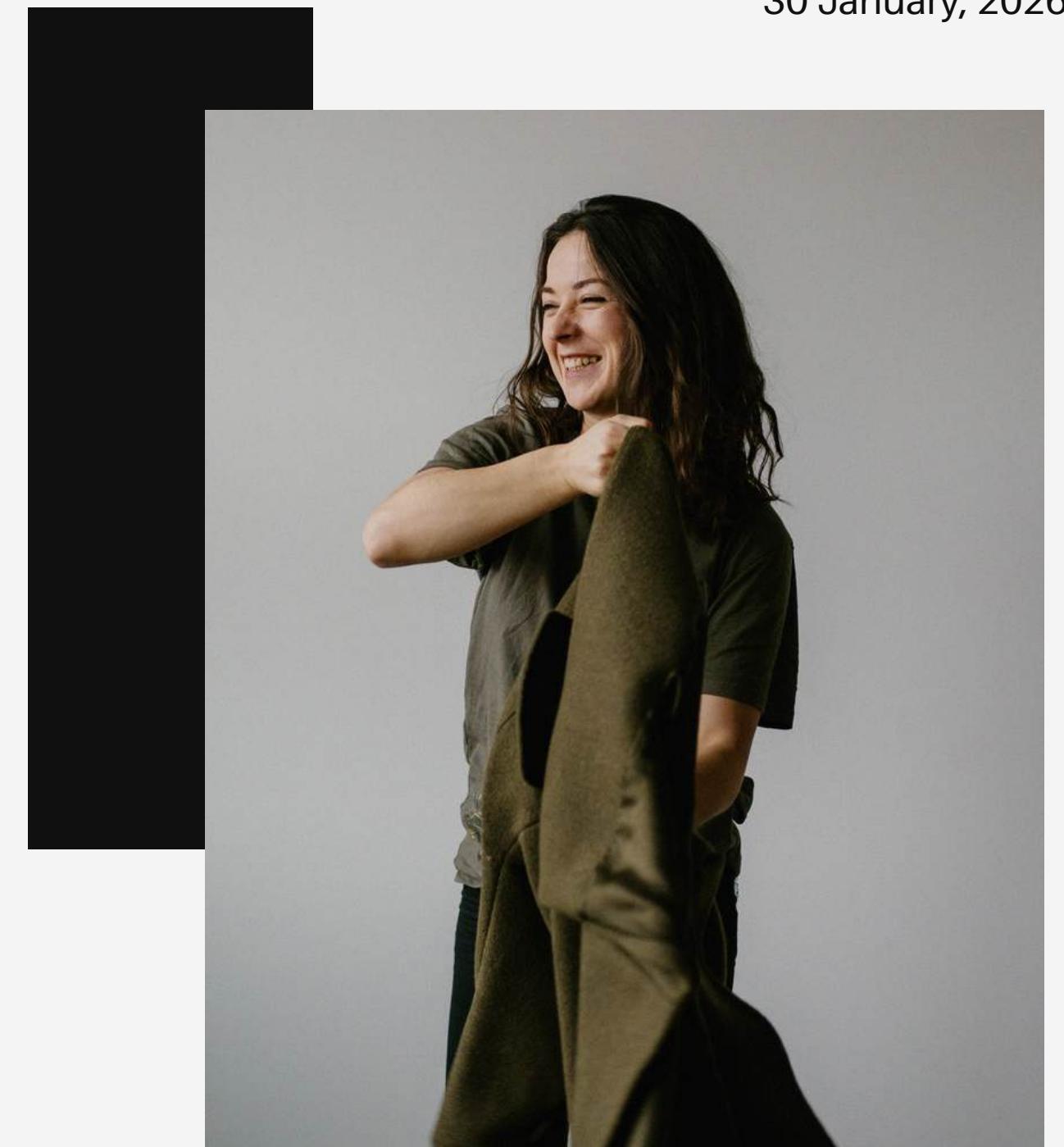
Trizna has collaborated with professional theatres in Finland and internationally, including:

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

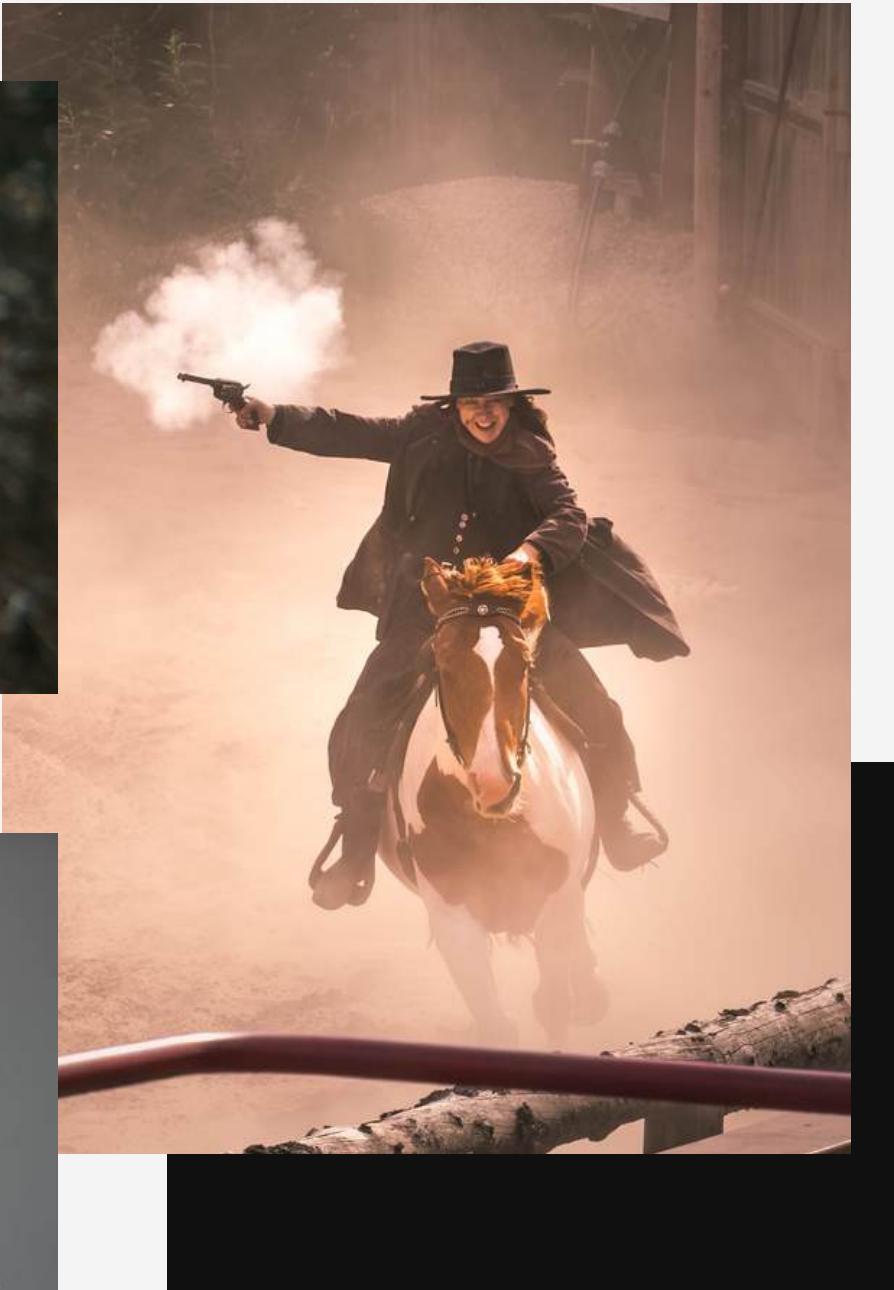
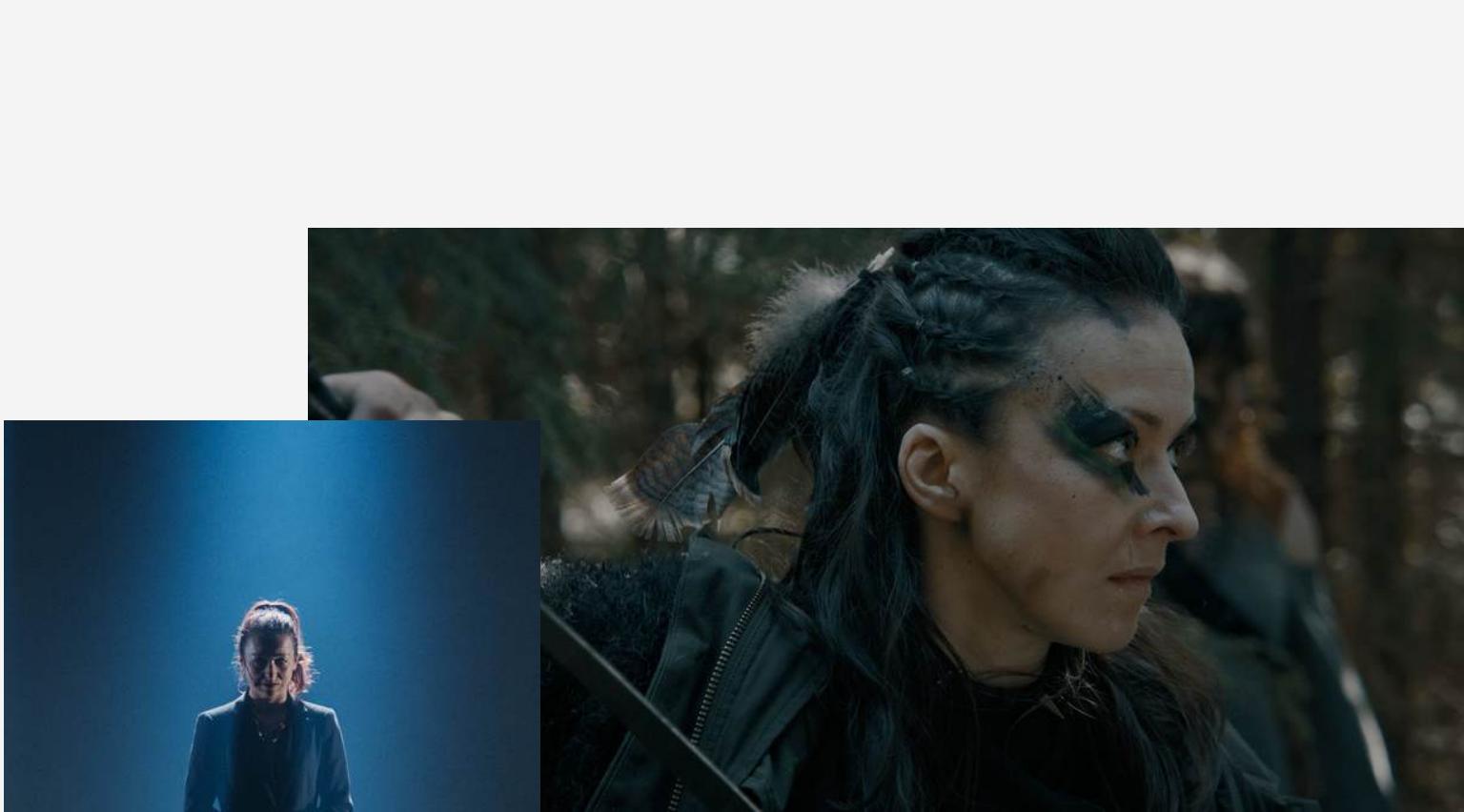
work experience

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



30 January, 2026



www.anastasiatrizna.com

info@anastasiatrizna.com

@anastasiatrizna_asya

+358453531441

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

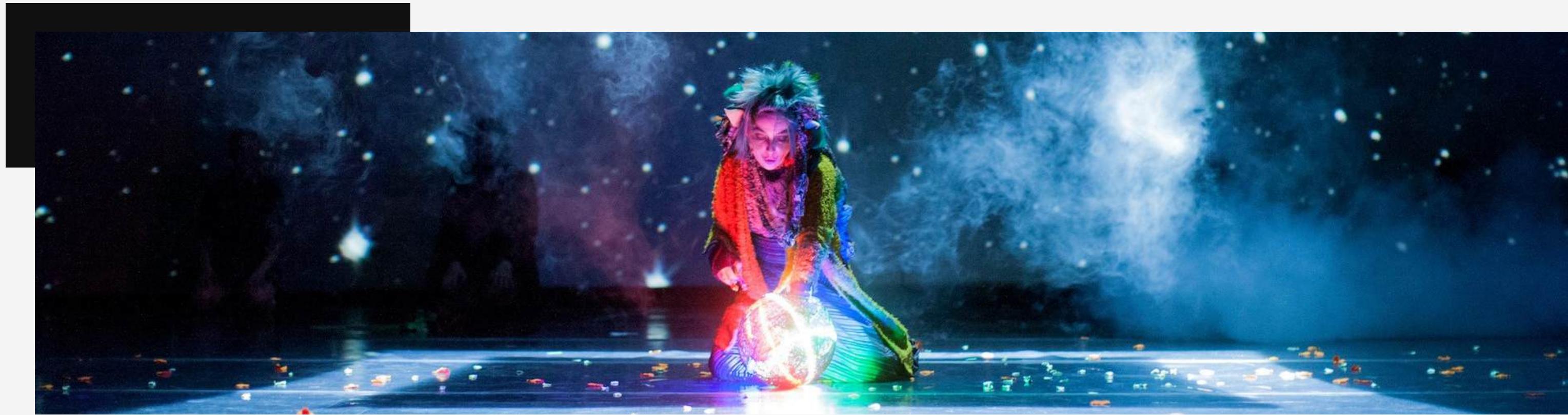
Nordic Stage Fight Society, Dramatic Combat Finland

teaching and assisting at international and local courses and workshops.

2023-2026



- 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.

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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.

@anastasiatrizna_asya

+358453531441



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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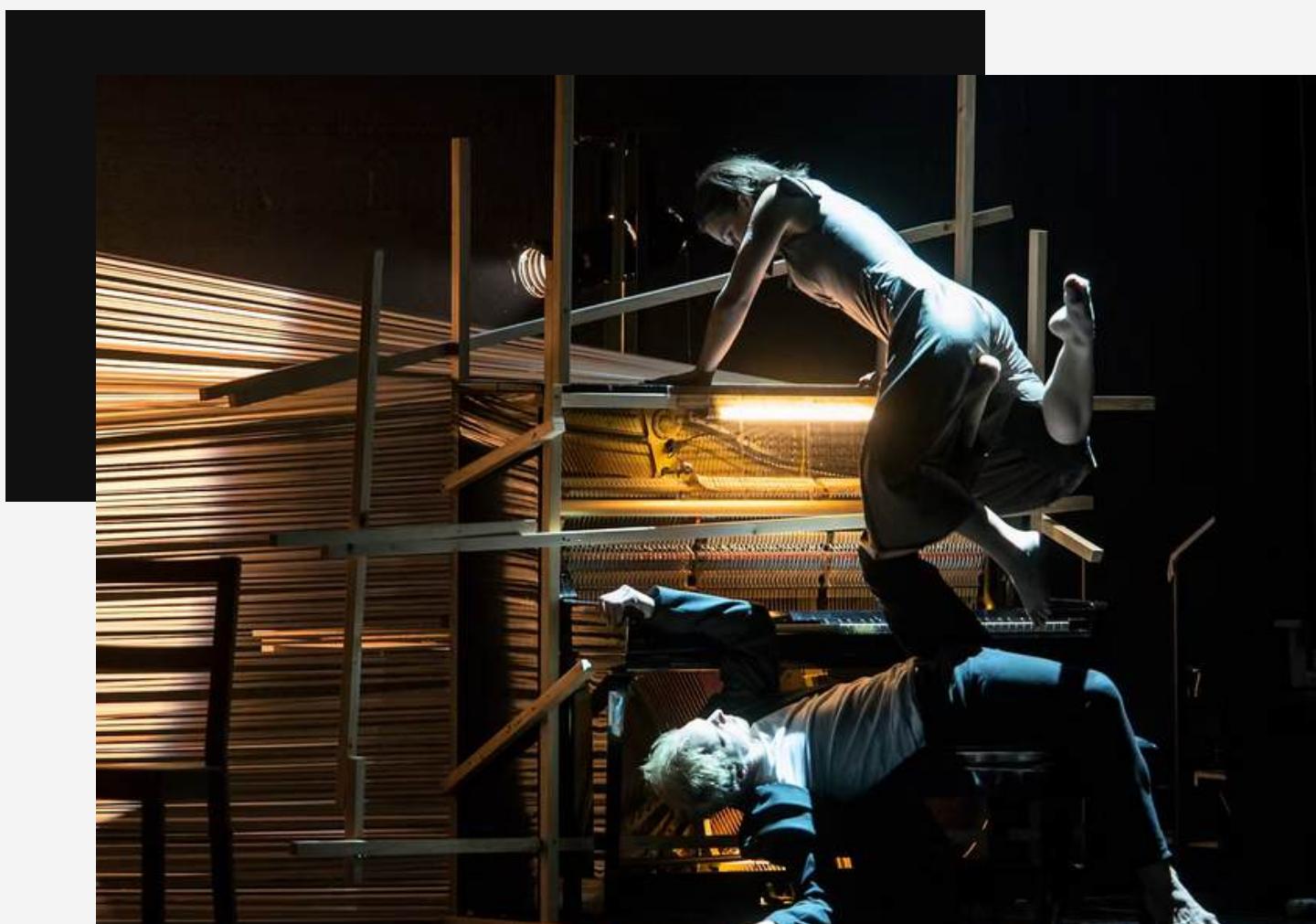
Professional Portfolio



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!