

# Lauren Sowa

AEA / SAG-AFTRA

[www.laurensowa.com](http://www.laurensowa.com)

Manager: **Maryann Raposo**

Dream Maker Talent (516) 676-2197 [dreammakertalent@gmail.com](mailto:dreammakertalent@gmail.com)

## TELEVISION

THE PLOT AGAINST AMERICA	Co-star	HBO	Tommy Schlamme
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## FILM

THE RAINBOW EXPERIMENT	Supporting	AllieCiné	Christina Kallas
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THE DEVIL'S WELL	Lead	Invasive Image	Kurtis Spieler
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42 SECONDS OF HAPPINESS	Lead	AllieCiné	Christina Kallas
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## REGIONAL THEATRE

The Importance of Being Earnest	Gwendolen Fairfax	Walnut Street Theatre	Bob Carlton
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Private Lives	Sibyl	Walnut Street Theatre	Bob Carlton
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Noises Off	Poppy	Walnut Street Theatre	Frank Anzalone
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Harvey	Nurse Kelly	Walnut Street Theatre	Bob Carlton
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Othello ( <i>w/ Forrest McClendon</i> )	Desdemona	Philadelphia Shakes Theatre	Carmen Kahn
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All's Well That Ends Well	Diana	Alabama Shakespeare Fest.	Geoffrey Sherman
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Emma	Emma	Lantern Theater Company	Kathryn MacMillan
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The 39 Steps	Woman	Surflight Theatre	Toby Shaw
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Red Velvet	Ellen Tree	Lantern Theater Company	Peter DeLaurier
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Cymbeline	Imogen	Opera House Arts	Julia Whitworth
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Much Ado About Nothing	Hero	Philadelphia Shakes Theatre	Domenick Scudera
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Hamlet	Player Queen	Alabama Shakespeare Fest.	Geoffrey Sherman
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Romeo and Juliet	Juliet	North Carolina Shakes Fest	Steve Umberger
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Wait Until Dark	Susy	Seacoast Repertory Theatre	Dan Beaulieu
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## TRAINING

**NYU's Tisch School of the Arts**, BFA, Drama

Studios: The Meisner Extension, The Classical Studio, PHTS

Acting: Vicki Hart, Nate Flower, Kevin Spacey, Tim Carroll, Louis Scheeder

Voice: Donna Germain, John Van Wyden, John Ruocco, Allison Leyton-Brown

Ukulele: Alex Sovronksy, Bantam Studios

Dance: BDC, Steps, Koresh, Jeannette Neill

On Camera: Bob Krakower Heidi Marshall

Combat: David Brimmer (Unarmed, Single Sword)

Improv: **Upright Citizens Brigade**

**Level 101** (Morgan Grace Jarrett), **201** (Patrick Clair), **301** (Shaun Diston), **401** (Nicole Drespel)

## SKILLS

Dance: Contemporary, Jazz, Ballet, Tap; Singing: Soprano; Instruments: Ukulele (2yrs)

Dialects: British RP, Irish, Soft-R Southern, German, Russian, Scottish