



LENA M. SAKALLA

actress

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Barcelona, Spain

EDUCATION

BFA Musical Theatre
BA Arts Administration

University of West Florida
2016 - 2020

Grado Superior de técnicas de actuación teatral del curso

Escola D'Arts Escèniques De Manresa
2021 - 2022

TRAINING

The Acting Studio Summer Acting
Conservatory | NYC

Meisner Technique with James Price

EAEM | BCN

Lecoq Technique, Clown, & Voice with
Marc Antoine Picard

Frank Stein Studio | BCN

Film & TV with Luci Lennox & Mike Cater

Royal Dance Center | BCN

Salsa & Bachata with Juliene Carrel

SKILLS

- Languages: English (Native), Spanish (Intermediate), Catalan (Basic)
- Singing (Jazz/Blues, Musical Theatre)
- Driver's license | Passport | EU Residency
- Basic stage combat
- Makes excellent quinoa

ABOUT ME

Lena is an internationally trained actress, director, acting coach, & writer. Originally from Florida, she is now based in Barcelona. Lena gravitates towards the outspoken mover & shaker, witty empath, & goofy romantic. She most recently starred in the sci-fi feature film, "Art e Fact" alongside Andrea Tivadar and translated into Catalan, directed, & starred in "The Revolution's Promise" from Palestine's The Freedom Theatre. A world traveler and trilingual in the works, Lena is passionate about telling stories that empower those unheard, entertain, and incite revelations.

FILM

"Art e Fact" Supporting | Syncandi Productions | Dir. Robert Iolini

"A Gaze of a Woman" Supporting | Dir. Jasmine Pérez

"Los Secretos de Emily" Lead | Dir. Nil Rvmos

"Heart of the Forest" Lead | Dir. Cody Graffius

INTERNATIONAL THEATRE

"La Promesa de La Revolució" Lead | La Kursaal, BCN | Dir. Lena Sakalla & Cris Sorokin

"Culpable" Supporting | La Kursaal, BCN | Dir. Albert Ruiz Sáez

"Revolta de Bruixes" Supporting | La Kursaal, BCN | Dir. Jofre Borràs

"El Camp" Minor | La Kursaal, BCN | Dir. Mar Casas & Meritxell Calvo

REGIONAL THEATRE

"A Christmas Carol" Supporting | Hippodrome Regional Theatre | Dir. Laura Shatkus

"Into the Breeches" Supporting | Pen Arts, Co. | Dir. Christie Kellogg

"The Wind in the Willows" Supporting | Emerald Coast Theatre Co. | Dir. Marci J. Duncan

"The Tempest" Lead | Acrosstown Rep. Theatre | Dir. Andrea Young

"Silent Sky" Lead | Cen. Fine & Performing Arts | Dir. Marci J. Duncan

"Antigone" Supporting | Cen. Fine & Performing Arts | Dir. Victoria O'Dell

"The School for Scandal" Supporting | Cen. Fine & Performing Arts | Dir. Marci J. Duncan

"The Little Mermaid" Supporting | Cen. Fine & Performing Arts | Dir. Sara Schoch

