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# Lana Biba



## Actress, Director and Educator in Dance Physical Theatre

Co-founder of *2theatre* international company & *London Physical Theatre School*  
Kundalini Yoga teacher, transformation consultant & Meisner acting coach

## EDUCATION

<b>Ballet &amp; Gymnastics</b> (from age of 4 in Ukraine)	1988 –1991
<b>Professional Ballet school</b> at <b>National Opera houses</b> of Stockholm and Vienna	1994 –1998
<b>Ecole International de Mimodrame</b> de Paris <b>Marcel Marceau</b> , graduate	2004 –2005
<b>Stockholm's University</b> , theatre science	2005 –2006
<b>LISPA</b> , London International School of Performing Arts, <i>Lecoq post-graduate formation</i>	2007 –2009
<b>Meisner</b> acting technique with <b>Tom Radcliffe</b> , London	2017 –2019
<b>Certified Kundalini Yoga instructor &amp; Karam Kriya Numerology consultant</b> , residential training at <i>Quinta do Rajo Ashram, Portugal</i>	2018 –2020
<b>Black Kabbalah Transformation Coach training</b> , Master Baruch, Germany	2021 –ongoing

**WORKSHOPS** with Amit Lahav *Gecko*, Philippe Gaulier, Angela de Castro, *Complicite*, *Faulty Optic*, *Blind Summit*

**INFLUENTIAL COLLABORATIONS** with Slava Polunin (*Slava's SnowShow*, poetic clown), Akram Khan (dance-theatre), Chris Evans (*Gecko* and *Hofesch Schechter Co*, dance-theatre)

## ARTISTIC SKILLS

**Theatre:** Mime (Marceau & Decroux techniques), Lecoq Physical Theatre (ensemble work, devising), Mask work (Neutral mask, Larval mask, Expressive mask, Comedia d'el Arte half-mask), Puppetry/Object Manipulation, Theatre Clown

**Dance:** Ballet, Latin/Ballroom, Salsa (Swedish champion), Jazz, Contemporary, Pole dance/Striptease, Character dance (Ukrainian, Russ, Gypsy), Argentinian Tango, Old school Funk styles, Flamenco

**Acting & voice:** Meisner-based psychological acting, song (alt/soprano)

**Acro:** flyer in Acro Yoga & lifts, basic Aerial (silk/cocoon, bungee)

**Creation:** Devising, Directing, Movement Directing

## PERFORMING most relevant stage & screen

Role	Production	Company	Director
Comedy actress ( <i>lead char.</i> )	<b>SOAP The Show</b> (World tour)	SOAP The Show	Pabst, Rambaek
Lead puppeteer	<b>Wozzeck</b> (opera)	<b>Swe TV &amp; National Opera</b>	Reich, Szyberg
Ioana	<b>Law &amp; Order UK</b>	Kudos Film, iTV	<b>Joss Agnew</b>
Ingrid ( <i>award winning</i> )	Losing It ( <b>Mercury Th</b> , EdFringe)	2theatre	<b>Cal McCrystal</b>
Tanja ( <i>lead</i> )	Interbeing ( <b>National Theatre Bilbao</b> , award w.)	2theatre	Co-devised with <b>Chris Evans</b>
Lead actress, Associate Dir	Once upon a Thames ( <b>West End London</b> )	Lunidea Productions	Victoria Cassim
Albert ( <i>lead</i> )	Man who wasn't there ( <b>Royal Opera London</b> )	Genius Sweatshop	<b>Emma Bernard</b> , devised
Rose ( <i>lead</i> )	Translunar Paradise ( <i>award winning</i> )	<b>Theatre Ad Infinitum</b>	George Mann, devised
Warrior Princes	Lifestyle App ( <b>Motion Capture</b> )	Naturalmotion	Colin Smyth
Juliet	<b>Romeo &amp; Juliet</b> (Newbury Corn Exchange)	Concert Theatre	Bender, Chang
Green Clown ( <i>guest artist</i> )	<b>Slava's SnowShow</b> (Royal Festival Hall)	Snowshow	<b>Slava Polunin</b>
Woman	Soul (Theatre Laboratory)	DashArts	<b>Tim Supple</b>

## DIRECTING / MOVEMENT DIRECTING

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Role	Production	Theatre	Year
<i>Co-Director &amp; Producer</i>	<b>Interbeing</b> <b>(Winner, Spirit of the Fringe Award)</b>	2theatre - EdFringe <b>National Theatre Bilbao</b> , Spain	2019
<i>Co-Director &amp; Producer</i>	<b>Losing It</b>	2theatre - EdFringe, UK & Spain Tour	2017-2019
<i>Associate Director</i>	Hey Diddle Diddle	Goblin Theatre, UK tour	2018
<i>Movement Coach</i>	<b>Evgenij Onegin</b> (opera)	<b>Dnipro Nat. Opera House</b> , Ukraine	2018
<i>Movement Director</i>	Maklena	Night Train Co, <b>Cambridge Uni</b>	2018
<i>Movement Director</i>	Knife of Dawn (opera)	<b>Roundhouse</b> , UK	2016
<i>Movement Director</i>	Point of No Return	<b>New Diorama Theatre</b> , UK	2015
<i>Movement Director</i>	Boy in Darkness	Blue Elephant Theatre, UK	2015
<i>Director</i>	Tim Tiger	Moliere Ensemblen, Swe	2014
<i>Director</i>	A Bit Lost	Boulevardteatern, Swe	2013
<i>Creator &amp; Producer</i>	<b>Ingrid (solo show, Award winner)</b>	2theatre, London Solo festival	2012

## TEACHING

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Institution	Role	Year
<b>Kharkiv National Kotlyarevsky Uni. of Arts</b> , Ukr	<b>Lecoque technique, part of acting BA</b>	2019
<b>Stockholm University of the Arts</b> , Swe	<b>International accredited university intensive course</b>	2017 & 2018
<b>Italia Conti Academy of Theatre Arts</b> , London UK	Movement Director & <b>Visiting lecturer</b>	2016 - 2017
Drama school of Boulevardteatern, Swe	Ongoing teacher ( <i>Physical theatre, Mime, Puppetry</i> )	2011 - 2017
<b>Central School of Speech &amp; Drama</b> , London UK	Dance for Theatre ( <b>Course development/ lecturer</b> )	2010 - 2011
<b>Drama School Mumbai</b> , India	Platform course	2015
<b>Kyiv Nat. Karpenko-Kary Theatre, Cinema &amp; TV Uni</b> , Ukr	Visiting lecturer	2015
<b>Cirque du Soleil</b> , world-wide	<b>Casting Partner &amp; Educator</b>	2014 – 2020

## OTHER

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**Transformation Coach:** 1-to-1 consultancy to empower the craft of artists, and life coaching for general public

**Languages:** English, Swedish\*, Russian\*, French, German, Spanish– fluent; Ukrainian– intermediate