

Theodora Loukas

Union: SAG-AFTRA / AEA eligible

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FILM (SELECT CREDITS)

The Zealot	Supporting	Dir. Stelios Repanis
One Moment	Supporting	Dir. Deirdre O'Connor
Lost Love	Supporting Lead	Dir. Danny Murray
Poetic Gaze	Supporting Lead	Dir. Yixuan Cai & Ray Yu
Bulletproof	Supporting Lead	Dir. Busra Coduroglu
Ruth	Supporting	Dir. Livia Keyheart
May God Strike Me Down	Supporting Lead	Dir. Ben Graham
I Stand Here Ironing	Lead	Dir. Sydney Rudman
Prodigy	Lead	Dir. Emily Miller
Time Space Speculum	Lead	Dir. Miriam Grill
Five Cents a Piece (*)	Supporting Lead	Dir. Petros Georgiadis
To Love or Not to Love Lead	Lead	Dir. Maria Litvan
Eli	Supporting	Dir. Yianna Dellatolla
Women and Wallace	Supporting	Dir. Kate Nexon
Home	Lead	Dir. Alex Lubliner
Exhibit 42	Supporting	Dir. Glenn Komsky (Tribeca 2005)

TV SERIES

Maestro	Guest Star	Dir. Christopher Papakaliatis
One Mystery Club The Delaware Papers	Guest Star	Dir. Stathis Athanasiou

THEATRE (SELECT CREDITS)

I Expect	Lead Actor (in a play of Lead Actors)	National Theater of Northern Greece Sofia Karakantza
What's to Be Done	Maria Alexeievna Queen Bozio (All Lead)	Art Theatre Karolos Koun Elli Papakonstantinou
Erotokritos	Poet Frosini (All Lead)	National Theater of Northern Greece Argyro Chioti
Hotel Antioedipus	Woman (Lead)	IRCAM Centre Pompidou Paris Elli Papakonstantinou
Oedipus: Sex With Mum Was Blinding	Woman (Lead)	Brooklyn Academy of Music Elli Papakonstantinou
Lordes	Lordes (Supporting Lead)	Schapiro Theatre Katherine Wilkinson
The Seagull	Arkadina (Lead)	Schapiro Theatre Miriam Grill
The Anniversary	Fyodorovna Merchutkina (Lead)	Hellenic Cultural Center Ioanna Katsarou
Marriage Proposal	Natalia Stepanovna (Lead)	Hellenic Cultural Center Ioanna Katsarou
I'm Dreaming, But Am I?	Young Lady (Lead)	Cherry Lane Theater Ioanna Katsarou
Agamemnon	Clytemnestra (Lead)	La MaMa ETC Zishan Ugurlu
Could you please look into the Camera	Noura (Lead)	TheaterLab Aktina Stathaki
Redshift	Minute-Taker (Lead)	The Wild Project Katerina Alexaki
Tejas Verdes	Gravedigger (Lead)	TACT Doug Howe
Women With Wings	Ivy (Lead)	Frederick Loewe Jen O'Donnell
Women Behind The Bush	Bookie (Lead)	The Producer's Club Rita Pietropinto
Come and Go	Stranger (Supporting)	Walkerspace Ildiko Nemeth

FULLY STAGED READINGS (SELECT CREDITS)

Love in Space-Time	Woman (Lead)	Theater of Changes Gia Forakis
Love Triangle: A Trilogy	Woman (Lead)	Willy's Music Cafe Gia Forakis
In Chorus	11th of Chorus (Lead)	New York University - KJCC Ioanna Katsarou
Blind Spot	Nicki (Lead)	New York University - KJCC Katerina Alexaki
Goats	Imm Al-Tayyib (Lead)	Martin E. Segal Zishan Ugurlu
Locusts	Zana (Lead)	Martin E. Segal Ana Margineanu

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Arabian Night

Fatima (Lead)

Martin E. Segal | Doug Howe

COMMERCIALS, INDUSTRIALS AND VOICE OVERS

Conflicts available upon request

TRAINING

ACTING

Acting Chekhov Masterclass	Adolf Shapiro	Plyfa - Athens, Greece
On Camera Lab	Corey Parker	The BGB Studio (LA)
MASTERCLASS: Getting You to Set	Michelle Hurd	Heidi Miami Marshall Studio
On Camera	Heidi Marshall	Heidi Miami Marshall Studio
Acting & Audition Technique	Tom Todoroff	Tom Todoroff NY Studio
Rehearsal Technique	Paula Stevens	SAG-AFTRA Foundation
Advanced Script Analysis & Style Acting	Scott Zigler	Atlantic Acting School
Suzuki & Viewpoints	Donnie Mather	Atlantic Acting School
Acting Practical Aesthetics	A. Saffir, S. Hawley, K. Kohlhaas, C. Silver	Atlantic Acting School
Acting Conservatory Program (4yrs)	Morfes Theatre Company Conservatory	Morfes Theatre Company Conservatory
Jacques Lecoq Technique	Richard Crawford	Movement Theater Studio
Theatre through Mask & the Martial Arts	Tapa Sudana (Peter Brook Company)	Athens, Greece
Commercial Technique	Ron Torgow	SAG-AFTRA Foundation
Teleprompter Technique	Darlene Bejnar	SAG-AFTRA Foundation
Acting Studio	Vasilis Diamantopoulos & Marina Georgiou	Athens, Greece
Acting Studio	Giannis Rigas	Athens, Greece
Method Acting	Andreas Manolikakis	Athens, Greece
Neutral Mask	Zouzou Nikoloudi	Athens, Greece

SINGING - VOICE - SPEECH

Standard American Speech	Susan Cameron, Katie Honaker	Private Classes
Edith Skinner - Speech for Stage	Suzan Finch	Private Classes
Chuck Jones Voice Technique	Katie Bull	Atlantic Acting School
Kristin Linklater Voice Technique	Kostis Sfirikidis	Embros Theatre Company Conservatory
Roy Hart Singing Technique	Jonathan Hart Makwaia	Private Classes
Classical Singing	Tasis Christogiannopoulos	Private Classes
Coordination Signing Technique	Grzegorz Bral	Mark Morris Dance Center

MOVEMENT & DANCE

Movement & Modern Dance	Mary Tsouti	Embros Theatre Company Conservatory
Alexander Technique	Tom Vasiliades	Tom Vasiliades Studio NY
The Feldenkrais Method	Eleni Kasimati	Embros Theatre Company Conservatory

SKILLS

PASSPORTS: Valid US & EU Passports

LANGUAGES: English (fluent) , Greek (fluent)

DIALECTS: Standard American | **ACCENTS:** Greek

SPORTS: swimming, running, jogging, cycling, weight lifting, pilates, yoga, billiards player, frisbee, bowling, ping pong

DANCE: Club | Freestyle, Modern, Salsa, Swing, Waltz

SINGING: Jazz, Mezzo-Soprano

MISCELLANEOUS: Improv general, can smoke, cooking, massage, hosting

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OTHER

B.S. in Sociology - Panteion University of Athens (Greece)

(*) Best Supporting Actress Award Nominee - Sparrow Film Project 2018