

LAURA

ALA-RUONA



Agency: Aura Actors

Agent: Henna Ryyänen

Phone: +358 50 338 9533

Email: contact@auraactors.com

Showreel: [Watch in Vimeo](#)

Web page: www.lauraalaruona.com

Languages:

Finnish (nat)

English (fluent)

Spanish (good)

Swedish (ok)

German (basics)

Playing Age: 35–45

Born: 1980

Height: 162 cm/5'4"

Weight: 60 kg/132 lbs

TRAINING

2022–23 IMPROV THEATER TRAINING

IMPRO HELSINKI

2019–20 ACTOR TRAINING

ACTORS ACADEMY FINLAND

2019–21 FILM & TV STUDIES

OPEN UNIVERSITY OF HELSINKI

2010–12 DRAMA TEACHER

UNIVERSITY OF JYVÄSKYLÄ

2000–06 MASTER OF ARTS IN TEACHING

UNIVERSITY OF JYVÄSKYLÄ

TV & FILM

ONNELA 5 (post prod)

Critical Mother

Dir. Jaakko Saariluoma

Jarowskij Finland

2023 KULLANNUPUT 2

Sofia

Dir. Viivi Huuska

Moskito Television

2022 SYKE

Tuula Molander

Dir. Toni Laine

Yellow Film & TV

KAKARAT 3 (post prod)

Child Welfare Supervisor

Dir. Markus Lehmusruus

Jarowskij Finland

2022 HARJUNPÄÄ

Wife of Myllykangas

Dir. Matti Kinnunen

ITV Studios Finland

2021 MODERNIT MIEHET 3

Minka

Dir. Jäppi Savolainen

Moskito Television

2021 RANTABAARI 4

Detective

Dir. Jonni Kullas

Fremantle Media

2021 HOTEL SWAN HELSINKI 2

Social Worker

Dir. Max Ovaska

Yellow Film & TV

2021 KOLME KEINOJA (Short Film)

Mother

Dir. Marianna Seppälä

TAMK Student project

THEATRE & NEW MEDIA

2023 Love Simulation EVE

Grete (mocap & volumetric)

Dir. Eero Tiainen

Espoo City Theatre

2021 KAUIAS PILVET KARKAAVAT

Multirole

Dir. Heini Tola

Järvenpää Theatre

COMMERCIALS Kauppakeskus Mylly Tv-commercial more Upon request

OTHER TRAINING

2022–23 Dance Choreo Workshop (40 hrs) by Movemint

2022 Private Acting Lessons 1 hr/week for 5 months | Meisner Technique by Dominic Kelly

2022 Private Alexander Technique lessons by Tuuli Nilsson

2022 Screen Acting Workshop at Actors Studio London by Tim Kent + many more workshops

SKILLS

Dancing, Painting, Yoga, Creative Movement, Good with kids, Driving licence, Basic skills of Skating and Skiing, Mocap