

LAURA

ALA - RUONA

Meisner trained actress based in Helsinki Finland. Graduated from Actors Academy Finland in 2020 and has experience both on stage and in TV.

Agency: Aura Actors
Agent: Henna Rynnänen
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Email: contact@auraactors.com
Showreel: [Watch here](#)

Languages:
Finnish (nat)
English (fluent)
Spanish (good)
Swedish (ok)
German (basics)

Playing Age: 37-47
Born: 1980
Height: 162 cm/5'4"
Weight: 60 kg/132 lbs
Eyes: Brown
Hair: Dark brown



TV & FILM

post SUNNUNTAILOUNAS	Principal	Dir. Atte Järvinen	Yellow Film & TV
post KOSKINEN 4	Heta	Dir. Riku Suokas	Mediawan Finland
2023 ONNELA 5	Critical Mother	Dir. Jaakko Saariluoma	Jarowskij Finland
2023 KULLANNUPUT 2	Sofia	Dir. Viivi Huuska	Moskito Television
2022 SYKE 13	Tuula Molander	Dir. Toni Laine	Yellow Film & TV
2023 KAKARAT 3	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

THEATER

2024 IMPROV THEATER	Ensemble	Dir. Kaisa Kokko	Impro Helsinki
2023 LOVE SIMULATION EVE	Grete	Dir. Eero Tiainen	Espoo Theater
2021 KAUIAS PILVET KARKAAVAT	Multirole	Dir. Heini Tola	Järvenpää Theater

COMMERCIALS Mall of Mylly (2021) | TV Commercial | Dir. Ragnar Jansson

TRAINING

2022-23 IMPROV ACTOR

TRAINING IMPROHELSINKI

2019-20 ACTOR TRAINING

ACTORS ACADEMY FINLAND

- 300 h Meisner Technique, Voice & Movement, Screen Acting, Scene Work, Cold Reading, Intimacy in scenes

2019-21 ART STUDIES and FILM & TV STUDIES UNIVERSITY OF HELSINKI

2012 DRAMA TEACHER

UNIVERSITY OF JYVÄSKYLÄ

- Applied Drama, Forum Theater, Playback Theater, Drama in Education

2006 MASTER OF ARTS IN TEACHING

UNIVERSITY OF JYVÄSKYLÄ

Minors: Intercultural Studies, Communication, Spanish

WORKSHOPS:

2022 Dance Choreo + performing Lessons by Movemint

2022 Acting Lessons Ongoing private coaching by Dominic Kelly

2022 Alexander Technique & Voice Ongoing private lessons by Tuuli Nilsson

2022 Screen Acting at Actors Studio London by Tim Kent

2022 Monologue by Dominic Kelly

2021 BEAT Acting by Fay Beck from Actors Door

2020 & 2022-> Improv How to build a character + Long storytelling techniques by ImproHelsinki

2019 Break the Script by Stagemilk Online | 2019 Meisner Basics by Ashlie Walker | 2015 Mask Theater Helsinki Community College

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