

**Lauren Sowa**  
AEA / SAG-AFTRA  
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ENCOMPASS ARTS

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## NEW YORK / LONDON THEATRE

We're Drunk/This is the End	Nina	The Old Vic / <i>Mike Donahue</i>
A Midsummer Night's Dream	Hermia	The Shakespeare Forum / <i>Tyler Moss</i>
The Great Divide	Ruth Jordan	Metropolitan Playhouse / <i>Michael Hardart</i>
The Crucible	Mary Warren	Sink or Swim Rep / <i>Wendy Merritt</i>

## REGIONAL THEATRE

Noises Off (upcoming)	Poppy	Walnut Street Theatre / <i>Bob Carlton</i>
The Importance of Being Earnest	Gwendolen Fairfax	Walnut Street Theatre / <i>Bob Carlton</i>
Harvey	Nurse Kelly	Walnut Street Theatre / <i>Bob Carlton</i>
Private Lives	Sibyl	Walnut Street Theatre / <i>Bob Carlton</i>
All's Well That Ends Well	Diana	Alabama Shakespeare Festival / <i>Geoffrey Sherman</i>
Red Velvet	Ellen Tree	Lantern Theater Company / <i>Peter DeLaurier</i>
Emma	Emma	Lantern Theater Company / <i>Kathryn MacMillan</i>
Cymbeline	Imogen	Opera House Arts / <i>Julia Whitworth</i>
Othello ( <i>w/ Forrest McClendon</i> )	Desdemona	Philadelphia Shakespeare Theatre / <i>Carmen Kahn</i>
Much Ado About Nothing	Hero	Philadelphia Shakespeare Thtr / <i>Domenick Scudera</i>
Hamlet	Player Queen	Alabama Shakespeare Festival / <i>Geoffrey Sherman</i>
Romeo and Juliet	Juliet	North Carolina Shakes. Fest. / <i>Steve Umberger</i>
Wait Until Dark	Susy	Seacoast Repertory Theatre / <i>Dan Beaulieu</i>
Rumors	Chris	Seacoast Repertory Theatre / <i>Jonathan Carr</i>
As You Like It	Rosalind	Seacoast Repertory Theatre / <i>John McCluggage</i>

## TRAINING

### BFA Drama, NYU's Tisch School of the Arts

Acting: Vicki Hart, Nate Flower, Kevin Spacey, Tim Carroll, Louis Scheeder  
Voice: Donna Germain, John Van Wyden, John Ruocco, Allison Leyton-Brown  
Ukulele: Alex Sovronksy  
Dance: BDC, Steps, Koresh, Jeannette Neill  
On Camera: Heidi Marshall

**Improv: Upright Citizens Brigade**

**Level 101** (Morgan Grace Jarrett), **201** (Patrick Clair), **301** (Shaun Diston), **401** (Nicole Drespel)

## SKILLS

Dance: Contemporary, Jazz, Ballet, Tap; Singing: Soprano; Instruments: Ukulele (2yrs)

Dialects: British RP, Irish, Soft-R Southern, German, Russian, Scottish