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MARIANA LENCASTRE

Location **Lisbon, London, Madrid**
Appearance: **White, Eastern European**
Playing age **25 - 35**

Height **1,64m**
Hair **dark blonde**
Eyes **blue**
Nationality **portuguese**



STAGE

2025, Card, Ensemble, **ALICE IN WONDERLAND**, dir. Marco Medeiros, Teatro da Trindade
2024/25, Ensemble, **MIDSUMMER NIGHT'S DREAM**, dir. Diogo Infante, Teatro da Trindade
2024, Teacher/ ensemble, **WE WILL ROCK YOU** dir. João Guimarães, Campo Pequeno
2022, Third Witch, **MACBETH**, Teatro Soco
2019/20, June/ ensemble, **CHICAGO**, dir. Diogo Infante
2017, Nikki Wade, **BAD GIRLS**, dir. Norma Atallah, The Pleasance Theatre

TV & FILM

2025, Isabel, NOVAS NARRATIVAS DE CAÇA, Lara Mesquita, RTP Play

TRAINING

2025, *Error + Condicionante* with Marco Medeiros, Lisbon
2024, *Selftape and casting workshop* with Nathalie Cheron, **ACT**, Lisbon
2022/23, *One year acting course* with Cristina Segovía, **Centro del Actor**, Madrid
2022, *Sense Memory* with Lorena de Las Bayonas, **ACT**, Lisbon
2021, *The Lucid Body Intensive* with Thiago Félix, **ACT**, Lisbon
2020, *The Acting Habit - 21-day-selftape* with Manuel Puro, online
2014/17, *BA (Hnrs) in Theatre Dance/ Musical Theatre* at the London Studio Centre, London

SKILLS

Singing: Mezzo-soprano, strong belt
Dance: Jazz, Lyrical Jazz
Sports: Tennis, Indoor Cycling, Ski
Languages: Portuguese (native), English (highly skilled), Spanish (highly skilled).