

# MARIANA LENCASTRE

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**Mobile:** +351 932075447

**Place of residence:** Lisbon, Portugal

**Height:** 1,64m

**Hair:** Dark blonde

**Eyes:** Blue

**Nationality:** Portuguese

**Vocal range:** Mezzo Soprano C3 – Bb5 (Belt/mix up to F#5)



## TV & CINEMA

**2025** Isabel in NOVAS NARRATIVAS DE CAÇA, Ep.3 | dir. By Lara Mesquita | RTP & Galo Bravo

## THEATRE

**2025** Featured ensemble, ALICE IN WONDERLAND | dir. by Marco Medeiros | Teatro da Trindade

**2025** Ensemble, Teacher, WE WILL ROCK YOU | dir. by João Guimarães | Campo Pequeno

**2023/24** Ensemble, MIDSUMMER'S NIGHT DREAM | dir. by Diogo Infante | Teatro da Trindade

**2022** Third Witch, MACBETH | No director | Teatro Soco

**2022** Mia, CHI RHO | directed by Afonso Molinar | Teatro à faca, Boutique da Cultura

**2019 /21** June/ Ensemble, CHICAGO | directed by Diogo Infante | Teatro da Trindade

**2017** Nikki Wade, BAD GIRLS | directed by Susan Raasay | The Pleasance Theatre

## TRAINING

**2022 - 23** Acting weekly course with Cristina Segovía, Centro del Actor (Madrid)

**2022** *Sense Memory* with Lorena García de Las Bayonas, Centro del Actor (Madrid)

**2021** *Acting for Camera* with Jeffrey Dreisbach (McCorkle Casting), The Growing Studio (online)

**2020** *The Lucid Body intensive workshop* with Thiago Félix, ACT (Lisbon)

**2020** *The Acting Habit: 21-Day-Selftape* with Manuel Puro (online)

**2018** Acting for Camera - 'Acting Up, The Union Theatre' with Vicky Alcock (London)

**2014 - 17** BA (Hnrs) in Theatre Dance/ Musical Theatre at London Studio Centre (London)

## SKILLS:

Singing: Mezzo soprano, Strong belt.

Dance: Jazz\*, Ballet, Contemporary, Tap, Lyrical Jazz.

Sports: Tennis, Ski, Indoor Cycling, Box, Barre. Languages:

Portuguese\*, Spanish (fluent), English (fluent), French (basic).

Other: Carta de condução de ligeiros, guitarra clássica.