



# SOPHIA LAU

SAG-AFTRA

Height: 5'4" Weight: 128 Hair: Black Eyes: Brown Voice: Alto  
[sophialau.me/acting](http://sophialau.me/acting)

**aqua**  
TALENT

Aqua Talent - Theatrical  
Courtney Peldon  
[cpeldon@aquatalent.com](mailto:cpeldon@aquatalent.com)  
(310) 859-8889

## **TELEVISION**

America's Most Wanted  
Interior Chinatown  
Gyopo (Webseries)

Principal  
Co-Star  
Recurring

Fox / Dir. Rupert Smith  
Hulu / Dir. John Lee  
Dir. Jackie Lee

## **FILM**

The Postcard  
Jin  
You Can Never Go Home  
Destroyer  
The Holy Path  
Project Restart  
Cue  
Muffler  
Rustic and Authentic  
Go Time

Lead  
Lead  
Lead  
Lead  
Lead  
Lead  
Lead  
Lead  
Lead  
Lead

Chapman MFA Thesis / Dir. Yinghui Li  
Chapman MFA Thesis / Dir. Charlotte Huang  
Chapman MFA Thesis / Dir. Jordan Qin  
Dir. Kylie Kozar  
Dir. Kirsten Hoang  
SFSU Thesis / Dir. Marc Ibarra  
UC Berkeley / Dir. Igor Boas  
UC Berkeley / Dir. Keesan Nam  
UC Berkeley / Dir. Can Takka  
UC Berkeley / Dir. Michael Safarian

## **COMEDY**

Not Rob  
Improv4Charity  
Theater4Charity

Indie Improv Group  
Short-form Improv Group  
Scripted Comedy Group

The Glendale Room  
UC Berkeley  
UC Berkeley

## **COMMERCIAL** \* conflicts available upon request

## **TRAINING**

2-Year Professional Program  
Advanced Scene Study  
Improv Lab  
Advanced Improv  
Improv 1  
Method 101  
Vocal Coaching  
ABT Summer Intensive  
Pre-professional Ballet  
Pre-professional Ballet

Ranjiv Perera  
Troy Ruptash, Presciliiana Esparolini  
Chris Eckert  
Guy Stevenson  
Marshall Givens  
MJ Karmi  
Gregory Geiger  
Julie Kent, Ethan Brown  
Maggie Ferla, Xavier Ferla  
Linda Hurkmans

The Sanford Meisner Center  
The Aquila Studio  
The Groundlings School  
The Groundlings School  
The Second City  
The Lee Strasberg Institute  
L.A. Classical Studio  
American Ballet Theater  
Dance Theater International  
San Jose Ballet Theater

## **AWARDS**

Groundlings SNL Scholarship - 3 recipients/quarter receive classes & coaching for an SNL audition

## **SPECIAL SKILLS**

Dance (Ballet, Pointe, Contemporary, Jazz, Tap, Character), Certified Reformer Pilates Instructor, Yoga, Gymnastics, Kung-Fu, Krav Maga, Rock Climbing, Piano, Guitar, French (professional fluency)  
Accents - Mancunian, RP English, Essex English, German, Russian (Noho Hank from Barry), Southern  
Valid Passport through February 2029