



SOPHIA LAU

SAG-Eligible

Height: 5'4" Weight: 128 Hair: Black Eyes: Brown Voice: Alto
sophialau.me/acting



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

TELEVISION

Interior Chinatown
Gyopo (Webseries)

Co-Star
Recurring

Hulu / Dir. John Lee
Dir. Jackie Lee

FILM

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

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
NYC Ballet Summer Intensive
Pre-professional Ballet
Pre-professional Ballet

Ranjiv Perera
Troy Ruptash, Presciliiana Espanolini
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