



LAILA NURJ

Non-union actor with 2+ years of training in Meisner Technique seeking opportunities in films and commercial roles

Email: lailanurj08@gmail.com
Phone: 603.973.2624
Backstage Profile: <https://www.backstage.com/u/laila-nurj>

Location: Boston
Height: 5 ft 4in
Weight: 125 lbs
Playing Age: 20s & 30s

Role Type: South Asian
Eye Color: Dark Brown
Hair Color: Black
Hair Length: Medium

ACTING EDUCATION :

Meisner II Acting Class:
Taught by: Scott Fielding

September 2020 – August 2021
Michael Chekhov Actors Studio

- Learned about character-acting, working with impediments, script analysis, crafting circumstances, and scene-acting with partners over the course of a year

The Actor's Instrument and Craft: Michael Chekhov Actors Studio
Taught by: Scott Fielding

June 2020 – August 2020
Michael Chekhov Actors Studio

- Learned how to free up the psycho-physical restrictions to physical, vocal, and emotional expression

Meisner Foundational Acting Class: Michael Chekhov Actors Studio
Taught by: Scott Fielding

September 2019 – August 2020
Michael Chekhov Actors Studio

- Learned about developing actor's instincts through unscripted "scene-like" improvisations that incorporate sophisticated crafting of circumstances, emotional preparation, and relationships with a keen sense of truth over the course of a year

PERFORMING EXPERIENCE :

Boston Bollywood – Level 5 (Advanced) Dancer
Boston, MA

(2016 – 2021)

- Performed on stage in front of a live audience 4 times a year in dance styles of Hip Hop, Bollywood, Lyrical, Kuthu, Kathak, and Bhangra

Masti Masti Mein – Webseries
Boston, MA

(2020)

- Played a background actor and dancer in the webseries

SKILLS :

Languages: English, Nepali, Hindi, conversational Spanish
Accents: American English, EP British Accent, Indian Accent
Music & Dance: Hip-hop, Bhangra, Kuthu, Kathak, Bollywood, Zumba
Sports: Hiking, Trekking, Kickboxing, Rowing, Running, Bowling