



SILVIA NAVAL

- Actress -

TRAINING

- “Acting on Camera”, by Javier Taboada, at LAPU–LAPU Estudio, 2020.
- Urban dance with Lohi at Escuela de Danza 180, 2022 – Current.
- Jazz with Ángela Feijoo at Escuela de Danza 180, 2022 – Current.
- Training with La Joven, 2022.
- Interpretation before the Chamber with Javier Taboada. LAPU-LAPU Study. 2020.
- Interpretation of the character of Acción with Chema García. Action scenes. 2020.
- International casting with Luci Lenox & Camilla–Valentine Isola. LAPU–LAPU Study. 2019.
- Bachelor of Acting with Honors. Barcelona Institute of Arts (Liverpool John Moores University). 2016 – 2019.

Workshops:

- “The Voice of the Actor” with Kate Firth. 2019
- “Meisner” with Vipin Sharma. 2018
- “Point of View” with Kellie Hughes. 2018
- “Acting through sensory memory” with Cosmin Chivu. 2017
- “Hull Truck Theater Performance Style” with John & Jane Godber. 2017
- “Performance Anxiety” with Liam O’Sullivan. 2016
- Dramatic Art. Canary Islands Actors School (EAC). 2010 – 2014
- Performing arts. Tenerife Auditorium. 2012 – 2016
- Choral singing. Municipal School of Music of Tenerife. 2014 – 2015
- Dance techniques. Latin sauce. 2013 – 2015
- Jazz. MMDanza. 2012 – 2015
- “The Actor on Action & Crime” workshop, by Chema García, 2020.
- Graduate with BA Hons Acting, by Institute of the Arts Barcelona (Liverpool John Moores University).
- “The Actor’s Voice” workshop, by Kate Firth, 2019.
- “Meisner” workshop, by Vipin Sharma, 2018.
- “Viewpoint” workshop, by Kellie Hughes, 2018.
- “Acting through sense memory”, by Cosmin Chivu, 2017.
- “Acting style of Hull Truck Theatre”, by John & Jane Godber, 2017.
- “Performing Arts” studies, at Auditorio de Tenerife, 2012 – 2016.
- “Drama” studies, at Escuela de Actores de Canarias (EAC), 2010 – 2014.

PROFESSIONAL EXPERIENCE

FILM

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- "UNTITLED GUY RITCHIE'S ACTION MOVIE" Dir. Guy Ritchie. 2024

TELEVISION

- "UNA VIDA MENOS EN CANARIAS" Dir. Moises Ramos e Inma Torrent. 2024
- "EL SEÑOR DE LOS ANILLOS. LOS ANILLOS DEL PODER" S2. Dir. J. A. Bayona. 2024
- "HIT" T3 , Grupo Ganga, Dir. Joaquín Oristrell, 2022.

THEATRE

- "DANTON 1794". Dir. Gonzalo Gómez. Alquimistas Producciones. 2020
- "MENTIRAS AMARILLAS". Identidades Teatro. 2019.
- "ALICE IN WONDERLAND", devising project lead by Valentina Ricci, 2019.
- "OH, WHAT A LOVELY WAR!", musical directed by Michael Howcroft, 2019.
- "13", Dir. Rob Watt, 2018.
- "THE SEAGULL", Dir. Drew Mulligan, 2018.
- "PAINS OF YOUTH", Dir. Jonny Floyd, 2018.
- "ANTIGONE", Dir. Sophie James, 2018.
- "KING LEAR", Dir. Drew Mulligan, 2017.
- "MUSICAL.IES", Dir. Roxana Schmunk, 2012 – 2016.

SHORTFILMS

- "EL DOPPELGÄNGER", Dir. Miquel Sierra, 2019.
- "LA LADRONA", Dir. Rob Miquel Sierra, 2019.
- "CACAO", Dir. Joan Casasolas, 2018.

SKILLS

- Native Spanish (canarian, neutral and andaluz accents).
- Bilingual English (RP, American and Cockney accents).
- Medium level French, written and spoken.
- Beginner level LSE (Spanish sign language).
- Armed combat.
- Singing.
- Choir singing.
- Dance (contemporary, social dance, cabaret and jazz).
- Volleyball.
- Basketball.
- Driving license.



OFFICIAL LINKS

- IMDB: <https://www.imdb.com/name/nm14871736/>
- Página web: <https://silvianaval.com/>
- Vimeo: <https://vimeo.com/user89225595>
- Instagram: <https://www.instagram.com/silvianaval/>
- Spotlight: <https://www.spotlight.com/interactive/cv/5814-1209-5884>
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