

# LANA SAGE

option

Pronouns: She/Her | Height: 5'5" | Hair: Dk Blnd | Eyes: Blue | Vocal Range: E3-E6  
<http://lanasage.com> | 503-927-3901 | [lane@lanasage.com](mailto:lane@lanasage.com)

## SELECTED REGIONAL THEATRE

Alex getting better	Ruthie	Young Professionals Co (Dir Jessica Wallenfels)
Wait Until Dark	Gloria	Lakewood Theatre Co (Dir Nancy McDonald)
A Christmas Carol (Menken 2 seasons)	Martha/Grace/Fan/Adult Ensemble	Stumptown Stages (Dir Kirk Mouser)
Matilda	Big Kid/Adult Ensemble	Lakewood Theatre Co (Dir Paul Angelo)
Billy Elliot	Susan Parks	Pixiedust Productions (Dir Greg Tamblyn)
The Magic Flute	Red Harpy	The Portland Opera (Dir Chris Mataliano)
La Boheme	Townsperson Chorus	The Portland Opera (Dir Kathleen Belcher)

## SELECTED FILM

Honeybee (feature)	Lead	Lavender Menace Productions
Chasing Shadows (short)	Lead	Jumptown Films

## SELECTED VOCAL PERFORMANCES

Portland Area Musical Theatre Awards	Vocal Soloist (multiple events)	Corey Brunish, producer
The Portland Spirit	Vocal Soloist (multiple events)	American Water Ways
Big Night Gala	Chorus Member	The Portland Opera

## SELECTED DIRECTING/CHOREOGRAPHY/PLAYWRIGHT

In the Forest She Grew Fangs	Asst Director/Choreographer	Young Professionals Co
Once More <i>by Lana Sage</i>	Playwright (staged reading)	Fertile Ground Festival
Squish <i>by Lana Sage</i>	Playwright/Director (staged reading)	Education Theatre Association

## EDUCATION/TRAINING

### Degrees/Endorsements

BFA: Acting/Directing Expected 2025 from Boston University (social and racial justice minor)  
Associates of General Studies 2021 from Portland Community College (gen ed, musical theatre)

### Acting

Alexander Technique  
Meisner Technique  
Cold Reading  
Musical Theatre Intensives  
On-Camera Techniques  
Improv

### Voice

Private Technique  
Private Vocal Coaching  
Voice & Speech  
Master Classes  
Advanced Choirs

### Dance

Jazz/Modern (Int/Adv)  
Tap (Int/Adv)  
Ballet (Int)  
Contemporary (Beg)  
Hip Hop (Beg)

### Other

Viewpoints  
Devising  
Stage Combat  
Playwriting  
Directing  
Workshop New Musical

**Recent Instructors:** Richard Bower, Yo-Ell Cassel, Randy Davis, McCaela Donovan, Sarah Maines, Patrese McClain, Laura Osnes, Kemba Shannon, Julane Stites, Merri Sugarman, Betsy Wolfe, Christine Woodberry, Meg Zervoulis, Matt Zrebski

## SPECIAL SKILLS/ABILITIES/INTERESTS/AWARDS

Athletics: Gymnastics, Trampoline, Swimming, Diving

Dialects/Languages: Basic Standard British and Geordie. Beginning/Intermediate American Sign Language

General: Loves animals, books, & writing, Beginning piano, ukulele, & guitar, Theatre teaching asst, Front of house volunteer, Box office

Awards: Best Supporting Actress in a Play, Rising Star Artist