

# *Sandra Belrose*

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ACTRA-UDA-CAEA

**Height:** 5'5"      **Weight:** 120 lbs  
**Eyes:** Brown      **Hair:** Light brown

## *Film/Television*

<b>HEROES OF THE NORTH (SEASON 2)</b>	Lead	Movie Seals
<b>L'AUBERGE DU CHIEN NOIR</b>	Actor	Radio-Canada
<b>HERITAGE MINUTE : LESBIAN MARRIAGE</b>	Lead	Dominic Poliquin
<b>LA VALISE</b>	Lead	Kayak Media
<b>JOE, LE TAXI (SHORT FILM)</b>	Supporting	Pablo Pictures
<b>A BETTER PLACE</b>	Supporting	La Brigade 3 Productions
<b>TOO TALL</b>	Actor	SEI Films
<b>INHERITING TROUBLE (S. 2, EP. 2)</b>	Actor	CMJ Productions
<b>THE VOYAGER</b>	Lead	Concordia University
<b>KATOU456</b>	Supporting	Trebas Institute
<b>RELAX</b>	Supporting	Trebas Institute

## *Commercial/Corporate/Music Video*

List available upon request

## *Training*

Private American voice/speech lessons with Julia Lenardon - 2015  
Commercial Auditioning with Benoît Finley, Maxime Giroux & Vincent Giroux - 2015  
On Camera Commercial Audition with Patrick Huneault - 2014  
Comedic Acting Intensive Workshop with Luc Senay - 2014  
Voice over workshop with Paula Davis - 2014  
Stage combat/weapons handling/stunts with Andy Bradshaw - 2014  
Private American voice/speech lessons with Rea Nolan & Paula Davis - 2014  
On Camera Acting Workshop with Suzanna LeNir - 2014  
Improvisation Level 1 at Montreal Improv - 2013  
Scene Work on Camera with Jean-Pierre Bergeron - 2013  
On Camera Audition Workshop at Elite Casting - 2012  
Just Scene at M.S.O.P.A. with Constantine Kourtidis - 2012  
Introduction to Meisner with Jacqueline McClintock - 2011  
Scene Work with Gilles Plouffe - 2011  
Stage Combat Level 1 with Shawn Baichoo - 2010  
On Camera Audition Workshop with casting director/producer Aldo Tirelli - 2010  
Phase 2 (scene work) at M.S.O.P.A. with Constantine Kourtidis - 2009  
Phase 1 (monologue & character development) at M.S.O.P.A. with Dale Hayes - 2009  
Foundation (monologue) at M.S.O.P.A. with Dale Hayes - 2009

## *Special Skills*

**Languages:** French, English  
**Fighting:** stage combat, weapons handling, Tae Kwon Do (green belt)  
**Dance:** latin dance, salsa, tango  
**Sports:** basketball, tennis, yoga, fitness, cheerleading  
Licensed driver (automatic), barmaid, waitress.

**Website:** [www.sandrabelrose.com](http://www.sandrabelrose.com)      **Demo:** <https://www.youtube.com/watch?v=X0JZ7Uz4nyI>