



# LILOU DES BOIS

ACTRESS / PHYSICAL ACTRESS / DIRECTOR

07/12/1986 - 1m53 / 50kg

L French - English - Spanish - Italian

## CONTACT

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## SKILLS

### Classical & Contemporary Theater

Improv Theater - Street Theater - Immersive Theater

### Mime, Clown & Movement

Corporeal Mime E. Decroux Technique - Mask Acting & Physical theater - Puppetry & Object theater

### Video - Cinema - Voice

Motion Capture - Dubbing & Voice Over - Camera acting

### Singing

Musicals & Pop

### Dance Theater

Theatrical dance & Contact dance

### Artistic director & Coaching

Staging & staging consultant - Acting Coach  
Compagny Director

Versatile and enthusiastic actress, Lilou likes to explore theater through its different possibilities of forms and places. Passionated about interpretation, body in motion and non conventional spaces to play, Lilou uses her sharp eye to act, direct and coach other performers.

## VOICE EXPERIENCES

### Audiobook

IceBreaker, Hannah Grace - Editions Thélème 2023

Sarek, Ulf Kvensler - Editions Thélème 2023

## THEATRICAL EXPERIENCES

### Physical Theater

En Corps En l'Air & Les Sanglés - Gagarine is not dead 2023

Les Accordéuses - (B)rèves 2022

Disney Village Paris - The Light fairy's Secret 2019

Premium Projet - Giant Puppet / MOQ Live Doha 2017

Cirque du Soleil - Joyà (Original Cast) 2014-2017

Cie Macadâmes - Passantes / Ivres Visites / Chaussée Interdite aux piétons La douleur n'est qu'une information / Si les oiseaux se cachent pour mourir Without Words 2008-2014

### Theater - Mask - Puppet - Musical - Kid show

Cie de l'Alouette - L'oiseau de Feu 2022

Bonne nuit les Petits - Magic Nounours 2021

Tam Tam Théâtre - Rouge Neige de Jean Pierre Cannet 2019

Opéra de St-Etienne - Siegfried ou qui... 2018

Cie Nomades - Julie et le Livre Magique 2018 - 2020

Cie Les Anthropologues - Alice dans les rues / En vue D'eau / Rousseau à rebrousse temps 2012 - 2014

Claude Buchvald - Le théâtre de Radovan Ivsic 2006

Cie Clin d'oeil - Les Demoiselle de Rochefort(Solange) / La princesse d'Elide (Phylis) / Cabaret Noir (Texte choisis de Brecht) / Liliom au royaume des fleurs cachées (Liliom) 1999 - 2003

### Immersive shows

Party like Gatsby - Grand Extravaganza 2023-2024

Geekopolis - Mutations 2019

Manoir de Paris - Les légendes de Paris / Toxic 2018

### Character Work - Interactive Shows

Gabriele Rizz Lab - Marassi Egypt Project 2024

Remue Ménage - Les Jouets / Gnomikys / Sphères since 2021

El Row - Off Sonar, Monegros, XXL Marina Sur 2023

Artistalia - Barcelona Carnaval 2023

Insolits Production - Colored People / Excentrics 2023

Premium Project - MOQ Live Doha 2017

### Escape Room

Play Escape - Origin 2023

Prison Experience - TheTakeover / The End of Tunnel 2022

Prizonners - Mic Mac au Cabaret 2019

### Mime Intervention - Performances

Maison Baccarat - Stark Collection Presentation 2023

Disney Village - Valentine et Summer Mime 2020-2023

Champion League VIP Event 2022

Ma langue au chat - Mime Solo 2021

Annette Messenger - La nuit des Animaux for Nuits Blanche 2019

Formule-E VIP Stage 2019

Musée des arts Forains - Festival du merveilleux 2013-2019

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## EDUCATION

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**Writing New Magic** Dir. Cie 14:20 Raphaël Navarro  
Valentine Losseau - CNAC 2024

**The free Actor Model 1** - Dir Sébastien Bonnabel  
Acting Theater and Camera, View Point, Meisner  
2021 Paris

**La voix chantée dans les musiques actuelles**  
Manufacture Chanson - Singer Techniques  
2021 Paris

**Dubbing technique & Voice over** - Rhinocéros  
Dudding, Audio book, Video games - 2020 Paris

**ESAD Ecole Supérieure d'art dramatique de Paris**  
Theater and physical theater - 2012-2013

**International School of Mime Corporal**  
Etienne Decroux Technique - Dir. Ivan Baccocchi  
2008-2010 Paris

**Clowning - Théâtre du Faune** - Dir. Fred Robbe  
2007-2009 Montreuil

**Licence degree in Theatre Art** - Univ. Paris 8  
2004-2009 St Denis

**Baccalaureat Litterature** - Theater speciality  
Lycée Jeanne D'Arc 2004 Rouen

**Improvisation** - Jeux D'rôles & La Pleine Lune  
2001-2004 Rouen

**Normandy's Musical School**  
Dir Albert & Elisabeth Amsalem 1999-2003 Rouen

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## WORKSHOPS

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**Mime Corporal** - Lab Project - Los Escultores del  
Aire - Dir. Mai Rojas 2021-2023

**Vocal technique** - Studio Des Variétés - One to one  
class 2020

**Stunt and stage fighting** - CUC Campus Univers  
Cascades et Samuel Kéfi Abrikh 2018-2019

**Puppet Construction & Manipulation**  
Dir. Natacha Belova 2018

**Vertical dance** - Cie Retouramont 2015

**Body and objects** - Dir. Claire Heggen & **Theatrical  
movement** - Dir. Yves Marc 2012

**Staging** - Dir. Jacques Livchine 2015

**Feldenkrais Method** - Théâtre des sens 2011

**Dance Theater** - Dir. Moreno Bernardi 2008

**Classic & Contemporary Theater** - Dir. Claude  
Merlin et Claude Buchvald 2004-2006

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## HOBBIES

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Crossfit & fitness - Hip Hop Dance - Stilts - Roller & Ice  
skating - Skiing - Horse riding - Scuba diving - Hand to hand  
Parkour - Music - Graphic & Web design - Photography  
Visual Art - Magic - Litterature



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## CINEMA EXPERIENCES

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### Motion Capture

McFire Family - Dir. Rémi Verrière - Cyber Group Studios since 2024  
Tara Duncan, Season 1 - Dir. Dan Creteur - Princess Sam Pictures 2020  
Syberia 4 - Dir. Emmanuel Gorinstein - Koalabs 2020

### Short Film

Le fils de L'homme - Dir. Julia delbourg - Prod Folio 2023  
Le monde de Demain - Dir Walid Shahalami - La Bande Des Mots 2022  
Prédictions - Jude Cassidi - Prod CEFPF 2020

### Cinema

Goodbye Jesus - Dir. Hèctor Hernández Vicens - Zabriskie Films 2023  
Adieu les cons - Dir. Albert Dupontel - Manchesters films 2019  
L'horizon - Dir. Emilie Carpentier - Elzévir films 2019  
Livide - Dir. J. Maury & A. Bustillo - La fabrique 2 2010  
Le Horsain - Dir. Philippe Venault - DEMD Production 1997

### Video & Photos Commercials

Mariage.net - Mariage.net 2024  
HP - The Production Family 2023  
Crédit Agricole Normandie Seine - Aktuaprod 2020  
Swish Canada (Fitness Model) - Leoprestte Prod 2018

### Video Clip

Vitaa & Slimane 2022 - Riddhi Oswal 2021 - Irina R 2004 - Duo 32 2011

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## DIRECTION & COACHING

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**Medika** - Coaching interpretation & Movement 2024

**Cirque du Soleil Joyà** - Creation and Coaching of Joyà Character +  
Staging and Coaching of the Icarian Act 2014-2017

**Cirque du Soleil La Scalada** - Creation of Main character and coaching of  
the main characters 2016

**A pas Contés** - Ivre déséquilibre - Acting Coach 2015

**TIP TOP** - La petite Taupe - Acting and mouvement Coach 2013

**Macadâmes** - Compagny Artistic Director 2009-2014

**Igit Music** - Une Chambre presque vide - Direction and coaching 2009