

SOPHIA RIOZZI

Sophia is a graduate of the Monash University Bachelor of Performance (BPA). She is currently studying Meisner Repetition Technique at Justin Lehmann Studios, and recently studied Alexander Technique with Penny McDonald, Brave Studios.

Sophia is an associate artist at BYTE (Back Yard Theatre Ensemble) where she is presently co-devising 'Heda, Julie, Nora and Me' and a world tour of 'The Weight of Ducks'. Sophia's next stage appearance will be as Irina, in Anton Chekhov's 'Three Sisters', at La Mama Courthouse, 2020.

Sophia has performed in numerous short films including 'I Work for the Devil', a Palm Springs International Film Festival Submission, 2019, and has appeared on stage in 'Welcome to Nowhere' (Malthouse Theatre), 'Zero Point Five Above Zero – No Wind' (La Mama Theatre), 'Heart, Shadow; Inside, Outside' (La Mama Courthouse). Sophia is the voice of 'Radia' in the interactive animated web series SPECK (EKO). She is also the face and voice of Emerging Minds Australia's latest mental health education video.

When Sophia is not on stage or in front of the camera, she is learning; about herself, and the world around her.

"Whatever you do as an actor is cumulative"
- Alan Rickman.

Sophia is passionate about the outdoors. Hiking and surfing are two activities which she particularly enjoys; she also truly appreciates yoga and Zen meditation, all of which she practises frequently.

Being well travelled and having lived on three continents, Sophia loves exiting her comfort zone, meeting new people and understanding their realities. She has an itch to understand what it is to be human which infuses each role she undertakes as a performer.