



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.

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 Project - 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 Ivšic 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 - Escape Room

El Row - Off Sonar - Delusionville 2023

Artistalia - Carnaval 2023

Play Escape - Origin 2023

Insolits Production - Colored People / Excentrics 2023

Prison Experience - TheTakeover / The End of Tunnel 2022

Remue Ménage - Les Jouets / Gnomikys / Sphères 2021

Prizonners - Mic Mac au Cabaret 2019

Premium Project - MOQ Live Doha 2017

Mime Intervention - Performances

Maison Baccarat - Stark Collection Presentation 2023

Champion League VIP Event 2022

Ma langue au chat - Mime Solo 2021

Disney Village - Valentine Mime 2020

Annette Messenger - La nuit des Animaux for Nuits Blanche 2019

Formule-E VIP Stage 2019

Musée des arts Forains - Festival du merveilleux 2013-2019

EDUCATION

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

WORKSHOPS

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

HOBBIES

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



CINEMA EXPERIENCES

Motion Capture

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

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

DIRECTION & COACHING

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