



SARA DEMERS

UDA Member

Spoken languages : French, English, italian, mandarin

Sara is a multi-artist based in Quebec.

Since her youth, body language and the human mind were her playground and her curiosity.

She studied theatre, dance, music, method acting, physical acting, acrobatics, masks & motion capture in Saint-Hyacinthe, Montreal and New York.

Her biggest thrill ?
To write, direct and act in a single project.

EDUCATION

ACTING

- 2017 Vocal Improvement; Tips and Tricks with H el ene Parent & UDA - Montreal
- 2017 Singing with Nathalie Byrns - Montreal
- 2016 Audition Preparation with L ea Pool & Daniel Poisson - Montreal
- 2014 Camera acting with Jean-Philippe Garoute at Danielle Fichaud workshops - Montreal
- 2014-11 Method Acting with Charles Mayer - Montreal
- 2013 Method Acting Intensive Program with Acting International (50h) - New York
- 2013 Active Interpr etation with R emi Jacques & Studio 303 - Montreal
- 2005-03 Theatrical Interpretation - Saint-Hyacinthe
- 2005-1992 Sacr e-Coeur & Mitchell-Montcalm Art Schools (*music, dance & singing*) - Sherbrooke

PHYSICAL ACTING

- 2017 Physical Timing & Presence with Guillaume Chouinard & UDA - Montreal
- 2016 Motion Capture Phase 1 with Stephen Mullin & Studio du Ch ateau - Montreal
- 2016-12 Acrobatics with Dynamo th eatre - Montreal
- 2014-12 Physical Acting, Clown & Masks with Dynamo th eatre - Montreal
- 2014-09 Mime with Omnibus - Montreal (6 sessions)
- 2013-12 Stunt (fights, high falls) with Stunt stage - Montreal
- 1998-96 Gymnastic with Shergym - Sherbrooke **Silver & bronze medalist*

DANCE

- 2024 Oriental Dance with Mirage Dance Studio - Quebec
- 2017 Contemporary & somatic dance with Beno t Lachambre / ParBleux - Montreal
- 2015 Tribal fusion (belly dancing) with Kali Maat Co. - Montreal
- 2014 Contemporary Breakdance with Kate Alsterlund & Studio 303 - Montreal
- 2011 Interm ediate Belly Dancing with Dance Studio - Montreal

STAGE TECHNIQUE

- 2009-08 Production Jeun'Est - Montreal
- 2007 AQTIS 101

LANGUAGES

- 2024-23 Traditional Chinese with Northern Institute of Learning & Advancement - Online
- 2018 C1 English Certificate at UQAM - Montreal

Contact :

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ACTING WORK HISTORY

TV | FILM

- 2024 **Silver Screen Dreams (演員夢)** | Role : Director | New Century Films (Toronto)
- 2024 **Doute raisonnable** | Role : Employee (spa) | Prod : Aetios
- 2023 **Espace AXC (Pub)** | Prod : Machiavel Studios
- 2023 **Stat** | Role : Patient | Prod : Aetios & A médias
- 2023 **Aller simple 2** | Role : Director of photography | Director : Rafaël Ouellet | Prod : Sphère média
- 2022 **Les chambres rouges** | Role : Set technician | Director : Pascal Plante | Prod : Nemesis Films
- 2020 **Edgar** | Lead : Françoise | Prod : Manito média, Zone 3 | Diff : Crave
- 2018 **La beauté du monde** | Role:1944's Prostitute | Director :André Forcier
- 2018 **Lâcher Prise** | Role : Set coordinator | Diff : Radio-Canada
- 2018 **Christmas by the Book** | Role: Violonist | Director: Letia Clouston

SHORT FILM | WEB-SERIE

- 2018 **Je post donc je suis** | Role : Co-host | Prod : Luner Productions
- 2018 **Traquer** | Principal : Sabrina | Director : Jonathan Plante | Prod : Iris Films
- 2018 **Clara** | Principal : Clara | Prod & Director : Matthew Gaines | Diff : Fantasia 2018
- 2018 **Et si...** | Lead : Chamanic Fairy | Director : Chloé Conseil |Diff : Zoofest & Nikon Film Festival
- 2018 **Audrée** | Principal : Audrée | Director: Israel Valencia
- 2018 **Le dernier jour** | Lead : Stéphanie | Director : Louis-Charles Blais
- 2016 **Supernovae** | Lead : Sara | Director : Jean-Sébastien Chartray | Diff : Noovo & Canal Play (France)

THEATRE

- 2024 **La route de mon pays (in development)** | Playwright & director
- 2024-23 **Et si la vie s'en mêlait (in development)** | Playwright & director
- 2022 **Les Beaux Mystères de Mister Lebeau** | Principal : Karla the acrobat & Maurice (human tall puppet) |
Prod : Théâtre du Crapaud Cornu | Diff :Théâtre Pointe-des-Cascades
- 2021-18 **L'histoire de Pi** | Principal : Pi (mask) | Director : Émilie Racine | Diff : Quebec & MASA (Abidjan)
- 2020 **Songide'ewin, Reconciliation Through Theatre** | Multiple roles | Prod :Sarasvati (Manitoba)
- 2017 **Il était une fois, Doltra** | Principal: Doltra | Prod : Théâtre des Petites Lanternes (Sherbrooke)
- 2015 **Voix** | Principal : The Kazakhstani | Prod : Ludotek-Art | Diff : Théâtre Aux Écurie

TEACHING & MEDIATION WORK HISTORY

- 2024 Movement for Actors teacher | Rendez-vous panquébécois | Tethford Mines
- 2023-22 Violin teacher | École de musique Troubadours | Quebec
- 2022 Theatre teacher | Loisirs Ressources de Québec
- 2020-19 French tutor | Groupe LDL
- 2017 Facilitator | Theatre Mediation Project *She & him* | Théâtre Fêlé et École internationale de Laval
- 2007-06 Circus instructor for youth | Verdun Circus School | Montreal

TECHNICAL STAGE WORK HISTORY

- 2024-23 **Hommages musicaux et galas** | In house lighting designer | Le Capitole | Quebec
- 2023 **La balle à Laïka** | Tour technical & stage manager | Théâtre Outremont | Montreal
- 2023 **El Botinière (from Tunis)** | Tour technical & stage manager for Rideau | Le Diamant | Quebec
- 2022 **Les beaux mystères de Mister Lebeau** | Lighting Designer & head electrician |
| Théâtre Pointe-des-Cascades
- 2020 **L'histoire de Pi** | Tour lighting designer | MASA | Ivory Coast
- 2018-16 **Le chemin des passes dangereuses** | Tour technical & stage manager | Montreal, Carleton-sur-mer,
Bic & Lac St-Jean

TECHNICAL STAGE WORK HISTORY CONTINUED...

- 2016-15 **Circa Zerna** | Lighting designer, head electrician & interns direction | Production Jeun'Est |
La Caserne | Montreal
- 2024-09 **Theatres** : La Bordée, Périscope, Grand Théâtre, Le Diamant, Maison de la danse, Festival Trans-Amérique (FTA), La licorne, Centre du Théâtre d'Aujourd'hui, La Tohu cité des arts du cirque, Centre d'essai de l'Université de Montréal, Espace Libre et Prospero | Head electrician, stage manager, lighting designer, versatile stage technician | Quebec & Montreal

FILM DIRECTION & SCRIPTWRITING EXPERIENCE

- 2021 **Cyborg Inc.**
Director & scriptwriter
Prod : Ode Productions
- 2018 **Je post donc je suis**
Content creator & co scriptwriter
Director : Luner Productions
- 2018 **Et si...**
Acting director & co director
Director : Chloé Conseil
Diff : Zoofest (Montreal) & Nikon Film Festival (France)
- 2018 **Audrée**
Co scriptwriter
Director : Israel Valencia

FESTIVAL | NOMINATION | AWARD

- 2021 **The Great Canadian Sci Fi Film Festival** (Toronto)
Cyborg Inc.
Director & scriptwriter
Prod : Ode Productions (Manitoba)
- 2018 **Zoofest** (Just For Laugh Festival)
Et si ...
Acting director & scriptwriter
Director : Chloé Conseil
- 2018 **Sherbrooke World Film Festival**
Le dernier jour
Award: *Gold Circle Award for Best Short Film in Estrie*
Lead role : Stéphanie
Director : Louis-Charles Blais
- 2005 **Canadian Millennium Scholarship Foundation**
Award : Excellence Scholarship

SOCIAL INVOLVEMENT

- 2024-20 Promotion for *Shen Yun Performing Arts* | Falun Dafa Association | Quebec & Manitoba
- 2017-14 Canvassing captain for the *Blue Dot Project* | David Suzuki Foundation | Montreal