

CURRICULUM VITAE
STEINA ÖHMAN

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Date of birth 16.11.1982



EDUCATION

Degree Programme in Music and Performing Arts. Specialisation: Performing Arts Pedagogy, UAS Novia, 2023.

BA of Culture and Arts in Performing Arts, Physical Theatre, Svenska Yrkeshögskolan (UAS), 2003 - 2007. Teacher Maya Tångeberg-Grischin.

Västra Nylands Folkhögskola, Theatre, 2002 - 2003. Teacher Julian Garner.

Student, Hangö gymnasium, 2001.

WORK EXPERIENCE (main)

Performing

2025 S-group "Herkku" TV commercial

2021 "Ivan, Kettu ja Tulilintu", Dancetheatre Raatikko. Dir. Antti Silvennoinen

2020 "Finale", by and with Tushar Mathew & Steina Öhman, Auroville, Tamil Nadu, India.

2017 "Fear walkers", Auroville Theatre Group (India) & Polygon teatteri (Est). Dir. Tamur Tohver.

2016 "Oikeamielinen kenraali karkotetaan", Wusheng Company. Asia in Helsinki -festival, Stoa, Helsinki. Beijing opera actor.

2016 TV series "Hittehatt", YLE

2015 TV series "Kom vi flyger!", YLE/Malakta.

2013 "Indian breezes" Hanko Musicfest. Rabindranath Tagore's works through dance, with Lily-Marlene Puusepp, folk harp

2011-2012 "Giselle", Aki Suzuki Spirits, Helsinki.

2011 "Speak No Evil", CulturaMobila, Turku Dir. Julian Garner. Master of Ceremony (on stilts).

2011 "Failed robbery", Chinese New Year fest 2011, Helsinki. Dir. Antti Silvennoinen. Beijing opera actor.

2009, 2010 "Puss in Boots" Theatre ensemble Otkas in collab with Dancetheatre Hurjaruuth.

2007-2008 "Peer Gynt" Wasa Teater. Actress and choreographer. Dir. Peter Snickars.

2008, 2010 "Pirandello Project", Theatre Metamorfoosi, Helsinki and Switzerland. Mask actor and dir. In physical expression.
2010-2014 Solo performer of indian classical dances Kuchipudi and Mohiniyattam. Finland.

Directing

2022- "Project Hirviöt", devised piece with theatre ensemble Physical Opera, Helsinki.
2017 "Song of the Goddess". Kanneltalo, Helsinki. A performance about womanhood and the many faces of a Goddess, with five dancers-actors
2013 "Vasilisa". UAS Novia, physical theatre., 2nd year students. Adaptation of a Russian folk tale about a girl in search of her inner flame. Also short version in English for tour in India 2013.
2012 "Daughters of Troy". UAS Novia, 1st year students, physical theatre. Tragedy about women left in the wake of the war.
2011 "Pura et Vera". UAS Novia, 4th year students, physical theatre. Performance about the passionate relationship between a sister and a brother.

Teaching

2026 Teacher in physical theatre, UAS Novia
2025 Teacher in Physical Theatre, International Festival of Theatre Schools, School of Drama and Fine Arts, Thrissur, India
2016 Dreama teacher, Teacher training at Åbo Akademi, Helsinki
2011-2015 Head of Department, profile Physical Theatre, Department of Performing Arts, Novia University of Applied Sciences, Vaasa. Teaching, directing, artistic planning and implementation, administration, development, international contacts.
2007-2011 Teacher in physical theater, Novia UAS and Hochschule Osnabrück, Germany 2014
100h study in basics of physical theatre for 4th year students Physical theatre techniques (Laban, Lecoq, Asian performing arts) and development of personal expression
2011 Tutor in artistic exam works, physical theatre, Novia UAS
2005-2016 Workshop designer and teacher (physical expression, choreography, Indian dance, acrobatics, mask theatre etc.) eg TeatteriMuseo, Joensuu kaupunginorkesteri, Studentteatern, Tanssiteatteri Hurjaruuth, Helsingin kaupungin Taiteen Perusopetus, Kulturkarnevalen, Lumoavan tanssin keskus, Kerala (India). From children to professionals.
2005 Assistant director in study module in physical theatre (mime, pantomime, mask work). TEAK.

RESIDENCIES/STUDIES

Advanced Actor's Lab, Actors Academy Finland, 2025-2026

Setti haltuun -acting for camera 2024 (Summanen, Lindeman ja Welling)

Martial art kalarippayattu, Hindustan Kalari Sangam and KalariGram, Kerala & Tamil Nadu, India. 2005-2020, 2025

Classical Indian dance kuchipudi, Kalamandalam Husnabanu, Nirthakalanjaly and Kerala Kalamandalam, Kerala, India. 2005, 2009-2010, 2013

Classical Indian dance mohiniyattam, Kalamandalam Husnabanu, India 2010, 2013, 2025

Mizhavu drum, accompaniment instrument of sanskrit drama Koodiyattam. Chatakudam Krishnan Nambiar Mizhavu Kalari, Kerala, India. 2005, 2010, 2013, 2016

Indian classical performing art theory, nattuvangam, sanskrit and carnatic singing, 2005, 2009

Shakespeare on King Lear, Tim Supple / Adishakti Laboratory of Theatre Arts & Research 2014
Source of Performance Energy, Adishakti Laboratory of Theatre Arts & Research 2015
Artistic residency for directing, Adishakti Laboratory of Theatre Arts & Research, december 2016

Beijing opera (basic technique jiben gong, stage fight bazi, performing art jumu, song, Chinese language), National Academy of Chinese Theatre Arts, Beijing, China. 2010, 2013

Burma/Myanmar Marionette theatre and marionette dance, Mandalay Marionettes Theatre, Mandalay, Burma. 2010

Other

2023-2026 substitute teaching in textile and visual arts, classes 3-9 and high school.

2023 Certified Watsu® Practitioner (warmwater therapy)

2019 Lomilomi massage diploma

Language skills

Finnish	mother tongue
Swedish	second mother tongue
English	excellent
French	good
Chinese	basics

Special skills

Physical expression, martial art, Indian classical dance, salsa, west coast swing, watsu, basic acrobatics, singing; driving car, truck, motorcycle, diving licence