

PARNESHA INGRAM

Eyes: Dark Brown
Height: 5.4
Weight: 130
Hair: Black

THEATRE/OFFBRDWHY/OFFOFFBRDWHY/REGIONAL

Single and Saved	Melissa	David Watts Theater
The Double Twisted Life	Delilah	Director Dr. Rose Soloman
Relationships (<i>scene/sketch comedy</i>)	Multiple Characters	Abingdon Main Stage
Love Laughs (TAPNYC)	Sharon (<i>southern belle</i>)	Abingdon Main Stage
A Raisin in the Sun	Beneatha (<i>visionary</i>)	Director Brian Martin
Hairspray	Dynamite/Lorraine	Idaho Repertory
Antigone	Antigone	Director Tonea Stewart
Smokey Joes Café	Pattie (<i>emotionally frustrated</i>)	Lela Barlow Theater
Before it Hits Home	Maybelle (<i>funny, outspoken</i>)	Director Brian Martin

TV/FILM/MUSIC VIDEO

Parker and Steve	Janice	Alyson Rosenfeld/Kate Moran
Love is the Key	Neesha (<i>hip-hop</i>)	Simba Productions
College Promo	Sarah (<i>athlete</i>)	Alabama State University
Hot for Nature	Helen	Sarah Putnick
Fast and Pray	Nicole	Emma Stanford

TRAINING

Audition Technique	Bobby Holder	The Actors Project NYC
Meisner	Brian Martin	Private Coaching
Alexander Technique	Dr. Tonea Stewart	Private Coaching
Stanislavsky	Dr. Tonea Stewart	Private Coaching
EDUCATION	ALABAMA ST. UNIVERSITY (BACHELOR OF ARTS)	

SKILLS

Cry-on Cue, Accents (*southern*), Improv, Athlete (*weight training, body combat*), Band (*baton twirler*), Dance (*hip hop, Jazz*), Director, Motivational Speaker, Impersonations, sketch-Comedy Actress (Troupe 10 TAPNYC)

Current Member of THE ACTORS PROJECT (theactorsprojectnyc.com)