

# NAYO HOWARD

SAG

**Hair:** Honey-Brown  
**Eyes:** Green-Hazel  
**Height:** 5'7"  
**Weight:** 135 lbs

Aqua Talent Agency: Theatrical  
(310) 859-8889  
info@aquatalent.com

Eris Talent Agency: Commercial/Print  
(424) 389-0008  
info@eristalentagency.com

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## FILM/TELEVISION

The Idol	Supporting	Dir. Amy Seimetz
Key Sessions	Lead	Dir. Adrian Izquieta
Who Killed Carl Washington?	Lead	Dir. Marissa McCoy
Get the Hell Out of My House!	Lead	Dir. Omoladun Adeuga
I'll Be Around	Supporting	Dir. Rex Cheung
Aftermath	Supporting	Dir. Michael Cuenca
Peter Pan Factory	Supporting	Dir. Marissa McCoy
Companion	Supporting	Dir. Narumi Nakayama
Animal News with the Compliment Pig	Guest Star	Dir. Stephen Seime
Caddie Tales (Pilot)	Costar	Dir. Stephan Choi
		Dir. Mati Encarnacion

## ONLINE AND MULTI-MEDIA

Workplace Harassment (PSA)	Supporting	Dir. Vincent Irby
Creeper (Music Video)	Ensemble Dancer	Dir. Jeff Hammer

## TRAINING

THE LYNDON TECHNIQUE: *Intensive Workshop*; Amy Lyndon  
SCOTT CAAN/VAL LAUREN: *Performance Study*; Scott Caan, Val Lauren  
PLAYHOUSE WEST: *Meisner Technique, Advance*; Michael Carnegie, Holly Gagnier  
IVANA CHUBBUCK STUDIO: *Scene Study, Advance*; Michael Monks  
KILLIAN'S COMMERCIAL WORKSHOP; *Adult Workshop*; Killian McHugh  
MICHAEL SANFORD: *Commercial Workshop*; Michael Sanford  
THE GROUNDINGS: *Basic Improvisation*; Nick Armstrong  
THE LITTLE THEATRE of ALEXANDRIA: *Beginning Acting*; Michael J. Baker Jr.

## SPECIAL SKILLS

DRIVING: Manual and Automatic Transmission  
WEAPONS: Handguns, Automatic Rifles  
ATHLETICS: Certified Scuba Diver (Advanced Open Water & Enriched Air), Snorkeling, Snowboarding, Basketball, Canoeing, Bicycling, Hiking, Jogging, Long-Distance Running, Yoga  
ACCENTS/DIALECTS: Southern USA  
MISC: U.S. Air Force Veteran, ROTC, Military, Political Campaigns, Cooking