

Lauren Marie Peña

Filmmaker, actress and founder of Lauren Pena Media. Los Angeles.

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Short bio

Lauren Marie Peña is an award winning filmmaker, SAG-AFTRA actress and the founder of Lauren Pena Media, a Los Angeles studio for public relations, social media and search visibility. She wrote and directed six films, two of them festival award winners, before six years in marketing for a worldwide luxury real estate network.

Long bio

Born and raised in Miami, Lauren Marie Peña moved to Los Angeles at 19 to make films. Her directorial debut, *Easy Money*, won Best Short Film at the Cinema City International Film Festival. *Christmas Confessional* earned her the title of Breakout Filmmaker from Project Breakout and took her to London. *No Dark, No Light* premiered at Miami Art Basel and won Best of Fest and the Audience Award at the Multiversal Film Festival.

On screen she has appeared in *The Disaster Artist*, *Hannah Montana*, *Wizards of Waverly Place* and *10 Things I Hate About You*, and voiced a BBC Radio One DJ in the feature *Criminal*. A member of the Screen Actors Guild since 2007 and AFTRA since 2008, she joined the AFTRA Local Board in 2010 and continued on the SAG-AFTRA board after the merger.

In 2010 she left Los Angeles to travel and train with leading yoga teachers, and worked in front of and behind the camera in China, the United Kingdom, Switzerland, Bulgaria, Greece and Cyprus. She is a registered yoga teacher and is fluent in Spanish.

From 2019 to 2025 she was Partner Promotion Manager and Account Manager at Leverage Global Partners, a worldwide luxury real estate network. Today she runs Lauren Pena Media, also known as LMP Studio, directing public relations, podcast booking, social media and search visibility for a select roster of brands.

Selected credits

2011	No Dark, No Light	Writer, director, editor, producer. Best of Fest and Audience Award, Multiversal Film Festival. Premiered at Miami Art Basel.
2008	Christmas Confessional	Writer, director, editor, executive producer. Breakout Filmmaker, Project Breakout.
2007	Easy Money	Writer, director, editor, producer. Best Short Film, Cinema City International Film Festival.

2017	The Disaster Artist	Feature. Acting class student and actress at premiere.
2016	Criminal	Feature. BBC Radio One DJ, voice.
2021	People Puzzler	Series. Herself, one episode.
2019	Snoop Dogg Presents: The Joker's Wild	Series. Herself, one episode.

Fast facts

Based in Los Angeles, born and raised in Miami. SAG-AFTRA. New York Film Academy, Los Angeles, and UCLA Extension. English and Spanish.

IMDb: [imdb.com/name/nm2592883](https://www.imdb.com/name/nm2592883) · Instagram: @laurenpenamedia

PRESS INQUIRIES

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