

## **HELEN ESTRELLA**

Helen was born and raised in the San Francisco Bay Area. Much of her youth was spent in the rigors of competitive artistic and rhythmic gymnastics through which she found her love of dance. Helen eventually moved to Los Angeles to dance with some of the industry's top choreographers. She can be seen in print and commercial work for Sola Optical Lenses and 2000 Olympics, as well as danced for various contemporary companies while in LA. In 2002 she found her way back to Sonoma County where she directed local competitive companies until the birth of her own, Estrella Dance Company and The Dance Room. Helen is currently a faculty member of Winterfest & Summerfest, The Convention, the Boulder Jazz Dance Workshop, and instructs training classes for many members of the U.S. Figure Skating team at the World Arena in Colorado Springs. She is a nationally recognized instructor and choreographer who travels extensively teaching master classes and setting choreography on various dance companies. In 2010 Helen relocated to Denver where she is the Artistic Director of Rhapsody Performing Arts Center. Helen is known for her cutting edge, contemporary style while focusing on the technical details of dance. Between teaching at conventions, judging, owning her own studio, running competition companies, teaching and choreographing for studios around the nation, and being a parent herself... Helen has every aspect of the dance world under her belt.