

# 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.

She can be seen in print and commercial work for Sola Optical Lenses and 2000 Olympics. 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, Talent on Parade Dance Directive Convention, the Boulder Jazz Dance Workshop, Theater Arts Preparatory School, judges for Talent on Parade, 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 Colorado and now resides in Denver where she is the owner of Motion Dance 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