

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. 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 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. She currently directs the pre-professional competitive company at Synergy Dance Academy in Colorado Springs. Synergy Dance Academy is currently ranked in the top ten dance studios in the northwest region and is home to the 2011 Westcoast Dance Explosion National Teen Champion, 2011 Pro-Am Open Ballroom National Champion, 2013 Talent on Parade National Junior, Teen and Senior Champions as well as the 2014 Hollywood Vibe Senior Dance of the Year. Helen is known for her cutting edge, contemporary style that is based on the natural movement of each individual dancer.