



# BOULDER JAZZ DANCE WORKSHOP

BOULDER, | EST.  
COLORADO | 1978

## HELEN ESTRELLA CO-DIRECTOR

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. As a young adult, she moved to Los Angeles to dance with various contemporary companies where she 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 Artists in Training, CampMe, Theater Arts Preparatory School, Winterfest & Summerfest The Convention, LA Dance Camp in the High Sierras, Talent on Parade Dance Directive Convention, and judges for Talent on Parade and Imagine Dance Challenge. She is currently the Executive Director and performs with Interweave Dance Theater and can be seen as a guest artist and choreographer for various professional companies in the Denver metro area. 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 as well as one of the new owners of the world renowned Boulder Jazz Dance Festival.

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