

# PAULA HELENA

Height: 5'4

## FILM

Dolores	Lola	Marisol Gallardo
Break up?	Diana	New Kingdom Productions
Butterfly	Maria	Daniel Rodriguez
Ayer	Rosa	C Productions

## THEATRE

The effect of gamma rays on man-in-the-moon marigolds	Tillie	HCLAB Theater Company, LA
All this intimacy	Becca	Studio/Stage, LA
Everybody	Kinship / Mind / C / Somebody 4	Art of Acting Studio, LA
Love Labour's Lost	Dumaine / Moth	Art of Acting Studio, LA
Alicia	Alicia Alonso	Art of Acting Studio, LA
Eurydice	Little Stone	Art of Acting Studio, LA
Los 80 son nuestros	Mariángeles	Spanish Theater International Festival, Colegio Calasanz

## EDUCATION

MFA	Acting	Stella Alder Conservatory, LA
Associate degree	Film and Digital TV	ULACIT University, Costa Rica

## TRAINING

Shakespeare	Nike Doukas	Art of Acting Studio, LA
Script Interpretation	Nike Doukas	Art of Acting Studio, LA
Scene Study	Miguel Perez, H. Richard Greene	Art of Acting Studio, LA
Technique	Jane Fleiss	Art of Acting Studio, LA
Film Technique	Ron Burrus	Art of Acting Studio, LA
On Camera technique	Art Manke, Rodney To	Art of Acting Studio, LA
Movement	Dana Martin	Art of Acting Studio, LA
Voice & Speech	Sean Spann, Siobhan Doherty	Art of Acting Studio, LA
Improvisation	Sean Cowhig, Jenn O'Brien	Art of Acting Studio, LA
Acting for Camera	Milena Picado	DeleFoco, Costa Rica
Dramatic Action Analysis	Mara Toruño	University of Costa Rica
Vocal Expression	Liliana Biamonte	University of Costa Rica

## SKILLS

Vaccinated; Local Hire (Costa Rica, Los Angeles, Madison–Wisconsin, Miami, New York, Paris, Mexico City); Primary language: Spanish; Other languages: English, Basic French, Basic German; Piano (advanced); Aerial Silks and pole dance training; Contortion; Advanced swimming; Software Engineering; Ice cream serving; Furniture building.