

EXPERIENCE

2010-1018. *Ballet folclórico de chile*

I've had the opportunity to perform on major stages in Chile, such as the Teletón events, the Ballet Municipal Theater, and the Movistar Arena. These experiences have included quick costume and makeup changes, allowing me to develop versatility, stage presence, and adaptability in high-demand professional settings.

2018-2021 Escuela Moderna Música y

Danza «

My training and experience have allowed me to explore a variety of movement and body disciplines, including yoga, Pilates, modern Eukenetica, dance, release technique, and choreutics. Each of these practices has provided me with unique tools for developing body awareness, breath control, alignment, and expressiveness. Through them, I have cultivated my own artistic language—one that blends technique with sensitivity, and structure with freedom. These experiences have been fundamental in shaping the way I move and express myself, both on throughout the stage and creative process.

CONTACT



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AnaissHelenn



Dancer /Model

I'm a 25 years old young woman that lives her life nurturing with all the experiences lifes has to offer, I am passionate about the dance and arts and how I can express myself with it. I like to help and work as a team, I'm a fast learner and have excelent disposition for new assignments.

EDUCATION

Escuela Moderna Música y Danza

SKILLS

