

Helena Avila

Eyes: Hazel Hair: Auburn/Red Height: 5'3" Weight: 125lbs
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Television:

Killing Time	Guest Star	Discovery Channel
Mulheres	Guest Star	TVI - Portuguese Network
Dancin' Days	Guest Star	SIC - Portuguese Network
Morangos com Açúcar	Guest Star	TVI - Portuguese Network

Film: (partial list)

Portuguese Shoes Manifesto	Supporting	Kinéma Media
Final Day	Lead	Dir. Yuqing Qiu
Var X	Lead	Dir. James Clark
Reasons	Lead	Dir. Nikhil Pai
The Ring	Lead	Dir. Ye Lu
My Little Princess	Supporting	Dir. Andre Cabra
A Deal	Lead	Dir. Anuj Kumar Tiwari
Choice	Lead	Dir. Aidiye Aidarbekov

Music Video

Madonna - Medellín	Dancer	Twenty Four Seven Productions
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Theatre: (partial list)

From April to April	Maria	Revolution'Art
A Wrinkle in Time	Mrs. Which	Dir. Timothy Herrera
Mariachi	Helena	Teatro Villaret
Pinnocchio	Blue Star	Teatro do Noroeste
Puss in Boots	Aia	Teatro do Noroeste
Ruined	Prostitute	Baal 17
Little Red Riding Hood	Capuchinho	Teatro do Noroeste
A Menina do Futuro Torcido	Filomeninha	Teatro do Noroeste

Education and Training: (partial list)

New York Film Academy, LA - One Year Conservatory - Acting for Film.
 Coimbra School of Education, Portugal - Bachelors Degree in Performing Arts.
Voice Over Training w/ Audio In Produções; Classes of Contact Improvisation w/ Marina Nabais;
 Acting classes w/ Sean Rose; Acting Classes w/ Miraj Grbic, Commedia del'Art w/ Nuno Pino Custódio.

Special Skills: Portuguese (native); Spanish. Dance. Yoga. Swimming. Voice Over.