



CHRISTINA HELENA

SAG-AFTRA | AEA | DUAL PASSPORT US + EU

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FILM + TELEVISION

GRACE + TOM (Short)
THE EYELASH WISH (Short)
THE SAREE STRUGGLE (Short)
EDWIN & REBECCA (Short)
BRASILIA (Short)
RESURRECTING THE STREET WALKER
NEXT VICTIM
UNTOLD STORIES OF ER

Grace | Lead
Monica | Lead
Cynthia | Lead
Rebecca | Lead
Girl | Lead
Rachel Baxter | Supporting
Crystal | Supporting
Greek Daughter | Guest-star

Dir. Ricardo Birnbaum
Dir. Jules DiBiase
Dir. Darshan Kumbhavi
Dir. Savannah Bloch
Dir. Jesse Ehrlich
Dir. Ozgur Uyanik
Dir. Tim Gates
Dir. Paul Benz | TLC

THEATRE (PARTIAL LIST)

SCAR (Solo Show)
ITALIAN AMERICAN RECONCILIATION
PETROL STATION
OPINIONS OF A CLOWN
JULIUS CAESAR
RICHARD III
WOMEN BEWARE WOMEN
MARRIAGE A LA MODE
POLLY
MIDSUMMER NIGHTS DREAM
LA TRAVIATA
TONY & TINA'S WEDDING
FUBAR
FOREPLAY OR THE ART OF THE FUGUE
LONG AGO AND FAR AWAY

Writer/Performer (40 Characters)
Teresa
Girl | Lead
Marie
Antony
Queen Margaret
Isabella
Palmyra
Mrs. Ducat
Titania
Flora's Girl | Dancer
Tina Vitale
Monica Jackson
Alma
Landlady

Dir. Larry Moss - In development
Dir. Ivette Dumeng
Dir. Sulayman Al-Bassam
Dir. Matteo Tarasco
Dir. Rodney Cottier
Dir. Matt Peover
Dir. Aaron Mullen
Dir. Hannah Eidinow
Dir. Melanie Mehta + Matteo Tarasco
Dir. Tina Marian
Dir. Marta Domingo
Dir. Kevin Alexander
Dir. Layon Gray
Dir. Scott Werve
Dir. Scott Were

COMMERCIALS + VOICEOVER + INDUSTRIALS

On camera principals for national network usage (tape upon request)

TRAINING

LONDON:
NEW YORK:

LOS ANGELES:

LAMDA: The London Academy of Music & Dramatic Arts | MFA Classical Performance
Voice | Beth McGuire, Andrea Haring, Ron Carlos, Jane Fujita
Scene Study | Larry Moss, Karl Bury, Tom Todoroff
Movement | Jean Louis Rodrige, Kristof Konrad, Tom Bentley, Janice Orlandi, James Kemp
Improvisation | Second City
Scene Study | John Sarno, Philip Charles MacKenzie
Cold Reading | Margie Haber, Annie Grindlay

Marymount Manhattan College | BA Communication Arts
University of Philosophical Research | MS Consciousness Studies + Philosophy

SPECIAL INTERESTS

LANGUAGES:
DIALECTS:
SPORTS:
MOVEMENT:
OTHER:
LOCAL HIRE:

Greek, French
New York, Greek, Italian, French, Eastern European
Certified: Stage Combat, Basketball, Volleyball, Soccer, Track & Field, Dancer
Physical Theatre, LABAN, Mask, Clown, Alexander, Yat Malgram
TEDx Speaker, Teleprompter, Valid Driver's License, PADI Certified Advanced Scuba Diver
Los Angeles, Detroit, Atlanta