

Lara Helena

SAG/Aftra Eligible / Tri Citizen: AU/US/SLO(EU) / 5'6" / Blonde Hair / Green Eyes

FILM / TV / WEB:

Violets New Life	Supporting	Pilot, Kim Rey
Life of a Gigolo	Supporting	WebSeries, Matthew Brown
Feel	Guest	Feature Film, Lana Marconi
Once More	Co-Star	TV Feature, Rachel Zhou
The Smart Mat	Lead	Commercial, Maziar Sadri
Helpless	Supporting	PSA, Ario Zag
The Long Run	Lead	Short, Dennis Dalmark
Dispensable Girls	Lead	Short, Dennis Dalmark
The Sting of the Scorpion	Lead	Short, Dennis Dalmark
My Life - My Choice	Lead	Short, Antonio Cudemo
Blind	Co-Star	Short, Jacelyne Li

THEATER:

4PLAY sex in a series	Alexa & Jessica	Trip., Graham Brown
Maron Doll	Jean Lee	Ezekiel Theater Co., Soo Chyun
Extracurricular	Jane	SRS Productions, Julia Wright
Love & Sexetera	Mother	Eccentric Talent, Chantel Durelli
Snow White	Witch	Saarbrücken DL, Frank Nimskern
Paradise of Pain	Angel	Saarbrücken DL, Frank Nimskern
Grease	Rizzo	Düsseldorf DL, Marvin Smith
Siegfried & Roy	Soldier	Mirage LV, Anthony VanLas
EFX	Dancer	MGM Las Vegas, Anthony VanLas
Splash	Dancer	Riviera, Jeff Kutash

HOST/MC:

CTN Expo	Host	Animation Expo, Tina Price
The Global Hollywood Show	Host	WebSeries, Claus Glaesner
LG Electronics	Video Hosting	C-BIT Expo, Bertram Emst
Givanchy Perfume	Host	EU Tour Launch, Nadia Saadi
Telecom	Host	Deutch Telecom C-BIT, Nadia Saadi
Good News Central	Co Host	WebSeries, Kamary Phillips

VOICE OVER:

Sex-Ed for Kids	Animation	Online Promo, Lia Steinman
FGM Awareness	Animation	Online Promo, Nadine Gary
Givenchy Perfume Press Launch	Narrator	Video Narration, Nadia Saadi
Ford Promo Ad	Narrator	ZDF Germany, Bertram Ernst

TRAINING:

Scene Study - Timothy Carhart, Stuart Rogers, Michael Silver - "Stuart Rogers Studio", NoHo CA
Acting & Audition Techniques - Brad Greenquist & Jamison Reeves, Santa Monica CA
Improve - David Jahn, Groundlings Basic Level 1&2, Hollywood CA
Meisner Tech & Method Intensive - The Actors Centre & City Lit College - London UK
Monroe & Improvisational Workshops - Köln & Frankfurt Germany
Method Essentials - Diane Ainsley, The Actors Studio, NYC, NY

SPECIAL SKILLS:

Dance: Contemporary, Jazz, Ballet, Modern, Hip-Hop, Burlesque, Salsa, African, Adagio, Tap & Pole.

Voice: Pop, Blues, Classical, Musical (Mezzo Soprano)

Foreign Language: German

Accents: US Southern, British, Eastern European, Australian, French

Athletics: Motion Capture/Yoga/Fitness, Stunts/Hiking/Running/Swimming/Snorkeling/Biking/Horse Back Riding