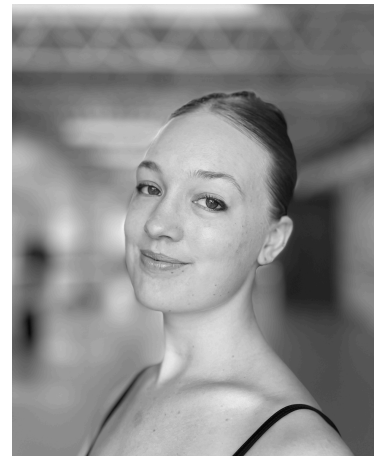


Ella Norlén

Address: Ludwigstraße 27, Garmisch-Partenkirchen DE
Email: ella@norlens.net
Mobile: +49 171 2179157
Age: 21 years
DOB: 28.07.03
Height: 164 cm
Weight: 52 kg
Citizenship: Swedish(EU), American
Pronouns: she/her



Summary

Trained in a variety of classical methods, including the ABT, Balanchine, RAD and Vaganova methods over the past 18 years. Has also trained in character, contemporary, jazz, modern, Graham, and flamenco.

Had a full achilles tendon rupture requiring reconstructive surgery in December of 2023 and was back to doing full classes in under 10 months. During this time, she assisted in rehearsing *La Gioconda* with her studio and ran several rehearsals on her own.

Education

Bavaria Ballet Academy:	2020-2023
Maryland Youth Ballet:	2013-2020
Boston Ballet School:	Summer 2019
Ellison Ballet:	Summer 2018
Royal Ballet School:	Summer 2018
Pacific Northwest Ballet:	Summer 2017
Stanlowa, Paris:	2011-2012
Maple Youth Ballet:	2006-2012

Teachers

Lilla Sebér	Ethan Brown
Lisa-Maree Cullum	Rhodie Jorgenson
Alen Bottaini	Julie Miles
Michelle Lees	Charles Maple

Performance experience

2024: Assistant rehearsal director (*La Gioconda*)

2023: Corps (*Giselle*)
not performed due to injury:

Little swans, Black swans (*Swan Lake*)
Mercedes, Kitri's friends (*Don Quixote*)

2022: Pas de trois (*La Sylphide*)
Shades pas de trois (*La Bayadère*)
Balanchine Waltz of the Flowers
Mechanisms
Munich Night at the Museums art festival

2021: Soloist, corps (*Balanchine Serenade*)
Balanchine Snowflakes
Pas de Quatre (*La Bayadère*)

2015/ Maryland Youth Ballet Studio Company

2019: Corps (*La Bayadère Shades*)
First and Third Bridesmaids, Queen of the Dryads (*Don Quixote*)
Snow Queen, Mirliton, Snowflake (lead), Chinese, Flower (*The Nutcracker*)

2015: Lilac Fairy Page (*Sleeping Beauty, ABT*)

2014: Drummer Boy/Soldier (*The Nutcracker, Ballet West*)

2013: Soldier (*The Nutcracker, Joffrey Chicago*)

2008/2012: Various characters (*The Nutcracker*)



SÉBER METHOD ACADEMY, INC.
4908 WISCONSIN AVE. NW, WASHINGTON, D.C. 20016 USA
SEBERMETHODACADEMY.COM • @SEBERMETHOD
+1 202 368 7550 • HELLO@SEBERMETHODACADEMY.COM

October 29th, 2024

RECOMMENDATION LETTER

To whom it may concern,

Hello, I am Lilla Séber, Founder and Director of Séber Method Academy.

Ella Norlen started to train in our ballet school this past summer of 2024 for helping to rehabilitate her achilles tendon injury and surgery, training to be back in her full shape and to fine tune her technique for her professional aspiration.

Her focus, intelligence and openness to follow the specific directions for this process was outstanding and showed her ability to work very well with teachers and coaches in any situation. Ella's personality is very pleasant and charming and easy to work with.

Ella is very talented and has all the abilities needed for classical ballet.

She possesses a nice balance of extensions, flexibility and lyrical movement quality with the ability for speed, athleticism, and technical virtuosity in turns and jumps.

In her pirouettes, fouette turns she is best in her right side, however In her current video she showcases her left side as she needs a couple more weeks in safely completing the rehabilitation of her left foot.

She is naturally a very creative person and she has a great sense of artistry and coordination of her upper body that she is able to project on top of her technique.



SÉBER METHOD ACADEMY, INC.
4908 WISCONSIN AVE. NW, WASHINGTON, D.C. 20016 USA
SEBERMETHODACADEMY.COM • @SEBERMETHOD
+1 202 368 7550 • HELLO@SEBERMETHODACADEMY.COM

October 29th, 2024

We have witnessed her beautiful growth in this as an artist while working on variations with Ella. Alongside her rehabilitation we were also helping to develop her classical lines that personally look the best on her.

Based on her wonderful creativity, knowledge and responsibility we entrusted her to assist in projects such as photography sessions and classes and repertoire coaching work.

I am very happy with the growth Ella was able to produce just in a few months with us. Her passion and dedication for this artform is evident.

I have full confidence that she will continue developing technically and artistically to become the best artist she possibly can and will be a great asset for the company she dances for!

Please reach out to me with any further questions or comments!

Lilla Séber

Founder and Director, Séber Method Academy

4908 Wisconsin Ave. NW Washington, D.C. 20016

+1 202 368 7550