



**Hélène Nicolet** was born in Geneva, Switzerland and approached music by Eurhythmics at the Jaques-Dalcroze Institute. Fascinated by the relationship between movement and music, she was admitted in 2002 into the professional class of the Jaques-Dalcroze Institute and spent time at the Eurhythmics Institute in Belgium, where she has been intensively taught movement and the circus arts. In Switzerland, Ms. Nicolet obtained her Dalcroze License in 2006 (prizes for the best level of license,

the best lesson for adults and the best Eurhythmics exam). She obtained her Master of Arts in Music Education from the University of Applied Sciences (Conservatory of Music in Geneva) and has been teaching Eurhythmics in music schools, elementary and secondary public schools, at the Jean Martinelli Ballet Center and music education to general practitioners teachers. Parallel to her professional training, Ms. Nicolet studied classical piano as well as cello, and now participates in a wide variety of musical ensembles (piano accompanist for singers and instrumentalists, Baroque trio and a jazz-folk duo). During numerous trips to Asia, she was introduced to Hélène Indian classical flute and yoga and subsequently founded the Kashi Association, a cultural project for dis-advantaged children in Varanasi, India. During her stay in New York in 2011, Ms. Nicolet became a Certified Movement Analyst at the Laban/Bartenieff Institute of Movement Studies. In 2012 she will complete her Diplôme Supérieur at the Jaques-Dalcroze Institute, the highest title that confers the right to teach and represent the full method (Rythmique-Solfège-Improvisation).