

~Milena Canta~
2020 NIFPA Stage Adjudicator



Born in Vancouver, Canada - Milena has over 23 years of dance experience and at a very early age was vocally trained in Opera, Jazz and Musical Theatre. She has performed and choreographed for various companies and studios all over the lower mainland and has widened her experienced by working alongside a diverse variety of instructors. Milena attained her registered teacher status and completed her Certification in Ballet Training Studies with Royal Academy of Dance in 2012. Throughout the year, she does occasional guest teaching and coaching throughout the community. She has worked with preschool children to provide an essential educational experience through creative movement, to senior dancers through pre-professional programs.

Milena believes in inspiring students to execute safe dance practice and shares her passion for the arts with living a healthy lifestyle. Dance today is competitive in nature and a true test of athleticism. Therefore, her focus in class is on dance anatomy, mindfulness and human kinetics in order to train “smart” dancers. Her approach creates possibility – with perseverance, an open mind and patience, she believes you can have anything you set your mind to.

Milena has dedicated her career to bringing quality dance instruction and athletic training to all of her students near and far with a strong sense of moral values. Her desire to inspire more people continues to grow as she shares her knowledge across the globe. Her vision for her movement is derived from Vela’s literal translation (and her high school nickname) “candle”. Just as a lighthouse sees sailors through storms, Vela is a beacon – the light in one’s darkness.

Vela was designed to be a movement of people. To share the love, happiness and fulfillment that dance brings to anyone anywhere. Her project and movement are places of equal opportunity and are built to inspire that anything is possible.