



Floorwork

with Micol Persio



Mondays 12:00-13:00 Gym C
Fridays 13:00 - 14:00 Gym B

(min. 4 participants required)

Floorwork is a dance technique of contemporary dance and it refers to movements performed on the floor. Floorwork is used extensively in modern dance, particularly Graham technique, Hawkins technique, and breakdancing.

Floorwork changes the body's relationship with gravity, and requires dancers to navigate between higher and lower levels ("going in and out of the floor").

Executing floorwork provides flexible joints, a relaxed body, and helps grounding ourselves and focusing on our body.

BENEFITS:

- It encourages correct position and alignment
- It develops core and key muscles
- It strenghtens your balance
- It relieves stress in joints
- It releases mental stress and increases relaxation
- It develops self-confidence with your own body
- It increases stretching and muscles release
- It improves musicality

The class will be divided into two parts: first part warm-up and second part choreography.

Single class: 12€

5 classes: 50€ (validity of one month)

About the Instructor:

Micol Persio is an Italian dancer, choreographer and pilates teacher.

She has worked in various contemporary dance companies in Italy and abroad, and has worked for the Opera House and took part in many movies as a dancer or choreographer.

She can speak fluent English and French and good Spanish.



**INFO AND BOOKING:
FAO Staff Coop, Room E016 (FAO)
fao-staff-coop@fao.org / 0657053142**