

# FLEXOTIKA

Creator of F.Floorwork  
Dance & Flexibility Instructor



Flexotika@gmail.com

Hanches  
90cms

Hauteur  
169 cms

Poitrine  
89cms

Taille  
60cms

Confection  
36

Shoes  
39-40

# Cv BIO (english)

Born in South America, raised in USA  
And now based in France, Flexotika  
has a multicultural background that  
has lead her ever since.

At the age of 21 she went to Europe to  
study French & Philosophy and at that  
moment dancing was only a hobbie  
and training her flexibility her one and  
true love. But it didnt pass too much  
time till dancing became her addic-  
tion.

After she finished her studies she had  
already became very flexible with her  
side training, so she decided to go  
deeper into a contortion level.

Fascinated by what her body could  
do... she went to India to learn all  
aboutbody movement and alignment  
until she got her 500 hrs TTC.

Later back in Paris thirsty for more  
she continued to take modern  
dance classes and. While doing this  
she also coached students in their  
journey through flexibility and  
dancing.

She has been a big influence as she  
created her own unique style of dan-  
cing where she will do a sort of  
"melange" of everything she has  
learned, an eclectic style of dancing  
with her personal touch.

Now she teaches her method all  
around the world...

*Flexotika*



# Cv BIO Français

Ne en Amérique du Sud, Élevé en États Unis et résidant européen depuis 4 ans

Flexotika as un bagage multiculturelle que l'as guidé depuis son enfance

A l'âge de 21 ans elle est allée en Europe

Pour étudier le français et la philosophie, et pendant tout ces temps la danse et son entraînement de souplesse c'était seulement un hobby ...

Mais après ça a devenu ça passion

Après avoir fini ses études et avoir déjà obtenu un bon niveau de souplesse

Fascinée par le pouvoir du corps humain elle est allé en Inde pour faire son TTC de 500 heures et approfondir sa connaissance

Plus tard de retour à paris elle a continuer a etudier la danse modern et à faire du coaching personnelle

Maintenant elle est professeur Dans plusieurs écoles à Paris

Elle a ete un grand influence récemment car elle a créé son unique style de danse..

Aujourd'hui elle enseigne son *style de* danse partout dans le monde

