

**FOR IMMEDIATE RELEASE**

**February 11, 2026**

**Emotions Dance Presents *Element Earth*: A Powerful Exploration of Fire, Earth, Water, and Air**

**Orlando, FL** – Emotions Dance invites audiences to experience the beauty, power, and fragility of the natural world in *Element Earth*, a visually captivating evening of contemporary dance and ballet. Performances will take place on **March 28, 2026 at 7:30 PM** and **March 29, 2026 at 5:00 PM** at **ME Theatre, 1300 La Quinta Dr., Orlando, FL**.

*Element Earth* is an evocative performance that journeys through the four elements—fire, earth, water, and air—celebrating the forces that sustain life while reflecting on humanity’s evolving relationship with the planet. Through powerful choreography, dynamic movement, and striking imagery, the production invites audiences to reconnect with the natural world in a way that is both intimate and expansive.

Blending the athleticism of contemporary dance with the elegance of ballet, *Element Earth* offers an immersive artistic experience designed to inspire connection, spark wonder, and deepen appreciation for the environment. Each section of the performance embodies the unique qualities of its element—from the intensity and transformation of fire to the fluidity of water, the grounding strength of earth, and the freedom of air.

“This work is about reminding us that we are not separate from nature—we are part of it,” says Emotions Dance Artistic Director, Larissa Humiston. “Through movement, we explore both the beauty of the elements and our responsibility to protect them.”

**Tickets:**

VIP: \$30 presale | \$35 at the door

General Admission: \$25 presale | \$30 at the door

Tickets are available now. Early purchase is encouraged as seating is limited.

For more information and to purchase tickets, visit **EmotionsDance.org**.

**About Emotions Dance**

Founded in 2007, Emotions Dance is a 501(c)(3) nonprofit contemporary dance company based in Central Florida. The company creates thought-provoking performances that combine powerful movement with themes of social and environmental awareness, aiming to inspire change and spark meaningful dialogue within the community.

**Media Contact:**

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