7 CHAIRS IS AN 8-MINUTE LIVE DANCE PERFORMANCE

TO INVITE AND ENGAGE THE AUDIENCE INTO A REAL TIME INTERPERSONAL EXPERIENCE OF 7 DIFFERENT INDIVIDUALS’ INNER STRUGGLES, EXPRESSED THROUGH A POWERFULLY CREATIVE LIVE DANCE PERFORMANCE.

AUDIENCE: EVERYONE!

Created & Choreographed by Breaking the Chains Foundation Board Member/International Master Dance Teacher, Alex Little

The 7 Chairs Performance is powerfully vulnerable, revealing and freeing. It breaks the silence about inner struggles often underpinning negative body image relationships, disordered eating and other challenges. Through the art of dance seven performers come together in an anonymous meeting to share their stories and listen to others in real time, thereby generating solidarity, honesty and hope for all involved. This illuminating process is both captivating and transformative; it also highlights the fact that the willingness to see and hear, as well as to be seen and heard, is the foundation for all healing. As an audience member, you will be reminded that “I, You, We...Are Not Alone”.

7 CHAIRS
ON STAGE

DANCE EXCELLENCE
BREAKING THE CHAINS FOUNDATION FIRST EATING DISORDER PLATFORM TO PRESENT AT 4TH ANNUAL WORLD WIDE WOMEN GIRLS FESTIVAL AT THE PALACE OF FINE ARTS IN SAN FRANCISCO, CA

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BREAKING THE CHAINS FOUNDATION THEME OF 2018 LOS ANGELES IAEDP (INTERNATIONAL ASSOCIATION OF EATING DISORDER PROFESSIONALS) GALA
EVENTS
2023 BREAKING THE CHAINS FOUNDATION HOW TO LOVE YOURSELFIE LIVE!
ABOUT ALEX LITTLE

A native of Seattle, Alex is a Professional Choreographer, Director, Master Teacher and Performer. She has choreographed for clients & companies such as Nike, NFL, Audi, Genentech, Thunderhead.com, Tarbell Realtors, and The Young Americans. She has also contributed choreography to Knott’s Berry Farm (figure skating shows), the opening production for America’s Got Talent (NBC) and Alex was a Jazz coach to Karina Smirnoff & Apollo Ohno on Dancing With The Stars (ABC). Her performance credits include: Wipeout (ABC), Nike, Toyota, Tarbell Realy, CabiClothing, Genentech, Thunderhead.com, and as a company member of Interweave Dance Theatre, Doug Caldwell & Friends and The Young Americans. Teaching classes to hundreds of students at one time is one of her favorite ways to share, connect, educate & motivate young people from all over the world and she has been doing just this since 1999 as a faculty member to multiple international dance conventions including Dance Makers Inc, Velocity Dance Convention, Bella Moxi Dance Convention, Dance Excellence and Young Americans International Outreach Tours. She has joined the faculties of the esteemed Joffrey Ballet School & The Institute of Musical Theatre in NYC for summer intensives.

Alex is also the co-founder of The Feedback Experience, a dance workshop taught to 100% live music, where in all kinds of performance and non-performance artists are welcome to join and make their art during the live music jam/dance class. She has also taught & choreographed in the collegiate setting at AMDA Los Angeles, Cornish College of the Arts, Loyola Marymount, Pepperdine University & The Young Americans College of the Arts. As the Founder/Director of Escape Artists, a theatrical contemporary dance company, Alex premiered Anonymous which marked their first immersive and full-length theatrical production. Since, her piece “7 Chairs” has been workshopped & performed numerous times around Southern California, including performances for, and produced by Breaking The Chains Foundation. Projects which bring attention, awareness & conversation to societal issues hold an important piece in Alex’s mission as an artist. This is why Alex feels incredibly honored to have a seat on the Board of Breaking The Chains Foundation. Alex battled all forms of the Eating Disorder illness for 20 years before committing to a life of recovery, which she continues practicing everyday.

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mission
Breaking the Chains Foundation uses art to unmask the stigma of individuals affected by eating disorders, disordered eating, and negative body image, providing a bridge to recovery and a healthy journey to mental, physical, and emotional wellness. To change the conversation and inspire healing, our programs go outside the box. We transform research and personal stories through all avenues of art and artistry. One by one, hand in hand, we champion the rediscovery of self-love, self-acceptance, and respect — sharing in a healing journey that will break the chains, one link at a time.

call to action
We advocate for prevention, intervention, and recovery, and work to support people in their pursuit of mental wellness. We offer creative workshops, live performances, online programs, music live-streams, campaigns, featured artist blogs, videos, films, books, events, guest speakers, information, and resources.
We believe that positive body image, health, and self-love are possible, regardless of shape, size, race, age, or gender. Furthermore, we believe in full recovery from eating and body image issues.

goals
To break the chains of eating disorders, disordered eating, and negative body image and strengthen those of prevention and healing.
To provide resources for those looking to ‘link’ with others and begin a healthy mental and emotional wellness journey.
To change the conversation around and stigma attached to eating disorders through a journey of self-discovery and creativity.
To see beyond what is on the outside, but rather focus on what it feels like on the inside.

breaking the chains – one link at a time
We're so happy to be working with you!

WWW.BREAKINGTHECHAINSFUNDATION.ORG
CONTACT

TO BOOK 7 CHAIRS:
LOS ANGELES: $3,200
ON LOCATION OR OUT OF STATE:
PRICING WILL VARY

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you are not alone...

There is help.

Connect with others.

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