

LOS ANGELES CHOREOGRAPHERS & DANCERS

Thank you for your interest in Los Angeles Choreographers & Dancers. We are unveiling an exciting new program for your employees that combines movement with getting back in balance so that your employees can feel more energetic and connected to their work. The programs are based on director Louise Reichlin's 30 years of experience in the dance world, including an MFA in Dance from UC Irvine, numerous performances on Broadway and in dance concerts, and 30 years on the faculty of the USC Thornton School of Music specializing in movement training.

An investment in our Movement Training and Perceptual Methodology workshops will pay huge dividends, helping workers restore physical and mental balance in their lives, as well as feeling more energetic and connected to their work. The programs are also a proven stress reliever, as the workouts release endorphins that improve one's mood. We are available to discuss in person, over the phone or through e-mail, and to produce a tailor-made package that will work with your schedule and budget.

Our programs have been successfully used to teach ergonomics, teamwork, wellness and spatial concepts to people ranging from five-year olds to seniors and everyone in between. They incorporate elements of Pilates, Feldenkrais and Sweigard ideokinesis, acquired through study and our director's personal relationships with leaders in the field.

A partial list of current and previous clients for this and our other services includes the University of Southern California, Ford Automotive, Alliance Funding, Caution, Men at Work: TAP, Schick-Wilkinson, Ortho Biotech, the International Olympics Committee, the Los Angeles Zoo, Turkish Radio Television, the Los Angeles Unified School District, the Orange County Museum of Art and the Pasadena Pops Orchestra.

Please find attached a guide to our current programs and services we offer to companies and businesses.

For more information please feel free to contact me at 213-385-1171, e-mail at louisehr@LAChoreographersAndDancers.org or visit us online at www.LAChoreographersAndDancers.org

We look forward to hearing from you soon!

Sincerely Yours,

Louise Reichlin
Director
Los Angeles Choreographers & Dancers

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Services Offered:

Movement Training

- Most people are unaware that the body is designed to move in certain ways; because they have never been taught how to move, they form improper movement habits which, over time lead to:
 - o Repetitive stress injuries (e.g. Carpal Tunnel)
 - o Joint problems
 - o Circulatory problems
 - o Lack of energy
 - o General unhealthiness
- Louise Reichlin's integrated approach essentially re-teaches the body to move using fundamental elements of space, time and energy
 - o Spinal alignment, breathing exercises and activities help participants become aware of the connections within one's body and in one's core energies
 - o Training is intended to bring together the mind, body and soul and stimulate creative thinking
 - o Teaching methods guarantee immediate results without excessive repetition and in surprisingly short timeframes
- Movement training benefits:
 - o Preventative approach to Repetitive Stress Injuries – will make your workers healthier and ultimately reduce your company's costs of illness
 - o Excellent stress relief for workers – high fun factor
 - o Improved self-confidence and visual learning capabilities
 - o Simple steps anyone can follow – the program has worked for 5-year olds and senior alike
 - o Flexible scheduling- we can hold just one class or a regular schedule, and for sessions as short as 45 minutes or as long as an entire day
 - o No travel time – can be done virtually anywhere; we come to you!

Workshops in Perceptual Methodologies for Executives

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- People perceive and process information using a unique blend of the following elements:
 - o Sight (visual)
 - o Sound (aural)
 - o Touch (tactile)
 - o Movement (kinesthetic)
 - o Asking questions (inquisitive)
 - o Reflective (needs time to digest)
 - o All of these elements are used in dance instruction, with which LA C&D has over 30 years of experience in
- LA C&D offers instruction for managers in how to approach and lead people with different perceptual styles
 - o Identify one's own perceptual style
 - o Learn techniques to instruct and increase your influence with people of perceptual styles similar to yours, and of those different from yours



Repertory Dance Performances

- LA C&D offers performances of our award-winning original repertory works for corporate events, dance installations, site specific interactive performances and instructional purposes
 - o Let's All Dance to a Bluegrass Beat
 - o The Patchwork Girl of Oz
 - o The Tennis Dances
 - o The Better to Bite You With
 - o The Reality Series

Custom Dance Performances

- LA C&D draws on its experience and broad range of dancers to design unique choreography for performance pieces, advertising and entertainment purposes
- Sample past performances and site-specific installations:
- The Los Angeles Unified School District, where we have been providing teacher professional development, performances, and dance workshops for 30 years
 - o The XXIII Olympiad, official entertainers developing programming for 3 locations
 - o The Los Angeles Zoo, 22 performances on athletes and endangered animals
 - o Ford Industrial at the Taipei Taiwan International Motor Show, 2001-02
 - o Schick Wilkinson Industrial, 2000
 - Dream Scapes (industrial for Ortho Biotech) subsequently touring US and Mexico major theatres over a 5-year period
 - Dance at the Stone House (site-specific performance for Sun Valley Youth Arts Center)

General Dance Instruction

- LA C&D also offers instruction in dance using the fundamentals of dance:

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- Modern/
- Contemporary Dance
- Jazz
- Hip-hop
- Ballet
- Multicultural Dances including Mexican, Hawaiian, West Africa, Hebrew, Japanese, Korean, American Square Dance

Testimonials from Past Clients

- “I enjoyed it – can you come here every week?”
- “Fantastic – please come back!”
- “Very fun and educational”
- “Engaging and informative”
- “What a great introduction to the elements of dance!”
- This workshop brought back my high school years when I took dance, which made that time joyful”
- “Uplifting”
- “What a treat! Class A act!”



Rates

- We charge on a per-project basis, taking into consideration your company’s needs and the sophistication of the programming desired. This takes into account the fact that you are paying for us to be quick and succinct, and ensures that our programs are custom-built to meet your company’s needs.

