

VISHWA SHANTHI DANCE ACADEMY PRESENTS



# UTHPALA

“THE LOTUS” – SYMBOL OF PURITY

A SHIVA MURUGAN TEMPLE BENEFIT PROGRAM

**SUNDAY, OCTOBER 30, 2011, 4PM**

CUBBERLEY THEATER

4000 MIDDLEFIELD ROAD, PALO ALTO, CA

FEATURING ARTISTIC DIRECTOR

**SHREELATA SURESH**

& 35+ VISHWA SHANTHI DANCERS

*THE LOTUS RISES FROM UNCLEAN WATERS TO BLOSSOM AS A BEAUTIFUL FLOWER ...*

*SO MAY YOUR SPIRIT RISE FROM WORLDLY IMPERFECTIONS TOWARDS PURITY, BEAUTY, AND ENLIGHTENMENT.*

*COME EXPLORE THE SYMBOLISM OF THE LOTUS, UTHPALA, THROUGH DANCE AND MUSIC.*

**LIVE ORCHESTRA! GRAND CAST OF 35+ DANCERS!**

GURU DELHI V KRISHNAMOORTHY, HARINI VIKAS, SRI NARAYANAN, SHANTHI NARAYANAN, HRISHIKESH CHARY, SONALI AATRESH, PRIYA KRISHNAMOORTHY, VIJAYA SARADHI, ROOPA SURESH, NISHA BALARAMAN, GANESH VASUDEVA AND OTHER LEADING ARTISTS

**SUGGESTED DONATION (TAX DEDUCTIBLE) \$50, \$20, \$10  
CONTACT SATYA- 650-888-2158 / USHA- 650-213-9199**



PHOTOS BY KARTHIK RAAJKUMAR

**Media Alert:** September 27, 2011, San Mateo, CA  
Vishwa Shanthi Dance Academy, 1775 Yorktown Road, San Mateo, CA 94402, Tel: 650-248-3269

**Vishwa Shanthi Dance Academy** led by its artistic director **Shreelata Suresh** will premiere a new work, *Uthpala, the Lotus -- Symbol of Purity*, at a concert Sunday, October 30, 2011, 4 pm, at the Cubberley Theater in Palo Alto. Tax-deductible donations for the concert benefit Shiva Murugan Temple, Concord.

*Uthpala* is a Bharatha Natyam dance recital that draws its inspiration from the beautiful flower, the lotus, which is sacred to many cultures; and explores the symbolism of the lotus in Hindu mythology. In the sacred Indian language, Sanskrit, Uthpala is a lotus.

The lotus is regarded as a symbol of creation, purity, and enlightenment. It rises from the deep muddy waters to blossom into a pure and perfect flower, untouched by the mire. Similarly, our consciousness evolves from base impulses and worldly imperfections to spiritual liberation.

According to Indian mythology, Vishnu came forth in a golden lotus from the milky ocean. From his navel, arose a lotus and Brahma the creator was seated in the center of the flower. Thus, creation began. Through hymns we praise Saraswathi, the embodiment of knowledge. With pure dance and mime we explore the eight forms of Lakshmi, the auspicious one. Various folk dances from south India celebrate Muruga who was born in 6 lotuses. Thus the dancers in Uthpala embark on a journey from the beginning of the universe and conclude at the lotus feet of the Lord symbolizing the surrender of the Self to the Creator who resides in the lotus of our hearts.

The Vishwa Shanthi Dance Academy was started in the fall of 1999 by Shreelata Suresh and conducts classes in Bharatha Natyam at various locations in the Bay Area. It is an organization that strives to promote peace through dance, yoga and other allied forms. Vishwa Shanthi dancers have performed in several prestigious events all over North America. Ms. Suresh led a senior group of dancers at a successful audition performance for the prestigious San Francisco Ethnic Dance Festival in 2008 and was selected to perform for fundraisers for the National Brain Tumor Foundation in 2008 and 2009. She enthralled audiences in her presentation at the World Arts West 'People Like Me' series for school-age audiences all over the Bay Area in 2009. Ms. Suresh is an innovative choreographer and performer with many credits to date, such as her productions, Sankhya: Numbers and Creation, Srishti, Stithi and more. She has given more than 200 stage and television performances in over 20 countries and has shared this rich cultural heritage of India with the local people there.

Bharatha Natyam, with its roots in the ancient treatise, Natya Shastra, is a sacred art form practiced since the 5th century A.D. in the state of Tamil Nadu and is among the eight classical dance forms of India. It is a fusion of music, rhythm, sacred geometry, yoga, worship, therapy, sculpture, poetry, harmony and beauty. The dance can become a form of collective meditation centering on beauty, sacred music, harmony and rhythm and thus promote peace and elevate the audience's consciousness.

Shreelata Suresh and over 35 dancers of Vishwa Shanthi bring *Uthpala* to life. The concert is a benefit program for the Shiva Murugan temple in Concord. The music for the concert has been conceptualized and specially composed by Harini Krishnan Vikas. Guru V. Krishnamoorthi from India provides the musical accompaniment for the evening along with Bay Area musicians Smt. Harini Vikas, Sri Narayanan, Smt. Shanthi Narayanan and Hrishikesh Chary.

For more information about Shreelata Suresh and the Vishwa Shanthi Dance Academy, please visit [www.shreelatasuresh.com](http://www.shreelatasuresh.com) or contact [shreelatasuresh@yahoo.com](mailto:shreelatasuresh@yahoo.com) ; Tel: 650-248-3269  
To view past performances, please visit: <http://vimeo.com/29769809>