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# Academy of Visual & Performing Arts

## Culver City High School

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FOR IMMEDIATE RELEASE

### **Kirtan Ancient Call and Response to Raise Funds for AVPA Dance Department**

Culver City, CA, October 12, 2006

On Saturday, October 21<sup>st</sup> at 7 p.m., Travis Eliot will be leading a unique cross-cultural experience, a Kirtan, as a fundraiser for the dance department at Culver City High School's Academy of Visual and Performing Arts (AVPA). Kirtan is an ancient participatory music experience that uses the chanting of traditional Sanskrit mantras synergized with dynamic melodies. The event will be at the Robert Frost Auditorium (4401 Elenda Ave.) in Culver City. Admission is \$15 general and \$10 for students with ASB, teachers and seniors.

The Kirtan fundraiser will have guest musicians, including drummers, a harmonium player, guitarists and singers. This unique call and response art form, coupled with some yoga and topped off with an improvisational jam circle for musicians, dancers and singers, will offer participants a unique feeling of unity and timelessness.

Cari Ann Shim Sham\*, head of AVPA's dance department understands the value of yoga and similar disciplines for dancers. In addition to realigning the skeleton and muscles, they can bring a centered quality to performance. They also build flexibility, which helps keep the body from seizing up in fear when injury threatens. She sees this Kirtan as a positive way to start the new school year and says, "Come to unleash the voice within....."

Kirtan leader, Travis Eliot, has been practicing meditation and spiritual practices since he was nine. He has traveled extensively and has incorporated the lessons of his travel into his practice. Eliot now teaches yoga in Santa Monica. More information is on his website, <http://www.traviseliot.com>.

## Press Release

Kirtan is for anyone and everyone regardless of background. Participants are encouraged to bring their guitars, drums, voices and enthusiasm to participate in this experience. Also, a blanket or a pillow to sit on will provide added comfort.

The Academy of Visual and Performing Arts (AVPA) at Culver City High School offers a comprehensive arts curriculum after regular school hours for students who are committed to excellence in Art, Film, Theatre, Dance, and Music. Established in 1996, AVPA enjoys tremendous community support from Sony Pictures Entertainment and other design, recording, and theatre companies in the area. For more information about the Academy, go to [www.avpa.org](http://www.avpa.org) or contact Tony Spano at 310-842-4200 x6094 or Kristine Hatanaka at 310-842-4200 x6001.