

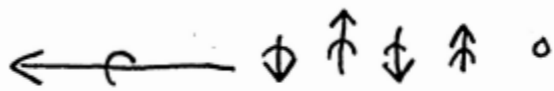
Pradesh

I choreographed this dance in the early 1990's to an unknown recording and I called the dance Pradesh, a Hindi word which means country or land. Many years later after doing this dance with Experience week in Cluny Ballroom I was asked at Brunch by a resident, who lived above the ballroom, why I had been playing Ravi Shankar. She had the CD of the music and that was when I discovered the meaning of the song. 'Shanti-Mantra', as it is called is a Peace incantation based on Raga Devagiri Bilawal. The piece is based on the traditional Indian classical singing style 'Num Tum' which is itself derived from the 'Dhrupad Dhamas' style. The mantra used is a chanting of a verse from the Vedas. The words mean 'May there be Peace on earth-water-sky-trees-air-mind-body-and everything throughout the universe'. Included in this piece is the Shanta Ras which dates from before 200BC. The track comes from the album 'Ravi Shankar Inside the Kremlin' which was recorded live in July 1988. It was the culmination of a year long collaboration between Indian and Russian musicians.

Choreographed by Peter Vallance.

Music: Shanti mantra from Inside the Kremlin by Ravi Shankar.

Formation: Circle in V - hold.



L R L R L R L R L Followed by hand movements as written below X 2

f f f f sw sw sw sw cl
b f b f

Bringing backs of the hands almost together in front of the body at hip height and raising up until above the head - breathing in

x 2

Lower hands in front with palms facing upwards - breathing out .

AUM NAM SHANTI

GANESHARA SHANTI

UTEDE SHANTI

RA BHAVA SHANTIHI

AUM SHAKARAH SHANTI

DARASPATAYAHA SHANTIHI

VISHVEDEVAHA SHANTIHI

TATTVA SHANTI

SARVA SHANTI

Shanti Peace.

Ganesha. God, son of Lord Shiva and Mother Parvati. The remover of obstacles

Tattva True or real state,

Sarva Relating to all,

SHANTI

SHANTI SHANTI SHANTIHI