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From Ballet Virginia:

**“Visions of Hope” live at The Z**

(Norfolk, VA — March 16, 2021) Ballet Virginia is excited to announce its first live performances since February of 2020. “Visions of Hope” will premiere at the Zeiders American Dream Theater in Virginia Beach on May 14<sup>th</sup> and 15<sup>th</sup>, 2021.

This new production from Ballet Virginia, will feature both classical and contemporary works performed by the company’s professional dancers. The performances will focus on the journey of moving forward with compassion and gratitude while acknowledging the strife and conflicts of life. Lydia Roberts Coco, Ballet Virginia’s Resident Choreographer, will be highlighted along with creations by

Artistic Directors, Suzanne Lownsbury and Janina Michalski. Each choreographer will interpret the theme through dance from their own perspectives and diverse experiences.

There will be four works created by Ms. Roberts Coco. When asked about her favorite piece she answered, “The Gospel piece entitled “A Seed of Faith” is the closest to my heart. It speaks of the struggles we face in life and how holding on to faith can bring joy and triumphs. The men’s section called “We Need You Right Now” is about brotherhood and lifting each other up in times of need. This brotherhood I’m speaking of is all about loving and supporting one another regardless of skin color or differences. We need more of that during these trying times.”

The addition of a professional company in 2019 has raised the performance quality of Ballet Virginia’s many productions. “During the pandemic, our professional company has continued to work together in classes and rehearsals for various virtual performances,” says Suzanne Lownsbury. “The dancers are more polished, artistic and work together beautifully as a group. It has been exciting to watch them grow during the past year.”

“The idea of being back in the theatre for performances is energizing for everyone at Ballet Virginia,” said Janina Michalski. We are thrilled to bring this beautifully healing and optimistic production to the Zeiders Theater.”

Ballet Virginia and Zeiders American Dream Theater are committed to offering a safe, in-person live theater experience including distanced seating, mask wearing at all times and more. The [theater policies](#) will be updated as the pandemic evolves. A specially filmed performance will be available as a virtual option for those who are not able to attend in-person.

Shows are Friday, May 14<sup>th</sup> at 7:30 PM and Saturday, May 15<sup>th</sup> at 2 PM and 7:30 PM. The virtual performance is available from May 21<sup>st</sup> through June 5<sup>th</sup>. Tickets for Ballet Virginia’s production of “Visions of Hope” at Zeiders American Dream Theater are \$30 with discounts for seniors and military. Virtual performance tickets are \$15. Tickets can be purchased at the theater box office (call 757-499-0317) or online at [thez.org](http://thez.org).

Please visit [Ballet Virginia's website](#) for additional information.

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#### About Ballet Virginia

Ballet Virginia is a professional ballet company with an associated academy. The organization provides professional quality productions, performances and training for the Hampton Roads community. The organization also provides opportunities for lighting, set and costume designers as well as choreographers while continuing education and outreach programs for our community-at-large.

The academy draws from a diverse ballet syllabus inspired by the American, Russian, Italian and French schools. This solid technical base ensures added success in other dance genres offered at the Academy. Our professional productions allow selected students and community dancers the opportunity to experience dance as a performance art.

#### Our Mission

At Ballet Virginia we are committed to supporting our mission of **fostering a lifelong passion for dance through nurturing education, invigorating performances and artistic excellence**. Our two academy locations teach to the whole child by instilling discipline, self-confidence, joy and sense of teamwork. Our performances are of the highest caliber as academy students perform side by side with professional dancers. We uphold the highest standards and strive to maintain artistic excellence in all our endeavors.