

## About Piano-Yoga®

**Piano-Yoga®** is a unique method of piano playing, performing and teaching designed for all levels of pianists. It has been created and developed by Russian virtuoso pianist and educator GÉNIA.

This multi-dimensional method combines the fundamentals of Russian piano schools with Eastern philosophies, particularly yoga. The aims are focusing your piano practice, improving concentration, building strength in the fingers and hands, establishing good posture at the piano and conquering performance nerves.

**Piano-Yoga®** radically improves technique and unblocks tension. The method promotes noticeable progress on the piano by utilizing the principles of movement, gravity and breathing thus creating a more organic approach towards piano playing. It can also be used as a stress management technique.

**Piano-Yoga®** draws on specific methods which encompass the holistic personal development and well-being of the player and as a result helps to open and connect both mind and body.

## The Benefits of Piano-Yoga®:

- **Improves playing ability by creating a heightened sense of mind and body awareness**

**Piano-Yoga®** provides a holistic and organic approach towards piano playing. The method not only works on improving the technical aspects of piano playing but also pays considerable attention to the mind and body as a whole. It incorporates breath-work, relaxation and helps improve focus so that one can develop a piano style that works with an individual's physique and personality, rather than against it.

- **Considerably improves the quality of piano playing by working directly on the muscles that move the fingers and hands.**

When people are just starting to play the piano or don't play regularly, their fingers remain weak; it takes years of regular practice to establish strength in muscles that work the fingers and hands.

This is why it is always easy to see the difference between a professional and amateur player. Professionals produce good and varied sound quality and are able to control the instrument better. The book **Piano-Yoga® "Transform Your Hands: A complete ten week course of piano exercises"** provides a deep workout for your hands and fingers and as a result you can strengthen and develop the muscles of the hands which in turn improves the flexibility of your fingers. This will allow you to control sound better and for some even to increase their span on the piano.

- **By combining the two points above the Piano-Yoga® approach can produce a highly effective piano technique that offers fast progression.**

**Piano-Yoga®** encourages conscious realization of the whole piano playing process by paying detailed attention to and analyzing hand and body movements, the performer's state of mind and physical state, as well as the musical work itself.

As every repeated conscious effort transmits into the subconscious mind, with regular conscious practice of **Piano-Yoga®** the music and music making/ piano playing will become a part of who you are. Therefore all the exercises will become internal and natural and hence this will allow you to progress much more quickly.

- **Piano-Yoga® is suitable for everyone from advanced beginners' through intermediate to advanced players, students and teachers.**

The method suits professional musicians and amateur players, teachers and students. On every level from complete beginner through intermediate to the advanced player anyone can learn the various aspects of **Piano-Yoga®** and incorporate them into their current level of playing, practice and teaching.

**Piano-Yoga®** can benefit people from all professions, all nationalities and a wide age group (from ages 14-15 upwards).

The **Piano-Yoga®** method has been devised mainly for adult players in mind. However, due to popular demand, **Piano-Yoga® for Kids** is currently being developed.

- **Piano-Yoga® complements any style of tuition and playing**

The unique approach of **Piano-Yoga®** complements any school of piano playing. Very often the teaching styles of various piano schools can contradict each other. **Piano-Yoga®** creates a solid physical and mental foundation which can be applied to any style of piano teaching; it simply allows the player to learn new material faster and more efficiently.

Whether you were trained in Russia, Germany, Japan, Korea or any other country and in any style of piano school, **Piano-Yoga®** can improve and build upon what you already have and create a foundation that will enhance your specific practice.

- **Piano-Yoga® can also help enhance a player's well-being**

For some, the holistic approach of **Piano-Yoga®** can become a stress management technique.

**Piano-Yoga®** encourages your playing to be "natural". Trying to achieve better results should not be "a hard lesson" but an enjoyable experience where a player can consciously learn to observe any changes in his/her own playing. Combined with refined posture and breath control, for some it can contribute to the enhancement of their well being by instilling a new inner calmness and harmony.

- **Piano-Yoga® makes it possible to practice any time you want whether near or far from the piano**

Some **Piano-Yoga®** exercises can be practiced away from the piano. Even just 5 minutes a day of **Piano-Yoga®** can help students/pianists to improve their playing. This allows busy people to progress with their piano playing even if they have very little time to practice.

The more you do **Piano-Yoga®**, the sooner you could start enjoying the benefits of the method.

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1 *An advanced beginner can read music fairly well, but cannot yet play freely.*