

History of Piano-Yoga®

GÉNIA, creator:

“I originally created the **Piano-Yoga®** method for myself when I was asked to perform Rachmaninov's Rhapsody on a Theme of Paganini. I needed to build up the strength in my fingers quickly and, more importantly, increase my span on the piano.

I researched a lot of musical literature but although I found separate exercises I could not see one coherent course that could do both things in a short space of time.

With my performance approaching I had no choice but to design a whole programme for myself. The swift results and success I achieved were astounding and I started applying the **Piano-Yoga®** method to all the students I taught, with rewarding results.

My students started to ask me if I could give them printed copies of the exercises so they could practice them at home and as a result, **Piano-Yoga® “Transform Your Hands: A complete ten week course of piano exercises”** was created.

Originally the course comprised of what is now **Stage One: Core Piano-Yoga®** and **Stage Two: Yin Piano-Yoga®** and was aimed at intermediate and advanced players. However after working through these exercises with my students I thought it would be also beneficial for beginners to do **Piano-Yoga®** exercises. This is how the **Preliminary Stage: Foundation Piano-Yoga®** was developed. After spending some time on this programme I felt the need to develop it further and created **Stage Three: Advanced Piano-Yoga®** which is aimed mainly at advanced players.”

After doing the course for a number of years I could not help but notice the **Piano-Yoga®** exercises and approach also worked on a psychological level. Just doing these exercises kept me balanced and prepared me for my daily practice and performances. Also coaching a number of students, especially nervous before their public performances, allowed me to introduce **Piano-Yoga®** to them. This is how the **‘Piano-Yoga®: How to overcome stage fright and make adrenaline work for you’** workshop was created.”