

## Piano-Yoga® Cyprus Retreat, September 19-25



Hosted at the **ARTE Music Academy**, Nicosia, in association with **Friends of Arte Society**.

Piano-Yoga® retreats go global this September as visionary Russian virtuoso pianist GÉNIA takes her cutting-edge Piano-Yoga® method to the beautiful, sun-drenched island of legends that is Cyprus. A whole week of pure indulgence in the island's charming capital, Nicosia, this retreat has everything for pianists wanting to transform their playing whilst gaining a more in-depth insight into the Piano-Yoga® well-being philosophy and lifestyle: once classes are over, participants can bask in the light of the warm Mediterranean sunshine on one of Cyprus' stunning beaches, take in the breath-taking scenery, soak up the history and enjoy some delicious, authentic Cypriot cuisine. Plus, with our all-inclusive package at one of Nicosia's top hotels, participants can really pamper themselves! Included in the package are two excursions to Omodos and Mount Kourion.

A retreat is the perfect opportunity for immersion in this fun and effective new holistic piano method, allowing participants to experience all that Piano-Yoga® has to offer, with a combination of pure yoga and relaxation classes, technical 'Piano-Yoga®' exercises, performance psychology and group piano masterclasses. Unlike regular Piano-Yoga® lessons, a retreat provides the opportunity for participants to completely disconnect from the daily grind and get into an optimal frame of mind to focus entirely on their piano in a nurturing environment. And given how solitary the life of a pianist can be, one of the main pleasures of a retreat is the opportunity to work as part of a group of like-minded people, make new friends and share ideas.

On a Piano-Yoga® retreat participants learn how to:

- organise their practice
- improve concentration
- establish good posture at the piano
- build strength and suppleness in the fingers and hands
- increase hand span
- develop good listening technique
- master different qualities of sound
- develop rhythm and articulation
- conquer performance nerves
- memorise repertoire effectively
- unlock their individual music interpretation

Each retreat will also include an optional two-hour masterclass with GÉNIA.

## Who can attend the retreat?

Piano-Yoga® retreats are open to amateur and professional pianists alike of all levels from the age of 14 upwards. From **conservatoire students** looking to polish their technique and **concert pianists** concerned about an injury, to **piano teachers** looking to broaden their pedagogical horizons and **amateur pianists** simply wanting to get the most out of their piano, all are welcome to come and join us, leave their worries at the door, kick off their shoes and enjoy their favourite activity in a friendly and relaxed environment. No prior experience of yoga necessary.

## Excursion 1: Mountain Village of Omodos & Wine Tasting

For an authentic Cypriot experience we will be visiting the quaint 1,000-year-old mountain village of **Omodos**, with its perfectly-preserved narrow cobbled streets, donkeys and old stone houses providing a wonderfully traditional atmosphere. Built around the spectacular **Timios Stavros Monastery**, somewhere in the mists of time villagers are said to have witnessed a miracle of the Holy Cross, making this a place of great ecclesiastical importance, attracting pilgrims from all over the world; in 327 A.D. **Saint Helen** is believed to have taken the blood-stained rope that bound Jesus to the Cross.

Nowadays, Omodos is better-known as the centre of the mountain wine-producing region, so of course, we couldn't visit Omodos without stopping at one of its **wineries** to sample it for ourselves! We finish the day with dinner together in Omodos.

## Excursion 2: Ancient Site of Kourion

There is nowhere better to get a feel for ancient Cyprus than the ruined site of **Mount Kourion**. One of the most beautifully-positioned ancient sites in Cyprus, Kourion is believed to have been founded by the Argives. The city has passed through different phases, from Hellenistic, Roman, and Christian. Music is at the heart of this site: its most impressive feature is the restored **Greco-Roman theatre** that looks out over the dazzling Mediterranean, which continues to host open air musical and theatrical performances as one of the venues for the International Festival of Ancient Greek Drama. After checking out the **House of the Gladiators**, the **Roman baths**, the **House of Achilles** and the **Temple of Apollo**, we will be heading to the beach at **Limassol** where we will enjoy a fish supper overlooking the sea.

## Accommodation

**The Royiatiko Hotel** is a brand-new luxury hotel which enjoys an enviable central location in Nicosia only a 5-minute walk from our venue. Facilities include a bar/café, outdoor swimming pool with pool bar and fully-equipped gym. All rooms have 24-hour Internet access, LCD TV with local and satellite channels and individually-controlled air conditioning and heating. [www.royiatikohotel.com.cy](http://www.royiatikohotel.com.cy)

Our budget accommodation option, the **Asty Hotel** is also at a convenient distance from the city centre and a 20-minute walk from our venue, the ARTE Music Academy. Situated in one of Nicosia's most beautiful and peaceful residential areas, the hotel offers serenity and comfort, away from the madding crowd. Facilities include 24-hour free internet access, a well-equipped gym, sauna, restaurant and cocktail bar, as well as bicycle rental and mini golf! Rooms come with satellite TV and air conditioning as standard.

## How to Book

Please note that travel to Nicosia, Cyprus is not included in our package, and **participants must wait for confirmation of registration before booking their flight**. Please visit [www.piano-yoga.com](http://www.piano-yoga.com) for further travel advice.

**Venue:** Archontiko Technon (ARTE) Music Academy, Leonidou 32-34, 1097, Nicosia, Cyprus

**Fees:** €610 tuition-only option (excludes accommodation, board and excursions)  
€1140 budget package at the Asty Hotel  
€1320 luxury package at the Royiatiko Hotel

**Payment:** Fees payable by bank transfer to: *The Friends of Arte Society* | Hellenic Bank | A/C Number: 101 – 01 – 132988 – 01 | BIC: HEBACY2N | IBAN: CY60 0050 0101 0001 0101 1329 8801

**Bookings:** Please download the registration form at <http://www.piano-yoga.com/docs/Retreats/Application-form-Cyprus-Retreat.pdf> and post to: Piano-Yoga®, Suite 119, 56 Tavistock Place, Bloomsbury, London, WC1H 9RG, UK. Please do NOT send your form to Cyprus.

## About Piano-Yoga®: A piano method for the 21<sup>st</sup> century...

**'It really does work... Many pianists have been helped with this unorthodox and unusual method.'**  
Piano Professional Magazine

'★★★★★' Piano Journal

Created by Russian virtuoso pianist GÉNIA, the Piano-Yoga® method offers a unique system of piano playing which combines the fundamentals of the Russian piano school with principles from Eastern philosophies and yoga, utilising aspects of movement, gravity and breathing to create a more natural and organic approach to piano playing, performing and teaching. Central to the method is a series of technical exercises *Transform Your Hands: a Complete Ten-Week Course of Piano Exercises*, available in paperback and as an e-book. Piano-Yoga® also organises workshops, retreats, masterclasses and one-to-one tuition.

## About GÉNIA

Russian virtuoso pianist GÉNIA is an acclaimed pioneer on the classical music scene, with numerous television and radio appearances. GÉNIA was initiated into the piano in the Ukraine by her great-grandmother Regina Horowitz (sister of pianist Vladimir Horowitz), before moving to London to study at the Guildhall School of Music and Drama and Trinity College of Music. She has worked with some of the most prestigious figures in the contemporary music industry, including The Brodsky Quartet and Gabriel Prokofiev, and has released various albums on the Blackbox and Nonclassical labels. Following her training at The Life Centre® in London, GÉNIA qualified as a BWY (British Wheel of Yoga) teacher in 2008. A visionary pedagogue, GÉNIA also runs the highly successful **GÉNIA Music Piano School**.

GÉNIA's latest blog on the inspiration behind the Piano-Yoga® retreats is available now at [www.piano-yoga.com/blog/](http://www.piano-yoga.com/blog/).

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