

## Newsletter No. 8, August 2011

Dear Members,

At Piano-Yoga® this month we've been busy working to bring you some great new products, special summer offers, tips and even more inspiration. Plus, if you haven't yet booked your place on our Cyprus retreat check out our latest video for a compelling taste of what we have in store. Don't forget that there is now just 1 week left before guaranteed booking closes: **12th August!**

As ever, keep your comments coming - you can email us at [info@piano-yoga.com](mailto:info@piano-yoga.com), or send us your feedback through Facebook or Twitter (below).

Remember: have lots of fun, be creative, and enjoy your practice!

The Piano-Yoga® Team

## Contents

Skype Lessons Launched

Cyprus Retreat Video

Special Summer Offers

Blog: Getting the Most out of  
your Practice Time

Piano-Yoga® Lifestyle

Enter Our Competition

Featured Video

---

## Contact Us

Suite 119

## NEW! Skype Piano Lessons Now Available



Following the overwhelming success of our free trial Skype sessions over the last 2 months we are now delighted to announce the launch of Piano-Yoga® Skype Lessons.

A Piano-Yoga® Skype Lesson is like any other piano lesson with Head Piano-Yogini, GéNIA, but with the added advantage that wherever you are - sitting at your piano in New York, Melbourne, or Buenos Aires - you can have a piano lesson in the comfort of your own home, and on your own piano. All you need is a webcam,

microphone and earphones/speakers.

Skype itself is absolutely FREE: simply log in to Skype and add us to your contact list under 'Piano-Yoga'. If you haven't used Skype before but would like to give it a try, go to [www.skype.com](http://www.skype.com) to set up an account.

56 Tavistock Place  
Bloomsbury  
London  
WC1H 9RG  
United Kingdom

t: +44 (0)20 7226 9829  
m: +44 (0)7948 447492  
e: [info@piano-yoga.com](mailto:info@piano-yoga.com)  
w: [www.piano-yoga.com](http://www.piano-yoga.com)

---

## Quick Links

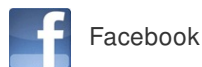
[Piano-Yoga®](#)

[GéNIA](#)

[GéNIA MUSIC Piano School](#)

---

## Follow Us



Facebook



Twitter



MySpace



YouTube



Blog

---

## Tip of the Month

'When you want to play staccato use your fingers *more* and your wrists *less*.'

GéNIA

---

**Bookings:** +44 (0)20 7226 9829 | [info@piano-yoga.com](mailto:info@piano-yoga.com)

**More info:** [www.piano-yoga.com/news/skype-lessons.php](http://www.piano-yoga.com/news/skype-lessons.php)

We will also continue to host our free monthly Skype 'clinic'. Join us online on the **9th August at 8pm UK time** (GMT + 1) if you have any concerns you would like to put to us, or if you would simply like to give Skype a go and see how it works. Please check our website [www.piano-yoga.com](http://www.piano-yoga.com) for further upcoming dates. We look forward to speaking to you!

---

## Cyprus Retreat: Final Week to Book!

If you haven't yet booked a place on our next retreat in Cyprus, you won't want to miss it after watching our new video! Click on the image below to get a real taste of Nicosia and our programme.

The retreat takes place on **19th-25th** September at the **ARTE Music Academy, Cyprus**, and with the closing date on the **12st August** there is just over **1 week left** to guarantee your place. (You may still contact us to book after this time, but places might not be available.)



We are now also offering extra packages for those not requiring board and excursions, at **€850** (reduced from €1140). Please note this offer can only be used in conjunction with our package at the Asty Hotel (and not the Royiatiko).

Plus, we are also now offering twin room accommodation for those wishing to attend with friends and partners, or for those simply wanting a more economical option we can pair you up with another participant in the retreat. Prices for our twin luxury option at the Royiatiko Hotel are **€1140** and **€1020** for our budget option at the Asty Hotel. Please contact us on **+44 (0)20 7226 9829** or email us at [info@piano-yoga.com](mailto:info@piano-yoga.com) if you would like to take advantage of these options, or for further information please visit [www.piano-yoga.com](http://www.piano-yoga.com).

## About GéNIA



GéNIA

GéNIA is a Russian virtuoso concert pianist and creator of the groundbreaking piano method Piano-Yoga®.

Initiated into the piano by her great-grandmother Regina Horowitz (sister of pianist Vladimir Horowitz), GéNIA attended Kharkov State Institute of Arts before moving to London to study at the Guildhall School of Music and Drama and Trinity College of Music, where she received numerous prizes.

Since then she has forged an acclaimed career as a pioneering and controversial artist, equally at ease performing in the concert hall as she is in the nightclub.

She has worked with some of the most prestigious figures in the contemporary music industry, including Nik Bartsch, Max de Wardener, The Brodsky Quartet, Gabriel

## Summer SALE Now On!

Summer's here, which means that for a limited time only you can save 20% on our book *Piano-Yoga® Transform Your Hands: A Complete Ten Week Course of Piano Exercises*.



### Paperback:

Was £21.21

NOW **£16.99**

### eBook:

Was £16.99

NOW **£13.59**

Ideal for self study or as a teaching aid, *Transform Your Hands* is essential reading (and practising!) for anyone interested in the Piano-Yoga® method. Providing the foundation of the Piano-Yoga® approach to piano technique, this book will help you to transform your playing by:

- Building strength and suppleness in the fingers and hands
- Increasing hand span safely and gradually
- Releasing tension during performance
- Working in harmony with your anatomy to avoid practice injury
- Making you generally more 'hand aware'

Take advantage of this deal while you can! OFFER ENDS **5th SEPTEMBER**

[More Info](#) | [Buy Now](#)

To see more amazing offers click [HERE](#).

## In GéNIA's August Blog: How to Get the Most out of your Practice Time

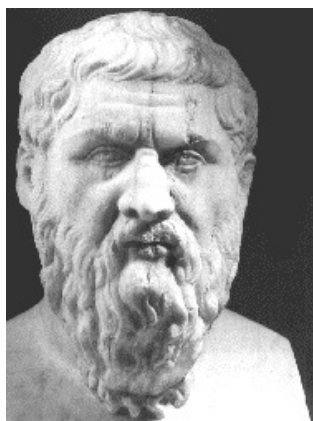
Prokofiev and Howard Skempton, and has released numerous albums on the Blackbox and Nonclassical labels.

Following her training at The Life Centre®, London, GéNIA qualified as a B.W.Y. (British Wheel of Yoga) teacher in 2008.

---

## Words of Wisdom

'Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything.'



PLATO

---

## What is Piano-Yoga®?

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

PIANO PROFESSIONAL

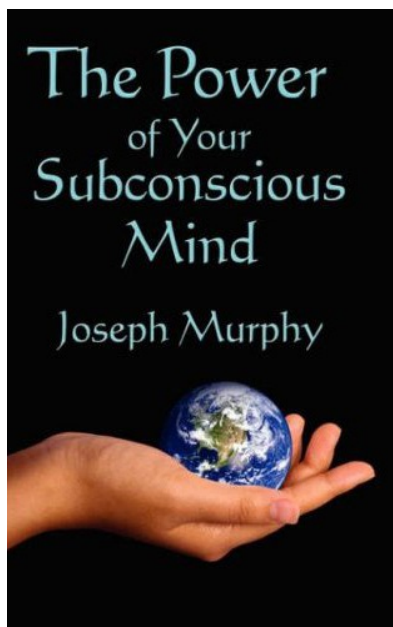


Where piano practice is concerned it is quality, not quantity, which makes the difference, yet so many pianists lose out by failing to maximise the often scarce the practice time they have. This month's blog contains everything you need to know to make the most of your piano practice. Click [HERE](#) to read more.

---

## Lifestyle: This month we recommend...

**Read:** *The Power of Your Subconscious Mind* ,  
by Joseph Murphy



This book should be approached with an open mind, and if you suffer from stage nerves, it could provide a really powerful asset to you. The book is about the role that the subconscious mind plays in your life. It explains how you can manipulate your subconscious, which in turn influences your conscious mind, and therefore enables you to realign your actions in connection with the direction you want to take. If you tend to be sceptical towards this type of theory we suggest you give this book a try before disregarding it, as it can provide a real guide to you in all your endeavors!

Available from Amazon: [www.amazon.co.uk](http://www.amazon.co.uk)

---

Created by acclaimed Russian virtuoso pianist GéNIA, the Piano-Yoga® method offers a unique system of piano playing which combines the technical fundamentals of the Russian piano school with principles from yoga and other Eastern philosophies.

Piano-Yoga® utilises aspects of movement, gravity and breathing to create a more natural and organic approach to piano playing, which also makes for an effective stress management technique. It is designed for pianists of advanced-beginner to advanced level who would like to improve concentration, build strength in the fingers and hands, establish good posture and master different qualities of sound.

## Buy the Book!



'This book gets 5 stars.'

PIANO JOURNAL

## Enter our Competition to Win a Free E-book!

This month you can win a free e-book by answering the following question:

### Who is GéNIA's favourite composer?

CLUE: You can find the answer in one of GéNIA's favoured videos linked to our Piano-Yoga® [Youtube Channel](#). Email your answer to [info@piano-yoga.com](mailto:info@piano-yoga.com). The winner will be selected at random and announced in the next newsletter. Click [HERE](#) for more information about our e-book *Transform Your Hands: A Complete Ten Week Course of Piano Exercises*.

And... CONGRATULATIONS to last month's winner, [Walter Freiberg](#), who also wins a free e-book for correctly telling us that Rachmaninov's hand spanned a **13th!**

## New Video:

Listen to GéNIA's latest performance: the 'Fugue' from *Fantasia & Fugue' in A Minor BWV 904* by J. S. Bach. Don't forget that our Cyprus retreat also features a session on playing Bach!



## Our Partners



Suitable for both self-study  
and for use as a teaching aid,  
it is available in paperback  
and as an ebook.

[More Info](#) | [Buy Now](#)

**GÉNIA MUSIC**  
**Piano School**



The Friends of ARTE Society  
Σύνδεσμος Οι Φίλοι του ARTE



[Click to view this email in a browser](#)

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

[Click here](#) to forward this email to a friend

Piano-Yoga® is a trading name of Piano-Yoga® Ltd. Registered in England No. 6419369

Registered office: Suite 2, 15 Broad Cour

Covent Garden

London, London WC2B 5QN

UK

[Read](#) the VerticalResponse marketing policy.

