

Newsletter No. 7, June 2011

Dear Members,

A big thank you to all those who attended our Kings Place retreat on the 15th May. If you weren't able to join us this time you can catch up below, and don't fear; we have more retreats to come in 2011, so stay tuned! As always, please get in touch with your feedback - you can email us at info@piano-yoga.com, or send us your comments through Facebook or Twitter (below).

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

The Piano-Yoga® Team

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First-ever Piano-Yoga® Retreat at Kings Place



The first-ever Piano-Yoga® retreat was launched on the 15th May at London's new classical music centre, Kings Place, with the Limehouse room buzzing to capacity with a group of piano teachers, conservatoire students and amateur pianists from various walks of life. Performance nerves and imminent exams seemed to be the overriding concern, but participants also had the chance to analyse their technique in greater detail and run through pieces they were working on in front of a friendly and sympathetic audience. Our sincerest thanks to all those who came along and to those especially who have since got in touch to let us know how inspiring you found the programme and how much

w: www.piano-yoga.com

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This month GéNIA contemplates whether classical music can be hip.

Tip of the Month

'Doing the Vrksasana ('Tree') yoga pose will help increase your concentration.'



you enjoyed it.

Cyprus Retreat 19th - 25th September

Don't forget that you can now book a place on our next retreat in Cyprus at the ARTE Music Academy. 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® philosophy and lifestyle of well-being: once classes are over, 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, you really can pamper yourself!

To give you a taste of one of the sessions included on the programme, take a look at our posture exercise:



For full details about our Cyprus retreat please visit www.piano-yoga.com/retreats/about.php or contact us on t: 00 44 (0)20 7226 9829 | e: info@piano-yoga.com

Special Introductory Offer on One-to-one Piano-Yoga® Tuition Package

Are you looking for regular piano lessons? We are now offering one-to-one tuition with the Head Piano Yogini herself, GéNIA, at Schott Music Shop in Central London. Piano-Yoga® lessons are like any other piano lessons, but with added benefits:

Click [HERE](#) for instructions.

GéNIA

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

- Learn with a friendly, world-class concert pianist who understands the demands of public performance at the highest level
- Refine your technique and learn to play like a Russian virtuoso using the groundbreaking Piano-Yoga® method
- The Piano-Yoga® method uses principles from yoga to allow you to enhance your wellbeing, avoid performance injury and develop strategies to manage performance nerves

Piano-Yoga® lessons are suitable for pianists of all ages, levels and backgrounds.

Fees: Don't miss out on our special introductory offer: book a package of **5 lessons** before the **15th July** and pay only **£337.50** (normally £375.00). (Terms and conditions apply.)

Bookings: t: 020 7226 9829 | m: 07948 447492

e: info@piano-yoga.com | w: www.piano-yoga.com/e-shop/offers.php

NEW! Online Piano-Yoga® Skype 'Clinic'

- What's the best way to pedal Beethoven?
- Which yoga exercises can I do to help me with performance nerves?
- I've only been learning the piano for a few months... Is a Piano-Yoga® retreat for me?



Now you can put all your piano questions to the Head Piano Yogini herself, GéNIA, absolutely FREE and directly from the comfort of your own home, with our new Piano-Yoga® Skype clinic. GéNIA will be online on **Monday 13th June** from **7.00-8.00pm (UK time)** to take your questions and discuss any concerns you may have about your playing.

Simply log in to Skype and add us to your contact list by searching for **'Piano-Yoga'**. If you haven't used Skype before but would like to give it a try, go to www.skype.com to set up

an account. We look forward to speaking to you!

Enter our Competition to Win a Free E-book!

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

music industry, including Erik Bartsch, Max de Wardener, The Brodsky Quartet, Gabriel 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 2007.

Words of Wisdom

'If my mind can conceive it, and my heart can believe it, I know I can achieve it.'



JESSE JACKSON

What is Piano-Yoga®?

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

PIANO PROFESSIONAL

What is GéNIA's real name?

Email your answer to 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, [Liz Watford](#), who also wins a free e-book for correctly telling us that the number of keys on a standard piano is: **88**.

New Video: History & Development of Piano-Yoga® Part 2

How did the Piano-Yoga® phenomenon come into being? Click on the video below to watch Part 2 of GéNIA's lecture on the origins of her visionary piano method.



Our Partners



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 Eastern philosophy and yoga.

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.



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Σύνδεσμος Οι Φίλοι του ARTE



ARTE Music Academy

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