

Newsletter No. 6, May 2011

Dear Members,

We hope you've been enjoying the arrival of Spring! This month we're also bringing you a taste of summer with the launch of our Cyprus retreat! 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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Cyprus Retreat

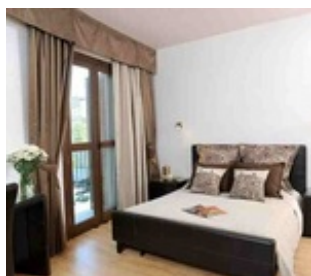
Kings Place Retreat

Music Teacher Review

Enter Our Competition

Featured Video

Some more pics from Cyprus...



Stay at the luxurious Royiatiko Hotel in Nicosia

Bookings Now Open for the First International Piano-Yoga® Retreat in Cyprus this September



Bask in the warm Mediterranean sunshine on the beach in Cyprus

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 with a retreat at Cyprus' top conservatoire, 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



Take time out at the Royiatiko Hotel Pool



Enjoy healthy and delicious Cypriot cuisine



Yoga sessions for pianists in an amazing setting



Classes held at the ARTE Music Academy, Cyprus' top conservatoire



the Piano-Yoga® well-being philosophy and lifestyle: 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!

In one week you can experience all that Piano-Yoga® has to offer, with a combination of pure yoga and relaxation classes, 'Piano-Yoga®' technical exercises, performance psychology and group piano tuition. A Retreat is the perfect way to immerse yourself in this fun and effective new holistic piano method; unlike regular Piano-Yoga® classes, a Retreat provides the opportunity to completely disconnect from the daily grind, unwind and get into an optimal frame of mind to focus entirely on your piano, in the most relaxing way. And given that the life of a pianist can often be a solitary one, one of the main pleasures of a Retreat is the opportunity to work on your piano as part of a group of like-minded people, make new friends and share ideas.

Piano-Yoga® retreats are designed for pianists of advanced-beginner to advanced level who would like to radically improve their technique whilst enhancing their well-being, conquering performance nerves and developing new approaches to piano playing.

Programme

Day 1

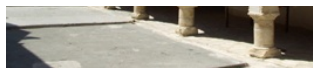
- 10:00 – 20:00 Registration | (Lunch is available between 13.00–14.00)
- 17:00 – 18:00 Introduction to Piano-Yoga®
- 18:00 – 19:30 Transform Your Hands: Demonstration of the exercises
- 19:30 – 20:00 Relaxation exercises
- 20:30 – 22:00 Dinner

Day 2

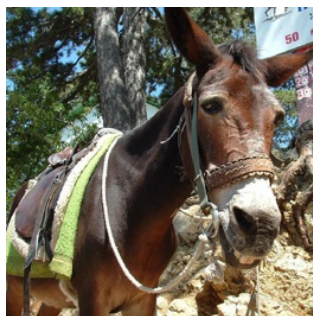
- 08:00 – 09:30 Breakfast
- 10:00 – 11:00 Back support exercises
- 11:00 – 12:00 Masterclasses
- 12:00 – 13:00 Working with Rhythm workshop
- 13:00 – 14:00 Lunch
- 14:00 – 16:00 Siesta / Optional practice time
- 16:00 – 16:30 Using yoga props as a support in piano playing
- 16:30 – 17:00 Masterclass
- 17:00 – 18:00 Articulation in piano playing
- 18:00 – 19:30 Masterclasses
- 19:30 – 20:00 Creative visualisation in piano playing
- 20:30 – 22:00 Dinner

Day 3

- 08:00 – 09:30 Breakfast
- 10:00 – 11:00 Looking after your posture in piano playing: exercises



Visit the Monastery of the Holy Cross at Omodos



Catch a glimpse of rural Cyprus



Visit the Apollo Theatre at majestic Mount Kourion

Contact Us

Suite 119
56 Tavistock Place
Bloomsbury
London
WC1H 9RG
United Kingdom

t: 020 7226 9829
m: 07948 447492

e: info@piano-yoga.com

w: www.piano-yoga.com

Quick Links

[Piano-Yoga®](#)

[GéNIA](#)

11:00 – 12:00 Masterclasses

12:00 – 13:00 Piano-Yoga® approach to education

13:00 – 14:00 Lunch

14:00 – 22:00 Excursion 1 (Omodos) and dinner

Day 4

08:00 – 09:30 Breakfast

10:00 – 11:00 How yoga exercises can help your piano playing

11:00 – 12:00 Masterclasses

12:00 – 13:00 Playing Bach

13:00 – 14:00 Lunch

14:00 – 16:00 Siesta / Optional practice time

16:00 – 17:00 Conquering performance nerves: Part 1

17:00 – 18:30 Masterclasses

18:30 – 19:30 Conquering performance nerves: Part 2

19:30 – 20:00 Relaxation exercises

20:30 – 22:00 Dinner

Day 5

08:00 – 09:30 Breakfast

10:00 – 11:00 'Shoulders, shoulders, shoulders'

11:00 – 12:00 Organisation of piano practice

12:00 – 13:00 Tackling memory problems

13:00 – 14:00 Lunch

14:00 – 22:00 Excursion 2 (Kourion) and dinner

Day 6

08:00 – 09:30 Breakfast

10:00 – 11:00 Hips in piano playing

11:00 – 12:00 Finding your own musical interpretation

12:00 – 13:00 Reading and controlling body language

13:00 – 14:00 Lunch

14:00 – 16:00 Siesta / Optional practice time

16:00 – 18:00 Rehearsal time

19:30 – 20:30 Concert

20:30 – 22:00 Dinner

Day 7

08:00 – 09:30 Breakfast

10:00 – 11:00 Make your body your best friend in piano playing

11:00 – 12:30 Discussion, question and answer session

12:30 – 14:00 Lunch and goodbye ceremony

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

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This month GéNIA ponders the stereotypical image of the 'scary' Russian piano teacher!

Tip of the Month

'To get the best out of your sightreading, try to sing the piece in your head before playing it.'

GéNIA

About GéNIA

streets, donkeys and old stone houses providing a wonderfully traditional village atmosphere, visiting Omodos today is like stepping back 100 years in time. 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. If sacred relics are your thing, the monastery also houses numerous other artefacts, including the skull of the Apostle Phillip and the remains of no less than 26 saints. Nowadays, however, Omodos is better-known as the center 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

Cyprus has a 10,000 year history that has seen civilizations come and go, and 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, the city of Kourion is believed to have been founded by the Argives. The city has passed through different phases from Hellenistic, Roman, and Christian periods and the *agora* (market place), Christian Basilica and large public bath bear testament to this city's former list of inhabitants. 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. Having been appropriated as an arena for Gladiator contests in the 3rd century, the Theatre was restored and now 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, the Arte Musica, with the principal shopping areas, museums, cafés, restaurants and night clubs all within a 100 metre radius. 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-



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

Following her training at The

controlled air conditioning and heating. www.royiatikohotel.com.cy

If you are looking for a 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 Musica. 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. www.astyhotel.com

Visitor Option

Local residents (or those wanting to arrange their accommodation and board independently) are also welcome to join the retreat. Please note, therefore, that the visitor-only fee covers tuition only; it does not include the cost of the excursions, board or transportation.

Who can attend the retreat?

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

How to Book

A note about flights: Please note that your travel to Nicosia, Cyprus is not included in our package, so you will need to book your flight independently. However, please wait for confirmation of your registration before booking your flight. The following airlines fly to Cyprus: Cyprus Airways, Easyjet, Ryanair, British Airways, Lufthansa, Olympic, Thompson, Monarch, Austrian, Thomas Cook. Cyprus has two airports: Larnaca and Pafos. Either one of these is fine. However, PLEASE DO NOT FLY TO THE TURKISH SIDE OF CYPRUS as you will not be allowed to cross the border to Nicosia!

Date: 19th September – 25th September 2011

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

Duration: 7 days; 6 nights. Morning Sessions 10:00 –14:00; afternoon sessions 14:00 –20:00

Fees:

€1320 luxury package: double room (single occupancy) & full-board at the Royiatiko Hotel (excludes flights and airport transfers)

€1140 budget package: double room (single occupancy) & full-board at the

Life Centre®, London, GÉNIA qualified as a B.W.Y. (British Wheel of Yoga) teacher in 2007.

Words of Wisdom

‘The pedal is the soul of the piano.’

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yoga place



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Asty Hotel (excludes flights and airport transfers)

€610 for tuition only (excludes flights, airport transfers, accommodation, board and excursions)

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

Bookings: via the Piano-Yoga® website www.piano-yoga.com. Please download the registration form [HERE](#) and post to: *Friends of Arte Society, Archontiko Technon, Leonidou 32-34, 1097, Nicosia, Cyprus*. Please do NOT send your form to Piano-Yoga®. You will also need to read the Terms and Conditions [HERE](#).

Enquiries: t: 020 7226 9829 | m: 07948 447492 | e: info@piano-yoga.com

Further Information: www.piano-yoga.com

Reminder: Kings Place Retreat NEXT SUNDAY

Don't forget that the first-ever Piano-Yoga® retreat is taking place **next Sunday, 15th May** at **Kings Place** in London. There are now only a few places left, and just over a week remaining to book your ticket! Plus, don't forget that as a Piano-Yoga® member you can claim £15 off! For full information about the programme click [HERE](#).



Information

Date: 15th May 2011

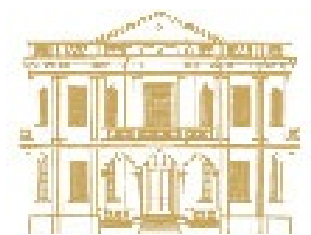
Venue: Limehouse Room, King's Place, 90 York Way, London, N1 9AG

Duration: 10.00 - 17.30

Fees: £80 | £65 Piano-Yoga® members

Bookings: [Kings Place Website](#)

Enquiries: t: 020 7226 9829 | m: 07948 447492 | e: info@piano-yoga.com



ARTE Music Academy



The Friends of ARTE Society
Σύνδεσμος Οι Φίλοι του ARTE



New Review of *Piano-Yoga®: Transform Your Hands* in *Music Teacher Magazine*



We are delighted to announce yet another glowing Piano-Yoga® review: this month leading music pedagogy magazine **Music Teacher** has just published a wonderful review of our book *Transform Your Hands: A Complete Ten-Week Course of Piano Exercises*.

The reviewer, Karen Marshall (member of the British Dyslexia Association's Music Committee, and a seminar leader for ABRSM's Certificate of Teaching course on music and dyslexia) praised the book:

'Having tested out Piano-Yoga with students aged seven to 70, I can't help but be impressed by it. My students have developed a greater finger control and the wrist exercises have really improved their phrasing.'

Created by GÉNIA, this complete ten-week course of piano exercises can really transform your technique! It is ideal for self study or as a teaching aid, and is available both in paperback and as an ebook. Purchase it via our online shop [HERE](#) to get the best prices, starting from just £4.99 for one Stage or £16.99 for the whole course.

Click [HERE](#) to read the review in full

[HERE](#) to buy the book

[HERE](#) to go to the Music Teacher magazine website

[HERE](#) to buy the magazine

[HERE](#) for more information

What is

Piano-Yoga®?

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Many ailing pianists have been helped with this

unorthodox and unusual method.
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Registered office: Suite 2, 15 Broad Cour

Covent Garden

London, London WC2B 5QN

UK

Created by acclaimed Russian virtuoso pianist

[Read](#) 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. For more info visit www.piano-yoga.com.

Enter our Competition to Win a Free E-book!

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

How many keys are there on a standard piano?

Please reply to this message with "Unsubscribe" in the subject line or simply click on the following

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, **Marianne Fiere**, who wins a free Assessment Lesson for correctly telling us that the term a female yoga practitioner is: **YOGINI**.



New Video: GéNIA performs Mozart Concerto with the Cyprus State Orchestra

To get you in the mood for our upcoming Cyprus retreat, here's a new video of GéNIA performing Mozart's *Piano Concerto in C Major KV 467* (1st movement) with the Cyprus State Orchestra. We hope you enjoy watching it!



Click [HERE](#) to watch the video on Youtube.