

Newsletter No. 9, September 2011

Dear Members,

As the Autumn beckons we have the perfect solution to those wanting to prolong that summer feeling: with a few places still remaining on our Cyprus retreat this month join us for some relaxing piano and yoga in the sunshine. Our September issue also sees the launch of our new 'Piano + Yoga' classes at Steinway Hall, London, plus the usual tips and inspiration. As ever, keep your comments coming - you can email us at 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

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GÉNIA MUSIC Piano

NEW! 'Piano + Yoga' Sessions Starting at Steinway Hall in London



We are now offering new 'Piano + Yoga' sessions at Steinway Hall in London which allow students to take their piano technique to a deeper level as part of a bespoke holistic assessment of their playing which looks beyond the co-ordination of fingers, hands and arms to the workings of the body as a whole. This two-part 75-minute session is delivered by GÉNIA, Russian virtuoso pianist and qualified yoga practitioner, and combines a traditional piano lesson with a tailored session of 'pure' yoga away from the piano. Designed with pianists in mind, these techniques will help to release tension in the muscles, increase flexibility, and relax body and mind. As such, they can also provide successful strategies for improving concentration and memory, and combatting performance anxiety. And if you experience problems such as tension in your arms when you play, neck pain or bad posture, a 'Piano + Yoga' session is especially ideal for you.

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Tip of the Month

'If you want to get a nice sound out of the piano, treat it gently; the same applies to human beings.'

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

We are delighted that Steinway - the world's leading and most

established piano brand - is embracing the Piano-Yoga® method by hosting the sessions at London's prestigious **Steinway Hall**.

Needless to say, you can enjoy your session on a top-notch instrument at the UK home of piano royalty. Steinway Hall is conveniently located just minutes away from bustling Oxford Street at **44, Marylebone Lane, Wigmore Street, London, W1U 2DB**.




To attend your 'Piano + Yoga' session you will need to wear comfortable, loose-fitting clothes to allow you to do some light floor exercises; you may go barefoot, if you like. If you have a yoga mat and yoga belt please bring these along; otherwise we can provide them. No prior knowledge of yoga is required to attend a session.

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

More info: www.piano-yoga.com

Cyprus Retreat: Final Chance to Book!

Our long-awaited international retreat in Cyprus this September is almost here and we have increased capacity by offering new day and half-day passes, so if you haven't booked your place yet don't

miss the chance to take part in the ultimate Piano-Yoga® experience. The retreat takes place on **19th-25th** September at the **ARTE Music Academy, Cyprus**. Check out our teaser trailer video below for more information or visit www.piano-yoga.com.



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 Life Centre®, London, GÉNIA qualified as a B.W.Y. (British Wheel of Yoga) teacher in 2008.

Words of Wisdom

'Music is a higher revelation than all wisdom and philosophy. Music is the electrical soil in which the spirit lives, thinks and invents.'



LUDWIG VAN BEETHOVEN

What is Piano-Yoga® ?

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

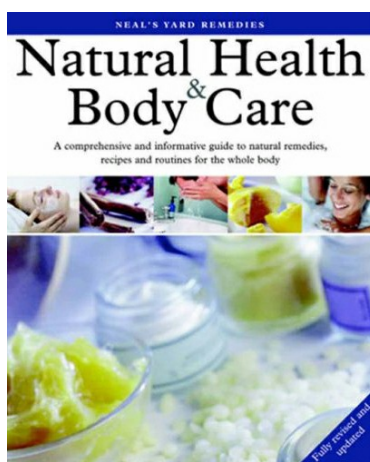
In GÉNIA's September Blog: the Piano-Yoga® Holistic Lifestyle Approach to the Piano



At Piano-Yoga® we believe that playing the piano is a whole lifestyle philosophy in itself. Conversely, your lifestyle and overall sense of well-being can also dramatically impact your playing and the efficiency of your practice time. In this month's blog GÉNIA gives an overview of different aspects of lifestyle and how they can enhance your piano playing. Click [HERE](#) to read more.

Lifestyle: This month we recommend...

Read: *Natural Health & Body Care* by Neal's Yard Remedies



Health is a vital factor in everyone's life, but looking after our physical health is only part of the equation. Looking good on the outside needs to be underpinned by feeling good on the inside, hence mental, emotional and spiritual well-being are also vital to feeling healthy. This is a comprehensive and informative guide to natural remedies, recipes and routines for the whole body. Prepared in association with Neal's Yard Remedies (NYR), it provides a brilliant selection of tried and tested recipes for all manner of preparations - from shampoos and rinses to creams and balms; and it gives comprehensive advice on how to use essential oils to promote overall good health and expert advice on diet and exercise, both fundamental to looking good and feeling great. For anyone interested in holistic disciplines and a beginner in this area, this book is a MUST. Available from Amazon: www.amazon.co.uk

Enter our Competition to Win a Free E-book!

This month you can win a free e-book by answering the following question: **What is the name of the left pedal on a piano?**

method.'

PIANO PROFESSIONAL

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

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](#)

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, [Diana Zuik](#), who also wins a free e-book for correctly telling us that GÉNIA's favourite composer is...[Rachmaninov!](#)

New Videos:

Listen to GÉNIA perform the first movement of a contemporary sonata by one of her female compatriots, leading Russian composer Sofia Gubaidulina. The track is taken from the album GÉNIA Unveiled, which is available to purchase on Amazon [HERE](#).



AND we give you the third and final part of GÉNIA's lecture on the history and development of Piano-Yoga®.



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