



## Newsletter No. 10, October 2011

Dear Members,

A huge thank you to all those who took part in our first international retreat in Cyprus last week. One of the participants, Saori Tomoda, has written a great piece on her impressions of the retreat - go to this month's blog (below) to read all about it. To those who weren't able to make it this time, don't fear: the next London one-day retreat is just around the corner, taking place on the 13 November at Steinway Hall. See below for more details.

In our October issue we are also launching some new 'Piano + Holistic Therapy' sessions, new Piano-Yoga® gift vouchers which you can redeem against our wide selection of piano lessons and courses, and we see Piano-Yoga® heading to Paris for the first time. We have also teamed up with *Rouge* to bring you an exclusive special offer on their wonderful range of furniture and homewares - great for creating the ideal practice space! As ever, don't miss the usual tips and inspiration, and 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

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**Classes now on  
offer at the**



Missed our week-long retreat in Cyprus? Don't worry: Piano-Yoga® retreats return to London! On the **13 November** we tread the boards at the home of piano royalty as visionary Russian virtuoso pianist GÉNIA brings her cutting-edge Piano-Yoga® method to Steinway Hall. Surrounded by some of the top instruments in the world, pianists of advanced-beginner to advanced level can draw inspiration from this historic and atmospheric setting, conveniently located just minutes away from bustling Oxford Street, where you will find everything you need to transform your playing whilst enhancing your well-being.

Our UK retreats have all been carefully programmed to complement each other, which means that if you attended our King's Place retreat in May, our Steinway Hall retreat offers an excellent 'top-up'.

**Programme:**

**10:00 - 10.30** Yoga concentration exercises for pianists

# Piano-Yoga® School:

- [One-to-one Piano Lessons\\*](#)
- [Assessment Lessons\\*](#)
- [Piano + Yoga Sessions](#)
- [Piano + Holistic Therapy](#)
- [Music Theory](#)
- [Ear Training](#)
- [Composition](#)
- [Grades Mastering\\*](#)
- [Jazz Lessons](#)
- [Improvisation\\*](#)
- [Playing by Ear\\*](#)
- [Fluent Sight-reading](#)
- [Ensemble Coaching](#)
- [Teacher Training](#)
- [Bespoke Courses\\*](#)

\* Available via Skype!

Sign up to a course of 6 lessons and receive our Piano-Yoga® paperback absolutely free!

## Gift Vouchers Now Available!



- 10.30 - 11.00** Using yoga props as a support in piano playing
- 11.10 - 12.10** Articulation in piano playing
- 12.15 - 13.15** Masterclasses
- 13.15 - 14.15** Lunch break
- 14.15 - 15.15** How to optimise practice efficiency
- 15.20 - 16.20** Looking after the spine and posture in piano playing
- 16.30 - 17.00** How creative visualisation can benefit your piano playing
- 17.00 - 17.30** Back-release exercises



Plus, we are offering £15 off our London retreats to Piano-Yoga® members. Places are limited, so we advise booking early to avoid disappointment! Membership of Piano-Yoga® is FREE and registration is quick and easy: simply go to [www.piano-yoga.com/register](http://www.piano-yoga.com/register) to set up your login, then email [info@piano-yoga.com](mailto:info@piano-yoga.com) to claim your discount code.

**Date:** 13th November 2011

**Venue:** Steinway Hall, 44, Marylebone Lane, Wigmore St, London, W1U 2DB

**Duration:** 10.00 - 17.30

**Fees:** £90 | £75 Piano-Yoga® members

The perfect gift for a pianist friend. Redeemable against many of our classes, and available [HERE](#).

## Tip of the Month

'Feel the energy of the piece for a few seconds before you play it.'

GÉNIA

## About GÉNIA



GÉNIA

**Bookings:** via [www.piano-yoga.com](http://www.piano-yoga.com)

**Enquiries:** t: +44 (0)20 7226 9829 | m: +44 (0)7948 447492 | e: [info@piano-yoga.com](mailto:info@piano-yoga.com)

## NEW! 'Piano + Holistic Therapy' Sessions



Our new 'Piano + Holistic Therapy' sessions are designed to aid the development of the student in a truly holistic way. GÉNIA has been working closely with Neal's Yard practitioner, Angela Allen, for over a year, and couldn't help but notice how her various techniques – whether pure massage, Reiki, crystal healing or hotstones – helped to heal and eliminate stress, anxieties and blockages in the body. After referring a number of students and friends to Angela it became apparent that not only can these therapies help people enhance their well-being, but they also benefit the whole learning process, through work on posture and various physiological elements. Students were

happier, observed the musical material better and were far more confident at performing in public. Other benefits include:

- Improved circulation and boosted immunity
- Stress reduction and a more balanced nervous system
- Stimulate of the digestive system
- Relief from aches, pains and stiffness
- Improved muscle function and joint mobility
- Improved skin tone
- Release of emotional and physical tension
- Induced relaxation
- Greater sense of well-being and a more positive state

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



Before coming to health therapy, **Angela Allen** worked in the music industry, so is very well placed to understand the needs musicians and music students. Angela's practice aims to create a clear space for patients to recharge, rebalance and re-energise. Her treatments involve a range of techniques and always focus on patients' individual concerns and problem areas.

**How it works:** During the initial 60-minute piano lesson with GÉNIA you will have the opportunity to discuss any concerns you may have about your playing. For example, your playing could be inhibited because your shoulders are too tight, or perhaps you find it difficult to play in public due to performance anxiety. In consultation with GÉNIA, Angela will then put together a bespoke therapy session based on your specific needs, and further sessions may be recommended. All sessions are fully confidential.

**Venues:** *Piano Lessons:* Steinway Hall, 44 Marylebone Lane, Wigmore St, London, W1U 2DB & Schott Music, Great Marlborough Street, London, W1F 7BB | *Complementary therapies:* Neal's Yard Remedies, Islington Therapy Rooms, 295 Upper Street, London, N1 2TU & Neal's Yard Remedies, Covent Garden Therapy Rooms, 2 Neal's Yard, London, WC2H 9DP

**Duration:** Piano Lesson 60 minutes | Therapy Session 60 minutes

**Bookings:** via [www.piano-yoga.com](http://www.piano-yoga.com). Please note that Terms and Conditions apply.

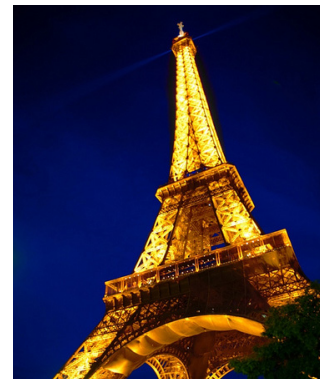
**Enquiries:** t: 020 7226 9829 | m: 07948 447492 | e: [info@piano-yoga.com](mailto:info@piano-yoga.com)

**More Information:** [www.piano-yoga.com](http://www.piano-yoga.com)

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## Piano-Yoga® Goes to Paris

GÉNIA is available in Paris, France from 16-18 October 2011 for one-to-one Piano-Yoga® Piano Lessons, Assessment Lessons and general consultations and training sessions. To book a session please get in touch with our Administrator, Richard McDonald, at [info@piano-yoga.com](mailto:info@piano-yoga.com) or on +44 (0)7948 447492. A full list of our courses and fees is available at [www.piano-yoga.com](http://www.piano-yoga.com)



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## Words of Wisdom

'After silence, that which comes closest to expressing the inexpressible is music.'



ALDOUS HUXLEY

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## What is Piano-Yoga®?

'It really does work. Many

[www.piano-yoga.com](http://www.piano-yoga.com).



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## In our October Guest Blog: Piano-Yoga® Student Saori Tomoda Shares her Impressions of our Cyprus Retreat

 Click [HERE](#) to read more

Saori Tomoda contemplates Mount Kourion

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



**Doing the Tree Pose as part of a session on performance nerves**

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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## 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.



The sun sets over Aphrodite Beach at Paphos where the Greek Goddess of Love is said to have emerged from the sea

You can also see all our pictures from the Cyprus retreat on our new Flickr page [HERE](#) !

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## Lifestyle: This month we recommend...

**Get:** *Rouge Chinese Furniture and Homewares*

Those of you already into Feng Shui will know how creating a calm and positive vibe in your surroundings can be very complementary to the learning process. *Rouge* in Stoke Newington, London, is a haven of sumptuous ceramics, pictures and furniture which speak 1000 years of

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

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## Our Partners



STEINWAY & SONS

wisdom, all imported directly from China. GÉNIA uses their little tea pots and tea cups to sip her tea while practising. They also have beautiful lamps in the form of candles, gorgeous plates and saucers and inspirational pictures with ancient Eastern symbols. Eclectic, the overall look mixes traditional and contemporary, new and vintage, with colour and texture to the fore, at affordable prices.



## Special Offer: 10% Discount!

We have teamed up with *Rouge* to bring you a very special offer just for Piano-Yoga® members: can claim a 10% discount on all *Rouge* products by quoting the discount code: **PIYO** when you visit the shop. For more information please visit the *Rouge* website: [www.rouge-shop.co.uk](http://www.rouge-shop.co.uk)

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

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

**Yoga was first introduced into the West by a very famous classical violinist.**



## What was his name?

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, [Ramona López](#), who also wins a free e-book for correctly telling us that the left pedal on a piano is called the [Una Corda](#)!

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## New Video:

This month we have more music for the soul - a live performance by GéNIA of Scarlatti's *Sonata in F Minor, K466*. Click [HERE](#) to watch.



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