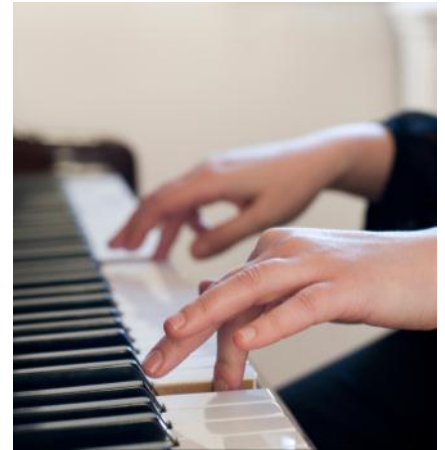


piano-yoga®

Transform your playing

Retreats

2011/12



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

Piano Professional Magazine

19-25 September, ARTE Music Academy, Cyprus
13 November, Steinway Hall, London
12 February, Kings Place, London

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Introducing the all-new Piano-Yoga® retreats...

Following the sell-out launch of our first-ever retreat this May at Kings Place, the visionary Russian virtuoso pianist GÉNIA will be sharing the cutting-edge piano method that is Piano-Yoga® on three more retreats in London and Cyprus during 2011-2012. On a retreat, pianists from advanced-beginner to advanced level will find everything they need to transform their playing whilst gaining a more in-depth insight into the Piano-Yoga® philosophy and lifestyle of well-being.

“ I'd highly recommend it... GÉNIA is an inspiring teacher and gifted pianist – I couldn't wait to play the piano when I returned home. ”

Karen Marshall
Music Teacher Magazine

A retreat offers the ideal opportunity for immersion in this fun and effective new holistic piano method. Experience all that Piano-Yoga® has to offer, with a combination of pure yoga and relaxation classes, technical 'Piano-Yoga®' exercises, performance psychology and group piano masterclasses. Unlike regular Piano-Yoga® classes, a retreat provides the chance to completely disconnect from the daily grind and get into an optimal frame of mind to focus entirely on the piano in a nurturing environment. And for the solitary pianist one of the obvious benefits of a retreat is the opportunity to work on your piano as part of a group of like-minded people, make new friends, share ideas and run through some of your pieces

Who can attend a retreat?

Piano-Yoga® retreats are open to amateur and professional pianists alike of all levels from the age of 14. 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 setting.

On a retreat learn how to:

- organise your practice
- improve concentration
- establish good posture at the piano
- build strength and suppleness in the fingers and hands
- increase hand span
- develop good listening technique
- master different qualities of sound
- develop rhythm and articulation
- improve your sight-reading
- conquer performance nerves
- release tension during performance
- memorise repertoire effectively
- unlock your individual interpretation

ARTE Music Academy

19-25 September 2011

Leonidou 32-34, 1097, Nicosia, Cyprus



The Friends of ARTE Society
Σύνδεσμος Οι Φίλοι του ARTE

Hosted at **ARTE Academy**, Nicosia in association with **Friends of Arte Society**

Piano-Yoga® retreats go global this September as we take Piano-Yoga® to the beautiful, sun-drenched island of legends that is Cyprus with a retreat at Cyprus' top conservatoire, the ARTE Music Academy. Enjoy a whole week of pure indulgence in the island's charming capital, Nicosia: once classes are over, bask in the light of the warm Mediterranean sunshine on one of Cyprus' stunning beaches, take in the breathtaking 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

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
 - 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
 - 16:30 – 17:00 Masterclasses
 - 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 Posture at the piano
 - 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 Yoga exercises
 - 11:00 – 12:00 Masterclasses
 - 12:00 – 13:00 Playing Bach
 - 13:00 – 14:00 Lunch



- Day 4** 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 & 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
11:00 – 12:30 Discussion, Q&A session
12:30 – 14:00 Lunch and goodbye ceremony

Accommodation

The **Royatikio Hotel** is a brand-new luxury hotel which enjoys an enviable central location in Nicosia only a 5-minute walk from our venue. Facilities include a bar/café, outdoor swimming pool, fully-equipped gym, 24-hour Internet access, LCD TV with satellite channels and individually-controlled air conditioning and heating.

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. Situated in one of Nicosia's most beautiful and peaceful residential areas, the hotel offers serenity and comfort, away from the madding crowd. To view the full range of facilities visit





Excursion 1: Village of Omodos

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 streets, donkeys and old stone houses providing a wonderfully traditional atmosphere. 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. Nowadays, Omodos is better known as the centre 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: Mount Kourion

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, Kourion is believed to have been founded by the Argives. The city has passed through different phases, from Hellenistic, Roman, and Christian. 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, which 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.

Bookings

Please note that your travel to Cyprus is not included in our package, and you must wait for confirmation of your registration before booking your flight. Please visit www.piano-yoga.com/retreats/cyprus-retreat.php for further travel advice.

Fees: €610 tuition-only option (excludes accommodation, board & excursions)
 €1140 budget package at the Asty Hotel
 €1320 luxury package at the Royiatiko Hotel

Bookings: Download the registration form at www.piano-yoga.com/docs/retreats/application-form-cyprus-retreat.pdf and post to: Piano-Yoga®, Suite 119, 56, Tavistock Place, London, WC1H 9RG, UK. Fees are payable separately by bank transfer to The Friends of Arte Society | Hellenic Bank | A/C Number: 101 – 01 – 132988 – 01 | BIC: HEBACY2N | IBAN: CY60 0050 0101 0001 0101 1329 8801

Steinway Hall, London

13 November 2011, 10.00am-5.30pm

44 Marylebone Lane, Wigmore St, London, W1U 2DB



STEINWAY & SONS

Piano-Yoga® retreats return to London! This time we tread the boards at the home of piano royalty, Steinway Hall. Surrounded by some of the top instruments in the world, pianists can draw inspiration from this historic and atmospheric setting, conveniently located just minutes away from bustling Oxford Street. The London retreats have all been carefully programmed to coincide with the three annual external exam sessions, so if you are planning to take one of your grades or a diploma exam this Autumn, this retreat can provide essential help with performance nerves, as well as an indispensable opportunity to run through your pieces in front of an intimate, friendly

“ Having tested out Piano-Yoga® with students aged seven to 70, I can't help but be impressed by it. ”

Music Teacher Magazine



Image © Richard McDonald

Programme

- 10:00 - 10.30** Yoga concentration exercises for pianists
- 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** Organisation of piano practice: 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

Bookings

Fees: £90 | £75 Piano-Yoga® members*
Bookings: www.piano-yoga.com

* **Membership is FREE** and registration is quick and easy: simply go to www.piano-yoga.com/register.php to set up your login.

Kings Place, London

12 February 2012, 10.30am-5.30pm

Limelight Room, Kings Place, 90 York Way, London, N1 9AG



On the 12th February we return to the refreshing environs of the sparkling new world-class music venue, Kings Place, where we launched Piano-Yoga® retreats earlier in 2011. Stop by the **Green & Fortune Café** at midday for a healthy bite to eat, or treat yourself to a more indulgent dining experience at **Rotunda Restaurant** overlooking the river. Our London retreats have been carefully programmed to complement each other, which means that if you're already planning to attend our Steinway retreat in November, our Kings Place retreat offers an excellent 'follow-up'. Why not book both?



Images © Keith Paisley

Programme

- 10.30 - 11.00 Introduction
- 11.00 - 11.40 Yoga warm-ups for piano practice
- 11.45 - 13.00 Articulation skills in piano playing
- 13.00 - 14.00 Lunch break
- 14.00 - 15.00 Mastering sight-reading skills
- 15.10 - 16.40 Masterclasses
- 16.50 - 17.30 Exercises for combating stage nerves



Bookings

Fees: £90 | £75 Piano-Yoga® members*
Bookings: www.kingsplace.co.uk

* **Membership is FREE** and registration is quick and easy: simply go to www.piano-yoga.com/register.php to set up your login, then mail info@piano-yoga.com to claim your discount code.

What is Piano-Yoga®?

A piano method for the 21st century...

Created by Russian virtuoso pianist GÉNIA, the Piano-Yoga® method offers a unique system of piano playing which combines the fundamentals of the Russian piano school with principles from Eastern philosophies and yoga, utilising aspects of movement, gravity and breathing to create a more natural and organic approach to piano playing, performing and teaching.

Buy the book

Central to the method is the Piano-Yoga® book of technical exercises *Transform Your Hands: A Complete Ten-Week Course of Piano Exercises*.



“ This is a book for a lifetime of healthy piano playing...”

...5 stars. ”

Piano Journal

Purchase the book directly from www.piano-yoga.com to get the best prices. Ideal for self-study or as a teaching aid, it is available both in paperback and e-book.

One-to-one Piano Lessons

In conjunction with our sister organisation, **GÉNIA Music Piano School**, we offer world-class piano tuition at venues throughout London. All ages, levels

Assessment Lessons

If you're interested in finding out more about Piano-Yoga® but are unable to commit to regular lessons, why not book an Assessment Lesson? Designed specifically for pianists wanting a one-off induction with the Head Piano Yogi herself, GÉNIA, all sessions will focus on the development of a bespoke personal practice plan to help you achieve your aims. And whether you are a professional pianist, amateur, conservatoire student, teacher or the parent of a budding young pianist, Assessment Lessons offer something for everyone. All lessons take place at

About GÉNIA

‘An outstanding musician’ The Times



Russian virtuoso pianist GÉNIA is an acclaimed pioneer on the classical music scene, with numerous TV and radio appearances. GÉNIA was initiated into the piano in

the Ukraine by her great-grandmother Regina Horowitz (sister of pianist Vladimir Horowitz), before moving to London to study at the Guildhall School of Music and Drama and Trinity College of Music. She has worked with some of the most prestigious figures in the contemporary music industry, including The Brodsky Quartet and Gabriel Prokofiev, and has released various albums on the Blackbox and Nonclassical labels. Following her training at The Life Centre® in London, GÉNIA qualified as a BWY (British Wheel of Yoga) teacher in 2008. A visionary pedagogue, GÉNIA also runs the highly successful **GÉNIA Music Piano School**.