

First-Ever Piano-Yoga® Retreat 15th May 2011 at Kings Place, London



On the 15th May, the visionary Russian virtuoso pianist GÉNIA will be sharing the cutting-edge piano method that is Piano-Yoga® in the refreshing environs of the sparkling new world-class music venue, King's Place. On the 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.

A retreat is the perfect opportunity for immersion in this fun and effective new holistic piano method, allowing participants to 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® lessons, a retreat provides the opportunity for participants to completely disconnect from the daily grind and get into an optimal frame of mind to focus entirely on their piano in a nurturing environment. And given how solitary the life of a pianist can be, one of the main pleasures of a retreat is the opportunity to work as part of a group of like-minded people, make new friends and share ideas.

On a Piano-Yoga® retreat participants learn how to:

- organise their 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
- conquer performance nerves
- memorise repertoire effectively
- unlock their individual music interpretation

Each retreat will also include an optional two-hour masterclass with GÉNIA.

Who can attend a Piano-Yoga® retreat?

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

About 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 philosophy and yoga, utilising aspects of movement, gravity and breathing to create a more natural and organic approach to piano playing, performing and teaching. Central to the method is a series of technical exercises *Transform Your Hands: a Complete Ten-Week Course of Piano Exercises*, available in paperback and as an e-book. Piano-Yoga® also organises workshops, retreats, masterclasses, one-to-one tuition, and the method is suitable for pianists of all levels.

‘It really does work... Many ailing pianists have been helped with this unorthodox and unusual method.’ Piano Professional Magazine

About GÉNIA: Russian virtuoso pianist GÉNIA is an acclaimed pioneer on the classical music scene, with an eclectic repertoire embracing classical and contemporary works and multimedia projects. 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. 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 numerous albums on the Blackbox and Nonclassical labels. Following her training at The Life Centre® in London, GÉNIA qualified as a B.W.Y. (British Wheel of Yoga) teacher in 2007. A visionary pedagogue, GÉNIA also runs the highly successful GÉNIA Music Piano School in London. GÉNIA's latest blog on the inspiration behind the Piano-Yoga® retreats is available now at www.piano-yoga.com/blog/.

Booking Information

Piano-Yoga® is offering **£15 off to Piano-Yoga® members** and places are limited, so early booking is recommended. Membership of Piano-Yoga® is FREE and registration is quick and easy via www.piano-yoga.com/register.php. Members should then email info@piano-yoga.com to claim their discount code.

Date: 15th May 2011

Venue: Limehouse Room, Kings Place, 90 York Way, London, N1 9AG

Duration: 10.00 - 17.30

Fees: £80 | £65 Piano-Yoga® members

Bookings: Open 1st March @ Kings Place website www.kingsplace.co.uk

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

Further Information: www.piano-yoga.com

More Information

www.piano-yoga.com

www.piano-yoga.com/blog

YouTube: [PianoYogaEducation](https://www.youtube.com/PianoYogaEducation)

Subject: First-Ever Piano-Yoga® Retreat 15th May 2011 at Kings Place, London

Release Date: 15/04/11 for immediate release

For further information contact: Helen Glaisher-Hernández

Telephone: 07762 731010

Email: helen.glaisher-hernandez@piano-yoga.com

A LIMITED NUMBER OF PRESS TICKETS ARE AVAILABLE ON REQUEST