

PRESS RELEASE
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piano-yoga®



RRP: £29.50

JUST RELEASED!

“Transform your hands: A complete ten week course of piano exercises”

A unique, innovative method of piano playing, performing and teaching created by Russian virtuoso pianist **GÉNIA**

Now available to purchase as a Paperback from www.piano-yoga.com

This multi-dimensional method combines the fundamentals of Russian piano schools with Eastern philosophies, particularly yoga. The aims are focusing your piano practice, improving concentration, building strength in the fingers and hands, establishing good posture at the piano and conquering performance nerves.

Piano-Yoga® radically improves technique and unblocks tension. The method promotes noticeable progress on the piano by utilizing the principles of movement, gravity and breathing thus creating a more organic approach towards piano playing. It can also be used as a stress management technique.

“Transform Your Hands” is a comprehensive course which:

- Considerably improves the quality of piano playing in just 10 weeks
- Increases flexibility and effectively builds up strength in the muscles that work the fingers and hands
- Provides an excellent warm-up routine for beginners and professionals
- Focuses on a player’s well-being by being tailored to each individual body and mind
- Complements any style of tuition and playing
- Provides an efficient and economical way of generating long-term tuition
- Can be practiced on a digital piano as well as on an acoustic piano

“I recommend the Piano-Yoga® course most highly.”

DOUGLAS FINCH: Professor of Piano and Composition, Trinity College of Music, London