

Dear Members,

Welcome to our first Piano-Yoga® newsletter of the year! We hope you are feeling energised and ready for some more beautiful music making in 2011. We have a lot of exciting new events and products in store that we will be telling you about in the coming weeks, so if you have any comments or questions about Piano-Yoga® or anything in this newsletter please email us at [info@piano-yoga.com](mailto:info@piano-yoga.com) - we would be very happy to hear from you. In the meantime, remember: have lots of fun, be creative, and enjoy your practice!

The Piano-Yoga® Team

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## (NEW!) Assessment Lessons: Introductory Offer



GéNIA assesses a new student

**Introductory Offer: book before 30th March and get up to £35 off!**

If you are interested in finding out more about Piano-Yoga® but are unable to commit to regular lessons, why not book an Assessment Lesson? New for 2011, Assessment Lessons are designed specifically for pianists wanting a

## Quick Links

[Piano-Yoga®](#)

[GéNIA](#)

[GéNIA MUSIC Piano School](#)

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## Buy the Book!



Created by GéNIA, this complete ten-week course of piano exercises can transform your technique!

Ideal for self study or as a teaching aid.

Available both in paperback and as an ebook.

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

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## Follow Us



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one-off Piano-Yoga® induction with the head of Piano-Yoga® 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:

### Professionals

When you rely on your body to earn a living and you often have to play for several hours a day it's easy to wear yourself out. An Assessment Lesson can show you how to look after yourself to avoid exhaustion and repetitive-strain injury, and provide effective relaxation techniques to counter all that adrenaline!

### Amateurs

If piano is your passion but not your job (and/or you have a family to take care of), you may find it frustratingly difficult to fit your practice around a hectic schedule. An Assessment Lesson will show you how to get the most out of your precious practice time without having to commit to a regular lesson, and we can demonstrate how the Piano-Yoga® method itself can make a dramatic difference to your technique with minimal time input.

### Teachers

An increasing number of piano teachers are turning to the Piano-Yoga® method in conjunction with our book *Transform Your Hands: A Complete Ten-Week Course of Piano Exercises* to help their students. An Assessment Lesson gives teachers (and anyone else using the book for self-study) the opportunity to go through the technical exercises face-to-face and clear up anything you are unsure about with clear demonstrations.

### Conservatoire Students/Young Professional Pianists

Do you feel that you still have some technical demons to conquer? Or perhaps you would simply like to explore new piano techniques. Whether you need help with trills, octaves, leaps, arpeggios or more general technique, think of the Assessment Lesson as the perfect technique masterclass. We can also show you how Piano-Yoga® can help you overcome performance anxiety and maintain good concentration.

### Parents

Many parents simply don't know where to start when first considering piano tuition for their child. At what age should they start? How long should they practice? What is the best instrument for a beginner? And does my child have natural aptitude for the piano? Perhaps your child has already commenced tuition but you're not sure whether they are on the right path. An Assessment Lesson provides consultation for any questions you may have, and we can even recommend a good local teacher.

### Skeptics!



YouTube



Blog

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## 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 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

Does Piano-Yoga® sound too good to be true? Find out for yourself: after a one-hour tour with GéNIA, we guarantee you will be converted!

To hear GéNIA talking about the new Assessment Lessons click [HERE](#) to go to her latest blog. You can also watch excerpts from her latest interview below:



### Booking Information

Lesson Duration: 60 minutes

Fees: £100 | Book before 30th March and get 25% off, or 35% off for children and students.

Venue: Schott Music Shop, 48 Great Marlborough Street, W1, (only a few minutes from Oxford Circus tube station). Click [HERE](#) to view map.

Email bookings: [education@piano-yoga.com](mailto:education@piano-yoga.com)

Telephone bookings: 020 7226 9829 | 07948 447492

Further information: [www.piano-yoga.com](http://www.piano-yoga.com) | [www.schott-music.com](http://www.schott-music.com)

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## Piano-Yoga® Retreats



Concert Hall 2 at King's Place arts complex, London

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.

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## Partners



Steinway & Sons



Schott Music



Yoga Place

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## Tip of the Month

"Look after your abdominal muscles, as they let you control the energy of your body."

GéNIA

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## Words of Wisdom

"I am always doing that which I cannot do, in order that I may learn how to do it."

Pablo Picasso

**15th May | King's Place, London**

**18th September | Arte Music Academy, Cyprus**

**13th November | Steinway Hall, London**

Starting this May, Piano-Yoga® is offering a choice of three Piano-Yoga® retreats taking place in London and Cyprus. This is the perfect way to immerse yourself in this fun and effective new holistic piano method. Unlike regular Piano-Yoga® classes, a Retreat provides the opportunity to completely disconnect from the daily grind and get into an optimal frame of mind to focus entirely on your piano in a relaxing way.

The Piano-Yoga® retreats are designed for pianists, of advanced-beginner to advanced level, who would like to radically improve their technique while enhancing their well-being, conquering performance nerves and developing new approaches to piano playing. On a Piano-Yoga® retreat you will learn how to organise your practice, improve concentration, build strength in the fingers and hands, establish good posture at the piano, master different qualities of sound and develop good listening technique. Each retreat will also include an optional two-hour Masterclass with GéNIA.

We will be sending out more information about all the retreats in the coming weeks, but bookings for the **King's Place** retreat open shortly, on the **1st March**. The King's Place programme runs from 10am until 5.30pm. Bookings open on 1st of March 2011 on the King's Place Website.

We are offering **£15 off for Piano-Yoga® members** and places are limited, so book early to avoid disappointment!

Programme:

<b>10.00 - 10.30</b>	<b>Introduction to the programme</b>
<b>10.30 - 11.15</b>	<b>Back release exercises for pianists</b>
<b>11.15 - 12.00</b>	<b>Piano-Yoga® exercises</b>
<b>12.00 - 13.00</b>	<b>Performance class</b>
<b>13.00 - 14.00</b>	<b>Lunch break</b>
<b>14.00 - 15.00</b>	<b>Performance nerves workshop</b>
<b>15.00 - 16.00</b>	<b>Performance class</b>
<b>16.00 - 17.00</b>	<b>Questions and answers</b>
<b>17.00 - 17.30</b>	<b>Relaxation exercises</b>

### Information

Date: 15th May 2011

Venue: Limehouse Room, King's Place, 90 York Way, London, N1 9AG

Duration: 10.00 - 17.30

Fees: £80 | £65 Piano-Yoga® members

Bookings: Open 1st March @ [Kings Place](#)

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

## What is Piano-Yoga®?

'It really does work... Many ailing 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 Eastern philosophy and yoga.

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.

## Call for Piano-Yoga® Teachers



### GÉNIA presents her Piano-Yoga® method to a group of EPTA teachers

Piano-Yoga® is growing and we need more teachers to help us meet demand! We are therefore now developing a teacher-training course for established pedagogues interested in becoming ambassadors of our method as part of the Piano-Yoga® School.

So, if you have appropriate qualifications (first degree in piano performance and/or a Licentiate diploma *as minimum*) and several years' teaching experience, we would like to hear from you.

Please email us at [info@piano-yoga.com](mailto:info@piano-yoga.com) or call us on +44 (0)20 7226 9829 for an informal chat.

If you no longer wish to receive these emails, please reply to this message with "Unsubscribe" in the subject line or simply click on the following link: [Unsubscribe](#)

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