

Newsletter No. 5, April 2011

Dear Members,

Thank you for all your feedback! Please keep it coming - you can email us at info@piano-yoga.com, or send us your comments through Facebook or Twitter (below).

With Spring still proving elusive, this month we have just the thing to warm the soul, with the launch of our first-ever Piano-Yoga® retreat at King's Place. Plus, new free resources, reviews and much more.

Remember: have lots of fun, be creative, and enjoy your practice!

The Piano-Yoga® Team

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Bookings Now Open for First Piano-Yoga® Retreat at King's Place on 15th May



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

Bookings are now open for our first-ever Piano-Yoga® Retreat, taking place on the **15th May** at **King's Place** in London. In one day you can experience all that Piano-Yoga® has to offer, with a combination of pure yoga and relaxation classes, 'Piano-Yoga®' technical exercises, performance psychology and group piano tuition:

w: www.piano-yoga.com

Quick Links

[Piano-Yoga®](#)

[GéNIA](#)

[GéNIA MUSIC Piano School](#)

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About GéNIA



Programme:

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

A Retreat 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, unwind and get into an optimal frame of mind to focus entirely on your piano, in the most relaxing way. And given that the life of a pianist can often be a solitary one, one of the main pleasures of a Retreat is the opportunity to work on your piano as part of a group of like-minded people, make new friends and share ideas.

Piano-Yoga® retreats are designed for pianists of advanced-beginner to advanced level who would like to radically improve their technique whilst enhancing their well-being, conquering performance nerves and developing new approaches to piano playing. On a Piano-Yoga® retreat you will specifically learn how to:

- Organise your practice
- Improve concentration
- Establish good posture at the piano
- Build strength in the fingers and hands
- Develop good listening technique
- Master different qualities of sound

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



A Piano-Yoga® retreat also includes pure yoga classes

PLUS: we are offering **£15 off for Piano-Yoga® members**, and places are limited, so book early to avoid disappointment! Please email richard.mcdonald@piano-yoga.com to claim your discount code.

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 Website

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

Further Information: www.piano-yoga.com

New Review of Piano-Yoga®: Transform Your Hands in International Piano Magazine



Partners



STEINWAY & SONS



yoga place 

Tip of the Month

'Try to play the piano with your eyes closed, as it enhances your sense of touch and your ability to listen.'

GéNIA

Words of Wisdom

'One needs only to study a certain positioning of the hand in relation to the keys to obtain with ease the most beautiful sounds.'

FREDERIC CHOPIN

We are delighted to announce that leading piano magazine *International Piano* has just published a new review of our book *Piano-Yoga® Transform Your Hands: A Complete Ten-Week Course of Piano Exercises*. The reviewer, Murray McLachlan (Head of keyboard at Chetham's school of Music, tutor at the Royal Northern College of Music and one of EPTA's leading lights), praised the book as '**a fascinating issue...clear and precise.**' Created by GéNIA, this complete ten-week course of piano exercises can really transform your technique! It is ideal for self study or as a teaching aid, and is available both in paperback and as an ebook. Purchase it via our website www.piano-yoga.com to get the best prices, starting from just £4.99 for one Stage or £16.99 for the whole course.

Click [HERE](#) to read the review in full

[HERE](#) to buy the book

[HERE](#) to go to the International Piano website

[HERE](#) to buy the magazine

[HERE](#) for more information

Enter our Competition to Win a Free Assessment Lesson!

Each month we will be having a competition to test you on your piano, your yoga...and your piano-yoga! This month, you can win a free Assessment Piano Lesson by answering the following question:

What is the term used to describe a female yoga practitioner?

Email your answer to info@piano-yoga.com. The winner will be selected at random and announced in the next newsletter. Click [HERE](#) for more information about Assessment Lessons.

New Video: History and Development of Piano-Yoga® Part 1

You can now watch GéNIA talking about the history and development of her groundbreaking Piano-Yoga® method in the first of three videos filmed at the 2010 EPTA workshop at Schott Music Shop in London.

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.

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.



Click [HERE](#) to watch the video on Youtube.

Attend a Free Yoga Lesson!

Within the Piano-Yoga® range of products and services we also offer pure yoga classes for musicians, and in April we are offering you the chance to attend one yoga lesson absolutely free AND simultaneously be in our photo shoot to appear in the official Piano-Yoga® literature and on our website. We require a minimum of 3 participants to make the yoga class photo shoot work and places will be allocated on a first-come-first-served basis.

- The yoga class / photo shoot will last less than 2 hours
- You must wear appropriate exercise clothes in light, pastel colours, black or white
- You do not need any prior yoga experience

The yoga class / photo shoot will be taking place at the end of April, so if you would like to take part please contact us at info@piano-yoga.com or call us on 020 7226 9829 / 07948 447492 to discuss your availability.

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