

PRESS RELEASE
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piano-yoga[®]

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 fully downloadable eBook from www.piano-yoga.com



RRP: £19.95

Each stage can also be purchased individually.
(Prices from £4.99 - £9.99)

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



Described by The Times as “an outstanding musician” and by Gramophone as “a charismatic pianist”, Russian virtuoso pianist and educator GéNIA has a highly eclectic repertoire, embracing classical music, contemporary works and multimedia projects.

Considering music to be as much of a philosophy as it is an art, GéNIA created Piano-Yoga®, a multi-dimensional method of piano playing, performing and teaching which provides a holistic approach towards playing the piano. GéNIA’s Piano-Yoga® project is represented online at www.piano-yoga.com where free educational resources are provided, such as the Piano-Yoga® podcast series, exercises designed specifically for pianists, performance preparation advice, useful downloads and a members forum.

GéNIA comes from a distinguished line of Russian pianists and was taught by her great-grandmother, renowned pianist and pedagogue, Regina Horowitz (sister of pianist Vladimir Horowitz and wife of Soviet economist Evsei Liberman). GéNIA studied at the Kharkov Institute of Arts, Ukraine, the Guildhall

School of Music (where she was awarded the prestigious Premier Prix) and at Trinity College of Music (where she was awarded the Founders Prize for Excellence). GéNIA has received numerous accolades including the Silver Medal from the Worshipful Company of Musicians, the Dame Myra Hess Award and Craxton Trust Award.

She has toured the UK, Europe, and the United States. In London GéNIA has performed at the Wigmore Hall, Barbican, South Bank Centre, St Martin-in-the-Fields, Olympia and Cargo. She appeared as a soloist on soundtracks for the award-winning films “Paradise Grove” and “Bookcruncher” and her recordings and interviews have also featured in various broadcasts on the BBC Four Proms, BBC Radio 1, 3, 4, 5 and BBC World Service.

GéNIA has received critical acclaim for her live performances and contemporary classical releases with both record labels Black Box and Nonclassical. She has commissioned over 20 new works, particularly developing the repertoire for piano and electronics, and collaborated with an eclectic range of artists.

Combining educational work with her busy artistic career, GéNIA has taught at Trinity College of Music, COMA and Dartington Summer Schools, De Montfort and Lewis Universities and CAPMT (USA). In 2008, GéNIA founded the GéNIA MUSIC Piano School, where she gives masterclasses, lectures and individual tuition, with a particular focus on a series of popular Piano-Yoga® workshops.

GéNIA is a qualified British Wheel of Yoga accredited teacher and trained at The Life Centre®, London.

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- A press pack including quotes, a list benefits, and a history of Piano-Yoga® is available online at <http://www.piano-yoga.com/Pianoyoga/Press.aspx>.
- An interview with GéNIA and the latest Piano-Yoga® newsletter are also available to view on the Piano-Yoga® website press page.

www.piano-yoga.com / www.genia-music.com