



GéNIA

**Special Promotion Week**  
24 - 29 June 2013

**piano-yoga®**

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



Kate Lovell

# piano-yoga® London Day 29th June 2013

## Discover a Whole New World of Piano Playing & Well-being

**Book your complimentary 1-2-1 Sessions HERE at Schott**

- 2:00 - 2:30 pm ..... Piano-Yoga® for Kids
- 2:30 - 3:00 pm ..... All you need to start Playing the Piano
- 3:00 - 3:30 pm ..... What is Piano-Yoga®
- 3:30 - 4:00 pm ..... Combating Performance Nerves
- 4:00 - 4:30 pm ... Eating Right to Play and Perform Your Best!
- 4:20 - 6:20 pm ..... 1-2-1 Piano-Yoga® Sessions
- 6:30 - 9:00 pm ..... Piano-Yoga® Concert and Party

*'The 21st-century answer to playing the piano.'*

Yoga & Health Magazine

*'It really does work.'*

Piano Professional



**So You Want To Play  
The Piano?**

Melanie Spanswick



Melanie Spanswick