

Piano-Yoga® London Open Day at Schott Music, 29th June 2013



'The 20th century answer to playing the piano' Yoga and Health

Russian virtuoso pianist GÉNIA started working on Piano-Yoga® at the end of 1999, when she was booked to play Rachmaninoff's *Rhapsody on the theme of Paganini*. Concerned that she wouldn't be able to cope well, due to the small size of her hands, she began researching a way to increase her hand span, eventually coming to yoga for help; she has never looked back since! Establishing the Piano-Yoga® concept in early 2000, she launched the educational company Piano-Yoga® in 2007; in 2008 GÉNIA graduated as a qualified *British Wheel of Yoga* teacher from the Life Centre, London, and in 2009 published her first Piano-Yoga® Book: 'Transform Your Hands. Today Piano-Yoga® offers music classes, retreats, books, workshops, masterclasses, online tuition, an informative blog, piano+yoga sessions and piano+holistic therapy.

'Piano-Yoga® is a method of piano playing performing and teaching that promotes a holistic approach to education. Based on the interconnection between Russian Piano Schools with yoga and other Eastern philosophies, it takes into consideration the mind, body and energetic capacity of the individual and offers a unique approach to learning.'

The Piano-Yoga® London Open Day aims to give Londoners everything that Piano-Yoga® has to offer, with free taster classes for the public to come and try for themselves. GÉNIA, the founder of Piano-Yoga®, will present Piano-Yoga® for Kids, Combating Stage Fright with Piano-Yoga® as well as give complimentary one-to-one sessions for those who want to dive deeper into the Piano-Yoga® method.

Being an all-encompassing discipline, Piano-Yoga® is thrilled to present two outstanding guests: The pianist and the author Melanie Spanswick, who will be giving a talk on 'Everything You Need to Know to Start Playing the Piano' and holistic health coach and yoga teacher, Kate Lovell, who will be enlightening you with information about the effects of certain foods on your performance in her talk 'Eating Right to Play and Perform Your Best! At the end of the Piano-Yoga® Open London Day, students from the Piano-Yoga® School will be giving a concert to celebrate the end of the Academic Year.

Programme

2:00pm - 2:30pm | 'Piano-Yoga® for Kids' presented by GÉNIA

2:30pm - 3:00pm | 'All You Need to Know to Start Playing the Piano' presented by Melanie Spanswick

3:00pm - 3:30pm | 'What is Piano-Yoga®?' presented by GÉNIA

3:30pm - 4:00pm | 'Combating Performance Nerves' presented by GÉNIA

4:00pm - 4:30pm | 'Eating Right to Play and Perform Your Best' presented by Kate Lovell

4:20pm - 6:20pm | Piano-Yoga® One to One Complimentary Sessions with GÉNIA

6:30pm - 9:00pm | Piano-Yoga® Concert and Party

Concert tickets are £5.

Booking Information

Attendance to any of the events is free and you can pop in anytime. Attendance to the concert is £5 per person and tickets can be bought on our website or at door.

Date: 29th June 2013

Venue: Schott Music Hall, 48 Great Marlborough Street, London W1F 7BB

Duration: 2:30pm – 8:00pm

Fees: Events: Free | Concert: £5.00

Bookings: <http://www.piano-yoga.com/events/piano-yoga-school-concert.php>

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

Further Information: www.piano-yoga.com

More Information

www.piano-yoga.com

www.piano-yoga.com/blog

YouTube: [PianoYogaEducation](https://www.youtube.com/PianoYogaEducation)

About Piano-Yoga®:

A piano method for the 21st century...

Created by Russian virtuoso pianist GÉNIA, the Piano-Yoga® method offers a unique system of piano playing which combines the fundamentals of the Russian piano school with principles from Eastern philosophy and yoga, utilising aspects of movement, gravity and breathing to create a more natural and organic approach to piano playing, performing and teaching. Central to the method is a series of technical exercises from the book *Transform Your Hands: A Complete Ten-Week Course of Piano Exercises*, available in paperback and as an e-Book. Piano-Yoga® also organises workshops, retreats, masterclasses, one-to-one tuition, and the method is suitable for pianists of all levels.

'It really does work... Many pianists have been helped with this unorthodox and unusual method.'

Piano Professional Magazine



About GÉNIA

Described by The Times as 'an outstanding musician', Russian virtuoso pianist and composer, GÉNIA, is an acclaimed pioneer on the classical music scene, with numerous TV and radio appearances. Her eclectic repertoire embraces classical and contemporary works as well as multimedia projects. GÉNIA is the founder of 'the first entirely new piano technique to emerge in over 50 years' (Yoga & Health), Piano-Yoga®.

Coming from a distinguished line of Russian pianists (GÉNIA was taught by her great-grandmother, the renowned pedagogue Regina Horowitz, the sister of pianist Vladimir Horowitz), she attended Kharkov State Institute of Arts before moving to London to study at the Guildhall School of Music & Drama and Trinity College of Music, where she received numerous prizes.

Championing new music, GÉNIA made numerous releases for record labels Black Box and Nonclassical, working with some of the most prestigious figures in the contemporary music industry, including The Brodsky Quartet, Ensemble Bash, composers Max de Wardener, Howard Skempton and Gabriel Prokofiev to name just a few.

GÉNIA holds six instrumental diplomas. Following her training at The Life Centre® in London, she qualified as a British Wheel of Yoga teacher in 2008. A visionary pedagogue, GÉNIA also runs the highly successful Piano-Yoga® Music School in London and is on the Board of Directors of Californian Children's Choir "Mysuka", US. GÉNIA recently gave BBC Piano-Yoga® Lessons LIVE! course on BBC London Radio with Joanne Good. GÉNIA's blog on the inspiration behind the Piano-Yoga® retreats is available at www.piano-yoga.com/blog/.



About Melanie Spanswick

Melanie is a concert pianist, author, teacher, presenter, blogger and adjudicator. She studied at the Royal College of Music in London, where she won many prizes and graduated with a Master's degree. She has performed at all the major UK concert halls as well as many around the world, has made two solo recordings and has broadcast on Classic FM, BBC Radio 2, CBC Radio, Swedish and Spanish Television. Highlights include performances for the Queen Mother and Danish Royal family. Melanie has

taught the piano at Reading University and the Royal College of Music Junior Department. She has also examined for the Associated Board of the Royal Schools of Music and currently adjudicates for the British and International Federation of Music Festivals. In her new book *So You Want To Play The Piano* Melanie covers all concerns and gives advice on everything from how to find the perfect instrument, what to look for in a teacher, lists popular books for beginners how to support a child who is learning, and things to bear in mind beyond playing the right notes.

<http://melaniespanswick.com>



About Kate Lovell

Kate Lovell is an experienced yoga teacher, holistic health coach, and blogger, as well as a pianist since the age of nine. Her RYT500 yoga teaching certification comes from London's Art of Contemporary Yoga school and she studied with the Institute of Integrative Nutrition (New York) to gain her health coaching qualification. Kate regularly teaches yoga at state-of-the-art yoga studio Yotopia (Covent Garden) where she is currently leading a series of workshops called Your Yoga, Your Health. Her passion is in helping people 'develop an appetite for healthy living' by demonstrating how movement, food and music play an

essential role in our overall well-being through private yoga tuition, one-on-one health coaching, workshops and regular classes. She also writes a blog on health and culture and her website is www.thekateway.com.

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