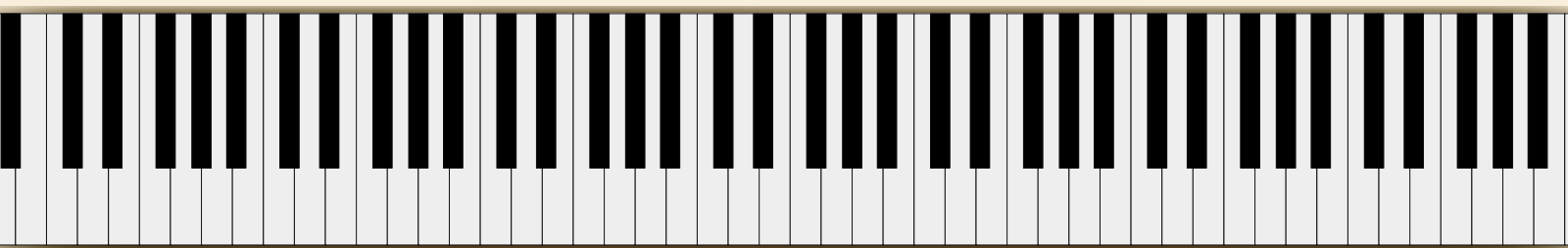
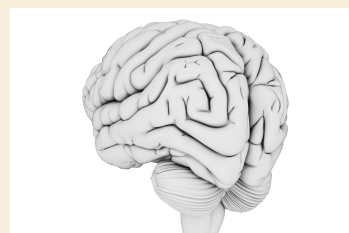


A BALANCED WORKOUT FOR THE BODY & BRAIN



Brain



Learning the skill of reading the notation on a music score is great for brain development.

Eyes



Sight-reading involves the visual cortex and requires you to read two lines of music at the same time.

Heart



As well as reducing stress, piano playing helps you express emotions through rhythm and timing.

Fingers



Your brain relays information to your fingers in a split second, and your fingers respond by moving quickly from key to key.

Hands & Feet



Using both hands and both feet simultaneously is a great exercise to improve co-ordination.