



Piano Matters by www.the-piano-studio.com



October at the-piano-studio.com

I am lucky to live in the Northeastern part of Canada, where we see the leaves change to glorious colours and can get inspired by the beauty that is nature in the Fall.

Our studio has settled into it's routine--students are working hard on preparing for the Winter session of Royal Conservatory of Music exams. (The deadline to register is **November 1, 2016**) if you still want to get into the December/January exam session!

Also, (dare I say it!) Christmas is peeking around the corner. I have begun practising choir music since I got "~~volunte~~" er, volunteered to accompany again this year.

With the season, it's important to protect ourselves and keep ourselves healthy. I've included some tips that have worked for me (especially since I teach 50 little ebola-monkeys every week). :-D



I just love this quote because I've seen it work in many lessons over the years. Sometimes, a student will come to me with a full heart, or feeling overwhelmed. As we've quietly worked through music, it's allowed them to come to terms with what's going on in their mind, and the cathartic release that always happens is one of the reasons why I continue to teach and play music myself. I think the only thing that I'd add to this quote is that "Music heals." <3



MUSIC BLOCKS

They're heerrree!!! Music Blocks are now being sold at the-piano-studio.com store for a special introductory offer of \$9.95. (Limited time only)

They are cute rainbow-coloured wooden blocks covered with gold chrome mirror finished letters. Shiny!! On one side, you have the musical alphabet (C-D-E-F-G-A-B) and on the opposite side are the solfege syllables (do-re-mi-fa-sol-la-si). For my American friends, there is a version that substitutes "TI" for "SI". They come as a set of 14 blocks in total (the alphabet repeated twice).

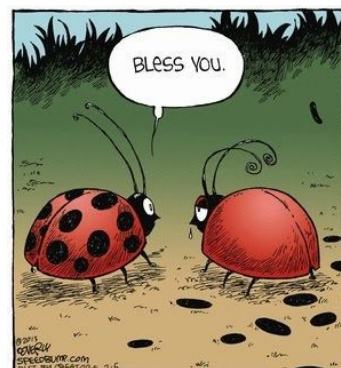
If you want to read about creative ways that I use them in the studio, [please read the complete article here](#). They are a great gift idea for yourself or for your students.

STAYING HEALTHY

During September, when all the kids go back to school, they seem to collect illnesses like there's no tomorrow! And with the changes in temperature that come with Autumn, we need to do our best to stay healthy!

The best thing you can do is to take care of yourself! And if you catch a cold: STAY HOME!

Our rule at the studio is if you stayed home from school, you should



probably also stay home from your piano lessons!! We are pretty good at offering makeup lessons, but every studio is different. Check with your teacher or studio to see what their policies are for missing lessons. You might even want to ask if you can have your lesson through Skype or Facetime that week. Your piano teacher will appreciate it!!

Staying healthy can be a challenge when you encounter so many different individuals and spend so much one-on-one time with them. Main points that I try to stick to:

1. Strict handwashing policy. Wash your hands frequently. Disinfect the piano when necessary. (Lysol wipes are great!)
2. If you don't have a sink or washroom nearby, have hand sanitizer on hand. My students know the drill: ...if you sneeze, then sanitize!
3. Take vitamins.
4. Eat well.
5. Get enough sleep!
6. Dress appropriately for the weather. October is a weird month for weather in Canada. Some days can be almost summer-like and the very next day you can be plunged headlong into Winter! Scarves and shawls are my favourite accessory. And I keep an extra jacket in the car!
7. Get regular exercise. Fall weather is perfect for brisk walks outdoors!
8. Find a good stress reliever e.g. playing piano, yoga, or meditation.



Until next time!

Elena Fortin

elena@the-piano-studio.com October 2016


the-piano-studio

P.O. Box 320, Plantagenet, ON K0B 1L0

1.613.686.2197

www.the-piano-studio.com

 SHARE

 TWEET

 FORWARD

You received this email because you signed up on our website.

[Unsubscribe](#)

MAILERLITE