

# THE CONSCIOUS ARTIST®



By Pallavi Mahidhara

*Where music and  
mindfulness meet*



Music

Mental Health

Mentorship

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## TEACHING PHILOSOPHY

Founded by internationally acclaimed concert pianist Pallavi Mahidhara, The Conscious Artist® Studio offers a personalized, intentional approach to musical development. By integrating mind and body, students learn to practice with awareness, cultivate artistic authenticity, and embrace principles such as "quality over quantity," equipping them with sustainable tools for long-term artistic success.

Conscious practice. Lifelong growth.



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## WHAT YOU RECEIVE

### Teaching

- Personalized lessons (online & in-person)
- Prep for auditions, competitions, and performances
- Mind-body focus for injury prevention and healthy technique
- Applicable tools for mindful practice

### Coaching & Mentoring

- Tailored one-on-one coaching (online & in-person)
- Support for managing performance anxiety, memory slips, and nerves
- Guidance for music applications (competitions, conservatory and university auditions, etc)



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## PRICES

### SINGLE SESSION OPTIONS:

30-MIN COACHING SESSION = \$70

1-Hour Lesson = \$200

2-Hour Lesson + Coaching Combo = \$250

### VALUE LESSON PACKAGES (RECOMMENDED):

#### 5-SESSION PACK

- 5% off total
- + 1 FREE coaching session
- Save up to \$120

#### 10-SESSION PACK

- 10% off total
- + 2 FREE coaching sessions
- Save up to \$340

If you have questions about which option is best for you or need financial flexibility, feel free to reach out to me by email so I can best help you!



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