

# THE CONSCIOUS ARTIST®

Studio

By Pallavi Mahidhara

*Where music and  
mindfulness meet*



Music

Mental Health

Mentorship

Email: [booking@pallavimahidhara.com](mailto:booking@pallavimahidhara.com)

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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

Lesson = \$200/hr

Coaching (30 min 1-on-1 sessions) = \$70/hr

Lesson+Coaching Combo Offer = \$250/2 hrs

If you have any questions or need financial flexibility, please email me so we can discuss the best option for you. My priority is to help you!



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