



The Ronnie Gardiner Method (RGM)

The Ronnie Gardiner Method (RGM) is a powerful multi-sensory exercise method for the brain. It combines rhythm, movement and speech to help improve concentration, coordination, balance and memory. It also enhances energy and lifts mood. RGM is beneficial for those living with neurological disorders such as MS, stroke or Parkinson's disease, early stages of dementia, children with reading or learning problems as well as with healthy older adults.

The Introduction course is the first of two steps on the path of becoming a certified RGM-practitioner. After completing the follow-up course (Ground course) you will have sufficient tools to create a tailored programme for all target groups. To become a certified RGM practitioner, it is necessary to do both courses but the Introduction course is an excellent first step to discovering what RGM has to offer and if you can see it being of value in your work environment.

RGM can be used 1-1 with individuals or with groups. The training is recommended for those working in health care (hospitals, retirement villages, aged care, rehabilitation centres and private practices), healthy ageing and education (exercise professionals, teacher aids, SEN teachers, coaches) as a complementary enrichment of existing treatment methods within their field of practice and activities.

During the two-day Introduction course the 7 basic symbols/movements are covered, the theory behind RGM, brain plasticity in relation to RGM as well as the power of rhythm and practical music analysis for RGM-use.

REGISTRATION FOR CHRISTCHURCH INTRO COURSE

Dates: Sat 3rd /Sun 4th August 2024

Venue: Club Redcliffs, Redcliffs

Times: 8.30am to 5pm both days

**30% DISCOUNT IF TWO
ATTEND FROM THE SAME
ORGANISATION**

| | |
|------------------|-----------------------------------|
| Name | |
| Address | |
| Current role | <i>e.g. Diversional Therapist</i> |
| Organisation | |
| Target group (s) | |
| Email | |
| Phone/mobile | |

Please tick which fee is applicable to you. (fee is gst inclusive)

\$195 Self-employed, retired, student, volunteer **\$295** Waged - OT, Physio, DT, RT, AC etc

Please scan or take a picture of this page and email to kris@eamnz.com or text to 021 2628886. Make payment to account **010798 0477157 00** giving name and 'RGM' as reference.

If you require an invoice before you make payment, please contact kris@eamnz.com

- If you are a registered diversional or recreational therapist (DRTh) the course carries 10 CEUs
- If you are a REPs registered exercise professional the course carries 10 CPDs.
- In the event that the course must be cancelled a full refund will be given.