



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 and 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 you will have sufficient tools to put together 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.

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

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 global, practical music analysis for RGM-use.

Introduction course RGM

- When:** **Auckland: Sat 21st and Sun 22nd August 2021**
Christchurch: Sat 11th and Sun 12th September 2021
Both days from 8 am – 5 pm
- Costs:** \$255 – Employed (OT, Physio, DT, etc)
\$185 – Self-employed, retired, student, volunteer, other
- Teachers:** Prof. Ngaire Kerse, (Auckland University, Auckland)
Jenny Gordon (RMTh, Auckland)
Kris Tynan (Exercise as Medicine, Christchurch)
Mariken Jaspers (Neuro-physiotherapist and RGM-trainer, Netherlands)
André de Jong (RGM-trainer, Netherlands)



The courses are open to: Music Therapists, Speech Therapist, Occupational Therapists, Diversional and Recreational Therapists, Physiotherapists, Teachers, Exercise Professionals, Community Support Workers, Mental Health Workers, Neuropsychologists, Rehabilitation Doctors. It is expected that participants have an affinity with music (you do not need to play an instrument) and a sense of rhythm. In addition, participants must have the opportunity to put what they have learned into practice. If you are not sure whether you meet these requirements, please contact us so that we can assess together to what extent it meets your needs.

Numbers will be limited to 20 people to allow maximum learning.

*For further information about the course please contact Orquidea Tamayo Mortera, Mob: 021818344,
Email: orquideatamayomortera@hotmail.com*

For further information about the RGM: www.rgm-nederland.nl (select GB)



Introduction course RGM - Registration Form

Registration details

Name	
Address	
Current Role	<i>e.g. GP</i>
Organisation/company	
Target group (s)	<i>e.g. people with disabilities</i>
Email	
Phone/mobile	

We plan 2 full days (8am to 5pm both days). Coffee and tea will be provided during the day.
Please bring your own lunch. Venue will be provided once registration is confirmed.

In the event the course must be cancelled a full refund will be given.

I would like to participate in:

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Auckland, 21st and 22nd August 2021

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Christchurch, 11th and 12th September 2021

Payment Account 010-7980-4771-5700

Please add RGM & Name as reference. Please email this form directly to
orquideatamayomortera@hotmail.com

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

Thank you for your registration!