



THE RONNIE GARDINER METHOD - RECONNECTING BODY AND MIND THROUGH MUSIC AND RHYTHM

The Ronnie Gardiner Method (RGM) is a joyful and effective exercise method based on rhythm and music.

It stimulates neural plasticity through our natural sense of rhythm as well as enhancing brain activity in any stage of life. The aims of RGM are to stimulate cognitive functions and motor function. It also brings about improvements to self-esteem, state of mind, body image and social skills.

RGM uses multi-sensory stimulation in combination with energy from rhythm, music and sound/movement codes. With individually

chosen music, participants perform a certain movement and simultaneously use a sound enunciation, in order to activate a multitude of brain structure guided by the RGM practitioner pointing at the choreoscores which consist of unique notes indicating the parts of the body to use (Hands/Feet, Left/Right).

The RGM has been successfully applied in the Post-Stroke, Parkinson's disease, depression, ADHD, dementia, autism and dyslexia population as well as special needs schools. Since 1993, RGM has been implemented within the Swedish healthcare and rehabilitation system and is an accredited therapeutic method in the Netherlands with over 200 licensed practitioners throughout the country. This method is also expanding in Germany, UK, Spain and Hungary too.

With this introductory workshop we hope to inspire music therapists, healthcare and social care professionals, educators to use Ronnie Gardiner Method. Participants of this workshop will acquire a basic understanding of the Ronnie Gardiner Method and gain some hands on experience as to how fun and effective RGM can be. We invite you to join us and you are most welcome to bring your non-MT colleagues too!

Date: 13.01.2018

Time: 14:00-17:00

Venue: Ordination Dr. Vanessa Fiebinger, Schüttaustraße 20-24/1/4-5, 1220 Wien (U1 Kaisermühlen)

Cost: Free but places are limited (Registration is required)

Trainer: Petra Kovács (RGM master practitioner, music therapist)

Contact: yapsunsun@ymail.com

Tel: 06504241592

