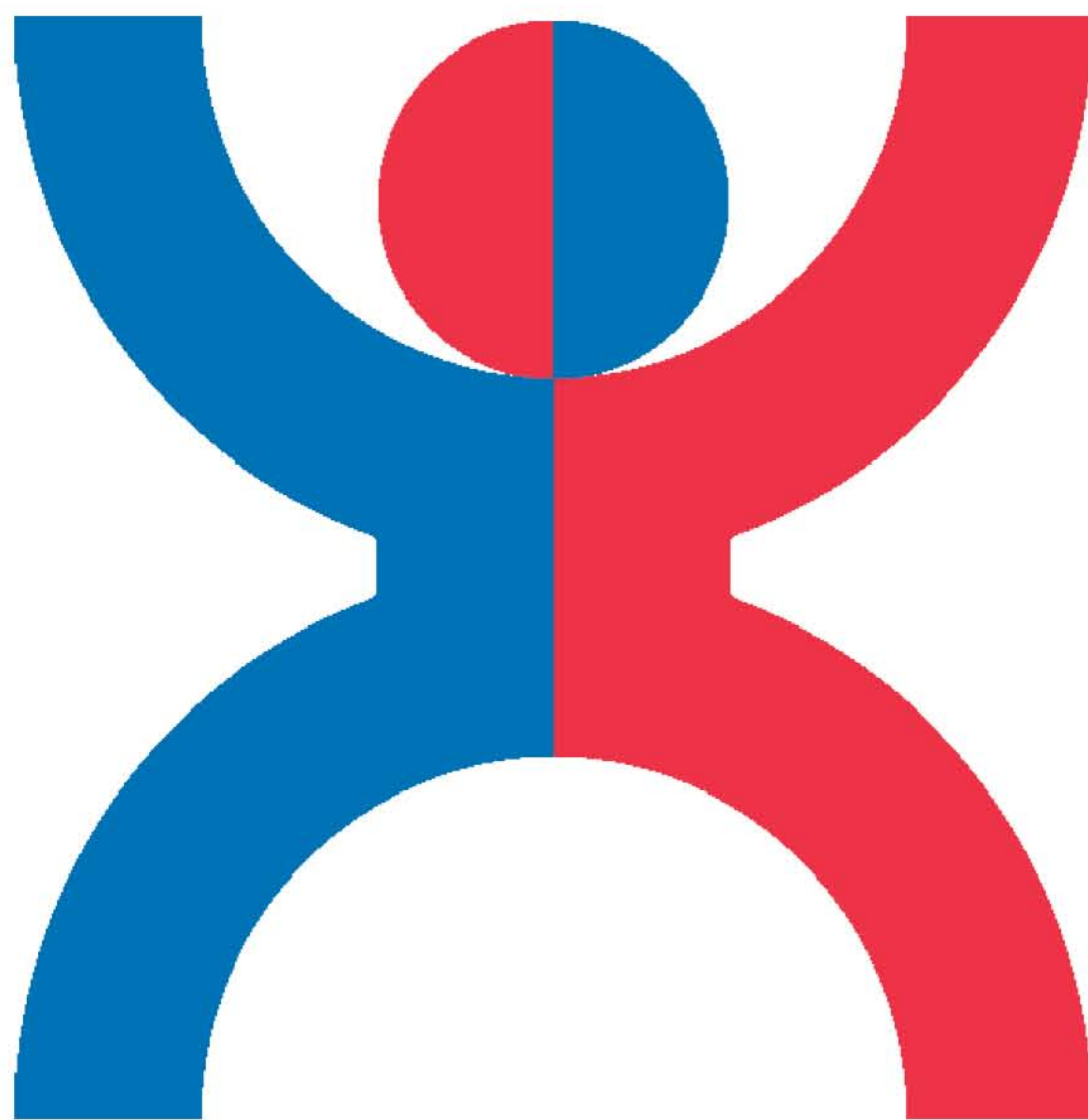


The Ronnie Gardiner method



Healthcare and rehabilitation
in harmony with
mind, body and soul!

'My husband is more alert now, he is able to concentrate better on a conversation than before'. (72 years, female, husband with Parkinson's disease)

'The RGM exercises make me cheerful. something I can use well'. (71 years, female, stroke patient)

*'Tests have shown that for the first time in 4 years my condition hasn't deteriorated over the last six months'.
(74 years, male with Alzheimer's disease)*

'The exercises give me new energy, a reason for me to also do them at home, I love it, it's fun'. (45 years, female, MS)

*'I had a stroke and was deteriorating. I had ended up in a wheelchair, but with The Ronnie Gardiner Method, I began to move again. Today, I work full-time and live a normal life'.
(male, 46 years, stroke patient)*

'My short term memory has improved and I have more energy' (47 years female, MS patient)



Introduction

The Ronnie Gardiner Method (RGM) is a multi sensory exercise method designed to help people with diseases and injuries of the brain and the central nervous system. Using music, rhythm and movement, the method optimises the condition of the brain in general, stimulates neuro-plasticity and promotes the harmony of the natural patterns of the human body and senses



Ronnie Gardiner

The method:

The Ronnie Gardiner Method is in keeping with the scientific insights /concepts concerning neuroplasticity. By activating the visual, auditory, kinetic and tactile senses simultaneously, many parts of the brain are activated. This stimulates cooperation between the two cerebral hemispheres and among many different area of the of the brain. This in turn stimulates further neuroplasticity; the creation of new neural networks, thus improving the condition of the brain and both motor and cognitive skills.



Also, through the use of music, the production of hormones such as dopamine is stimulated. For more than 20 years the Ronnie Gardiner Method has been used in Swedish hospitals, rehabilitation centers and practices as part of healthcare programs for patients with brain damage and conditions of the central nervous system such as stroke, MS, dementia, and Parkinson's disease. The method has also proven to be effective for children and adults with learning and concentration issues (dyslexia, dyscalculia and ADHD) and for burn-out and/or depression.



The reported positive effects of RGM:

- improved concentration;
- improved coordination;
- improved motor skills;
- improved memory
- better sense of balance;
- improved speech, reading and learning abilities;
- improved confidence;
- a more positive attitude, participants feel uplifted;
- more energy.

Dr. Arvid Carlsson, neuroscientist and Nobel Prize winner in 2000: 'I find the Ronnie Gardiner Method very attractive because it stimulates several parts of the brain and the use of music. After brain damage it is important to challenge and stimulate the brain to improve both cognitive as motor skills.'

Prof. Michael Nilsson, head of rehabilitation medicine at Sahlgrenska University Hospital in Gothenburg, Sweden and professor of neurology and rehabilitation medicine: 'When you work with neurological injury, the stimulation of the external senses is of critical importance for successful rehabilitation.'

The method likely influences the dopamine, noradrenalin, and serotonin systems, which is also positive. This is meaningful for one of the most important factors within rehabilitation, namely motivation. With his method, Ronnie Gardiner was one of the earliest to use dance, music and rhythm as a type of treatment. He has made a pioneering contribution.'

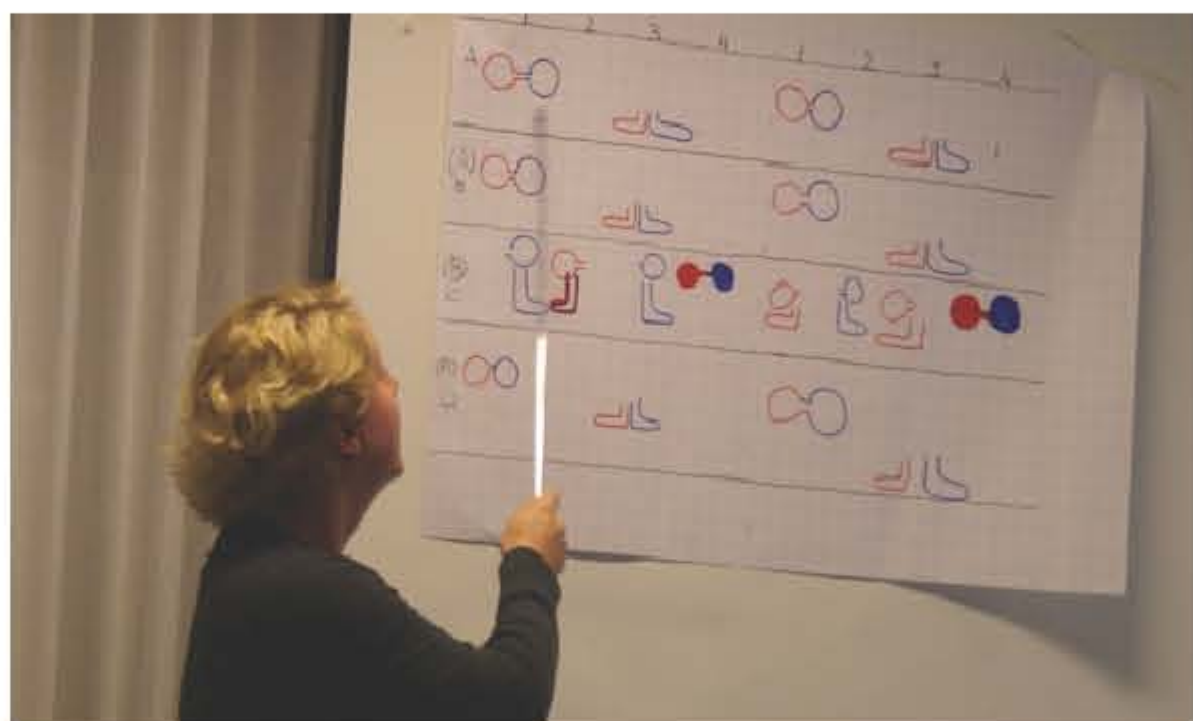
Training

In order to become a RGM practitioner one has to take two courses:

- ***the introduction course – 2 days***

First 7 basic movements, theory and practice, plasticity of the brain, music analysis. Practice on own groups for a minimum of 8 sessions to master the basics and get experience with teaching the method; this is a requirement to enter the second stage, the ground course.

- ***the ground course – 2 days***



Additional 6 movements, totalling 13 movements, theory and practice, individual presentations.

By concluding this course successfully, participants become international certified RGM practitioners.

Courses can be taken:

- as a regular session organised by RGM
- in company, at your own venue

Inquire after the possibilities in your country.



Ronnie Gardiner

Ronnie Gardiner, born in the US in 1932, is a well known jazz drummer. He played with jazz musicians like Dizzy Gillespie, Gerry Mulligan and Benny Carter and lives in Stockholm, Sweden.

A personal tragedy in 1980 made him decide to use his talents in a way which would help people. In a period of over ten years, during which he did much research, he developed the Ronnie Gardiner Method, until 2012 referred to as RGRM.

Dedicating his life to the introduction and teaching of his method worldwide, as well as occasionally performing as a jazz drummer, Ronnie Gardiner is the living proof of healthy ageing.

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