

## Neurogenesis new weekly programmes

Time	9am	10	11	12	13	14	15
Monday	<b>Journey into music</b>		<b>One on one</b>		<b>Show Time</b>	<b>One on one</b>	
Tuesday	<b>One on one</b>	<b>one on one</b>			<b>High needs</b>		
Wednesday	<b>African Drumming</b>		<b>Sing Out</b>		<b>One on one</b>		

### One on one

Is as it sounds one to one tuition working on a plan that will be designed to work on the issues that the client wishes to work on, ie something musical voice, drums etc .Or a learning or behavioral . Totally client focused. So, email or and phone me to discuss

### Journey into music

We dive into what music is and how to make it. We look at and demonstrate Rhythm , notes, melody and will often making instruments like PVC Xylophones, drums from scrap, 1 string guitars. We will work on voice, vocal effects including beat boxing, looping. Basic ukulele we have all the toys and what we don't have we can make. Group size up to 5

## **African drumming**

A communal activity where learning and fun go hand in hand. Groups can be up to 15. The hypnotic effect of the drums is a tool that can help brain development, increase socialization. There is an energy that is generated that everyone can join in despite their restriction.

## **High needs**

A session designed for high needs disabilities, Group size upto 15. A little like a party and karaoke

## **Mindfulness meditation**

Small groups using drums , chanting and breathing will be guided into meditation states. This of course has all the amazing effects of meditation. Group size upto 5 . Times to be arranged

## **Show time**

A group activity with the aim of performing. Group size up to 10

## **Sing out**

This is for our golden oldies, Designed for our senior citizens, singing those old time songs and then a little mindfulness meditation, The premise is to wake the brain up with those old time songs which are deeply buried in the brain and associated with memories then a little meditation to rejuvenate the brain. We give out freely CDs so you can meditate at home' n Science has shown the incredible effect that meditation has on the brain. Studies have shown 20 minutes twice a day for 2 months can rejuvenate a seniors brain by up to 7 years!

## **Contact me**

, Dave Ward-Smith on [neurogenconz@gmail.com](mailto:neurogenconz@gmail.com) and or 021 1616151

**And check out our web site [www.neurogenesis.co.nz](http://www.neurogenesis.co.nz)**