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NOTE:

RNR™ Manual/Handout are received in Course

Hi Everyone!!!

Thank you for choosing to learn RNR™. I am looking forward to meeting each of you! It is my privilege & great fortune to be able to spend this time with you!

There are six (6) separate RNR™ pdfs. Please read all the information ahead of time.

Any questions you may have will be addressed in 2 ways:

- A) Email any questions, I will respond via email.
- B) During class, I will address questions to the class.

I may reference some of the materials here; however by reading the materials before class, allows for more hands-on. I love having as much hands-on possible!!!

Wishing each of you a wonderful day & see you in class, soon!!

Love and Light,
Laurel

Please Bring To Each RNR™ Course:

When taking course(s) offered in Gainesville, please call as most items below will be provided.

- 1 Table:** For Conventions &/or Group settings, you may choose to work on chairs/floor; however, it is more comfortable using a table.
- 2 Flat Folded Twin Sheets:** To use for shoulder support in prone position & hand support in supine position.
- 1 Fitted Sheet:** To cover table or floor.
- 1 Pillow w/Pillow Case:** To support ankles in prone position and knees in supine position.
- 1 Face Cradle Cover:** To be sanitary in protecting your face. May use paper towels.
- 1 Teaching Agreement:** Please bring 1 Agreement per class, with both sides signed.

Contact:

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Leave a message anytime:

Office: 352.371.9689 ♦ Cell: 352.538.3400

RNR™ Course: Before, During & After

Before Course:

Please ask Instructor(s) how you may assist.
Assisting allows for more "hands on" time.

RNR™ Teaching Agreements [TA]

- Please read TA.
- Please fill out & sign both TA
1st = Participant records
2nd = RNR™ records
- A TA is signed for each RNR™ Course, to receive a RNR™ manual.
- Instructor(s) or assistants will collect both TAs.
- Instructor will have extra copies available.

Set Up Tables:

- Before class begins, please assist in organizing all the tables in the same direction.

During RNR™ Course:

- Brief introduction.
- Answering of all questions.
- RNR™ demonstration of course manual.
NOTE: It is easier to move through material when there are 2 participants per table.
- RNR™ is very flexible. If no tables are available -- chairs, standing &/or the floor are fine for "hands on".

After RNR™ Course:

- After RNR™ Course, instructor(s) are available for questions &/or comments.

RNR™ Is Practicing Longevity:

- ♦ A philosophy to practice every day.
- ♦ Practicing every day, instead of "trying". When we "try" most of the time the "something" never happens. When we "Practice What We Preach", we come closer in achieving our goals.
- ♦ Living in the moment.
- ♦ Creating a safe place to heal.
- ♦ Opening & creating space.
- ♦ Using empowering words.
- ♦ Confirming a person's wellbeing.
- ♦ Giving the client tools to heal himself/herself.
- ♦ Understanding & accepting the client is doing the healing.
- ♦ Understanding & believing the therapist is being a facilitator in the healing process.
- ♦ RNR™ is an amazing technique to practice, come to have fun & learn.
- ♦ The more participants you practice with, the easier RNR™ becomes.
- ♦ Working "with" a client, not "on" a client.
 - ♦ When a therapist works "on" a client, the therapist takes the power from the client.
 - ♦ Plus the therapist does all the work.
 - ♦ When a therapist works "with" a client, there is teamwork.
 - ♦ Then both the therapist & client are doing an equal share creating a "win-win" situation.

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