

MARCH 16 - 17, 2019  
8AM-5PM  
\$250/PERSON



# BAL A VIS X

LOGAN HIGH  
SCHOOL  
1500 RANGER  
DRIVE  
LA CROSSE, WI

Bal-A-Vis-X is a series of Balance/Auditory/Vision exercises of varying complexity and deeply rooted in rhythm. Executed with thousands of mid-line crossings in three dimensions, these exercises require full-body coordination and focused attention. The program utilizes sand-filled bags and/ or racquetballs often standing on a balance board. Bal-A-Vis-X demands cooperation, promotes self-challenge, and fosters peer teaching. It is school-friendly and beneficial for all ages. Bal-A-Vis-X is for every student!

- Exercises are noted to:
- Increase academic improvement
  - Improve visual tracking
  - Decrease impulsiveness
  - Decrease stress
  - Improve fine and gross motor coordination
  - Promote gains in auditory processing and speech fluency



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