

What is Bal-A-Vis-X?

Bal-A-Vis-X is a series of more than 300 Balance- Auditory-Vision-eXercises, of varied complexity, deeply rooted in rhythm.

Most exercises are done with sand-filled bags or racquetballs, often while standing on a balance board. The exercises require thousands of mid-line crossings in three dimensions.

They are steadily rhythmic, with a pronounced auditory foundation, executed at a pace that naturally results from proper physical techniques. It demands cooperation, promotes self-challenge, fosters both self-esteem and peer teaching...and it is FUN!

What are the Benefits?

Visual tracking, confidence and self discipline, student leadership skills, community building, decreased impulsivity, increased attention span, auditory skills, increased ability to hold rhythmic patterns, motor planning, hand eye coordination, bilateral and full body coordination, and balance.

To Learn More:

<http://bal-a-vis-x.com/>

Oklahoma Department of Education post:
<https://vimeo.com/195326481>

Session Details

- Full two-day attendance is required
- Registration is limited 40
- Session A (17 hours); Active participation learning fundamental Bal-A-Vis-X principles, rhythms, patterns, procedures, and the first flight of exercises. Includes basic modifications for the very young, elderly, and those with significant special needs.
- This is a hands-on workshop where you will be moving and learning! Please wear comfortable clothing and shoes.

Location:

Logan High School
1500 Ranger Drive
La Crosse, WI 54603

Cost:

- Registration \$225.00 prior to January 15
- \$250.00 after January 15
- WPTA CEU approved
- Cost includes balls, bags to take home

Your Trainers

Michelle Drucker is a physical therapist, middle school teacher and BAVX Practitioner. She partners with **Shel Hyatt**, k-3 grade teacher, to instruct 17-hour BAVX courses throughout Wisconsin.



Logan High School
La Crosse, Wisconsin

8 a.m. - 5 p.m.

Saturday/Sunday

March 16-17, 2019

Presented by
Michelle Drucker, Practitioner

Bill Hubert-Founder

Bal-A-Vis-X (Balance/Auditory/Vision Exercises) came from founder Bill Hubert's 30 years as a public school teacher and 16 years as a martial arts instructor.

Bill was struck by his student's frequent struggles-to focus and maintain attention; control eye movement; walk with consistent gait; throw and catch; maintain balance; and distinguish left from right, and how these physical dysfunctions corresponded with academic and social problems.

He wondered if he should *first* address the children's *physical* issues, then worry about the *cognitive*. The search for that answer began his trial-and-error journey to the system of exercises known as Bal-A-Vis-X. Along with Bill's evolving understanding of brain function and experimental grasp of how to modify exercises for those with severe special needs, such as trauma victims, you have the content of BAVX trainings.

For over 18 years, Bill and his teenage assistants have brought BAVX to 15,000 teachers and parents on three continents. Bill continues to work with clients of all ages and varied abilities in his private BAVX studio in Wichita, Kansas.

What Will I Learn?

- How to use BAVX with regular ed students, special needs students, and patients from pediatric to geriatrics.

- How BAVX applies brain research.

- How to perform a dominance profile and eye tracking assessment.

- Over 100 individual, partner, and group exercises. BAVX is an engaging program of purposeful physical movement.

- And it's just plain fun!

Who Should Attend?

- Classroom Teachers
- Occupational Therapists
- Physical Therapists
- Physical Education Teachers
- Special Education Teachers
- Reading Specialists
- Pupil Services Staff
- Parents

Bal-A-Vis-X Registration

Registration is quick and easy.

To register, go to to "myQuickReg" icon on the CESA 4 website:

<https://www.cesa4.k12.wi.us>



myQuickReg

To learn more or request a group rate contact Michelle Drucker:
mdrucker@cesa4.org

