

The Complete Bal-A-Vis-X

rhythmic
Balance / Auditory / Vision / eXercises

- * 9 hours of Level 1, Foundation Exercises
- * 6 hours of Level 2, Intermediate Exercises
- * 6 hours of Level 3, Advanced Exercises
- * 2 hours of Adaptive Bal-A-Vis-X: modified exercises for Very Young / Seniors / Severe Special Needs

August 10, 11 & 12, 2012
In Ann Arbor, Michigan

Instructor: Bill Hubert, creator of Bal-A-Vis-X

Sponsored by: Katy Held, Local Bal-A-Vis-X and Brain Gym Instructor

Who benefits from this course? Teachers, OT's, PT's, PTA's, COTA's, Speech-Language Therapists, Rehab Specialists, Recreational Therapists, Counselors, Tutors, Parents, and Students (12 and up) who struggle academically and who seriously want to do something about it.

Also, anyone who works with senior citizens in leisure activities will benefit.

What is BAL-A-VIS-X? Bal-A-Vis-X is a series of Balance/Auditory/Vision eXercises, of varied complexity, all of which are deeply rooted in rhythm. Exercises are done with sand-filled bags and racquetballs, sometimes while standing on a balance board.

In distilled essence, **Bal-A-Vis-X (BAVX)** enables the whole mind-body system to experience the natural symmetrical flow of a pendulum. **BAVX** requires focused attention, demands cooperation, promotes self-challenge, and fosters peer teaching. It is school friendly and just plain fun.

This training will include more than 200 exercises and some 50 modified exercises. Attendees must agree to attend the entire training: All or Nothing. Those with previous Bal-A-Vis-X (BAVX) experience may be called upon, now and then, to assist those new to the program. This is for benefit of those with prior experience such that we can help them to sharpen BAVX teaching techniques.

The Instructor: **Bill Hubert** developed Bal-A-Vis-X and used it in a lab setting at Hadley Middle School in Wichita, KS. Bill, who is now retired, teaches along with 3 or 4 students most weekends throughout the USA and now in Mexico. Bill has 30 years experience in Wichita Public Schools, Dept. of English at Western Michigan University, Upward Bound, Lake Superior State College, K-adult in reading/math/writing with focus on people with ADHD. Bill is also an instructor of martial arts and self-defense.



Schedule

Friday, August 10: 8:30 am –12:30 pm / 1 hour lunch / 1:30–5:30 pm
Saturday, August 11: 8:30 am –12:30 pm / 30-minute on-site lunch / 1:00–5:00 pm
Sunday, August 12: 8:30 am–12:30 pm / 30-minute on-site lunch / 1:00–4:00 pm

Food

Snacks will be provided. Attendees should bring their own lunches OR arrange to have it delivered. The latter will be discussed each morning.

Early bird Cost For Adult Attendees: \$280 if registered by July 1

After July 1, registration fee is \$315.00.

Cost For Students: (12 years and above) \$120

Registration form **plus** \$50 non-refundable deposit, OR payment in full, due **by July 1, 2012.**

We need at least 25 people registered by July 1 to hold the class.

SB-CEUS will be available for an additional \$10, *payable at the class.* Supplies (books, balls, sandbags, and some DVD sets) will also be available for purchase at class.

Class Location: to be announced, somewhere in Ann Arbor

Mail registration form and checks payable to “**Learning from the Heart LLC**” to:

Katy Held, 1201 Snyder Ave., Ann Arbor, MI 48103

For information or questions call Katy: (734) 649-7457 or e-mail: ktheld@me.com

Registration for “The Complete Bal-A-Vis-X” August 10-12, 2012

Mail to: Katy Held, Learning from the Heart, 1201 Snyder Ave., Ann Arbor, MI 48103-5327

please print clearly

Name: _____

Address: _____

City/State/Zip: _____

Phone: (____) _____ Alternate Phone: (____) _____

E-mail Address: _____

Please check as appropriate:

OT PT Educator Parent Senior Other _____

I am interested in a group rate on hotel rooms. ___yes ___no