

About Bal-A-Vis-X

Bal-A-Vis-X® is a series of Balance /Auditory/Vision eXercises, of varied complexity, most of which are deeply rooted in rhythm.

These exercises consist of multiple thousands of physical/auditory/visual midline crossings in three dimensions, crossings that are steadily rhythmic and auditory based. Bal-A-Vis-X enables the entire mind-body system to experience the natural symmetrical flow of a pendulum. These movements encourage full-body coordination and focused attention. The program utilizes sandbags, racquetballs, balance boards, and multiple principles and activities from Educational Kinesiology. It demands cooperation, promotes self-challenge, and fosters peer teaching. It is school friendly and just plain fun.

Bal-A-Vis-X is for every student

- **Learning disabled:** Results include improved cognitive integration.
- **Behaviorally deficit/attention deficit/hyperactive:** Results include decreases in impulsivity and increases in attention span.
- **Auditory processing deficits:** The rhythmic patterns of Bal-A-Vis-X create a new awareness of the nuances of sound relating to pronunciation, verbal instruction and discussion.
- **Visual processing deficits:** Improvements in ocular motility (tracking), binocularity (teaming), and visual perception (discrimination of details)
- **Gifted:** Results include improved physical coordination and stress headaches diminish.
- **Regular:** Results include improved academic success yet requires less effort.
- **All students:** Gains in eye-hand coordination and subsequent growth in overall confidence and self-esteem.

No one may claim the right, sanction, or expertise to teach Bal-A-Vis-X for profit or academic credit without the express written consent of Bill Hubert

Demonstrations

An overview of Bal-A-Vis-X, to include “live” demonstration of exercises and a Dominance Profile assessment of one of your struggling students, in a format designed for school staff meetings.

Level One Training — FOUNDATION EXERCISES (9 hours)

Active participation in learning fundamental Bal-A-Vis-X principles, rhythms, patterns, procedures, the first 125 exercises and a live demonstration.

Level Two Training —ADVANCED EXERCISES (6 hours; Prerequisite: completion of Level 1)

Active participation reviewing the fundamentals of Bal-A-Vis-X, then detailed instruction focused on 50 of the most intricate exercises.

Level Three Training — ADVANCED EXERCISES (6 hours; Prerequisite: completion of Levels 1 & 2)

Active participation devoted exclusively to BAVX’s most advanced exercises, to include intricate variations of Foundation and Intermediate exercises.

ADAPTIVE BAL-A-VIS-X Training (add-on) — (3 hours; only with Level I and/or Level II)

Multiple modifications of Level 1 principles, rhythms, patterns, procedures, and exercises. This presentation can focus on adaptations with the

Very Young, with the **Elderly**, and/or those with **Moderate and Severe Special Needs**.

Candi Cosgrove



Candi has been teaching for over 30+ years in the state of Massachusetts. She currently teaches A.P.E. and learns from early childhood through high school level students (general ed and special needs) utilizing the Bal-A-Vis-X program.

This model of teaching is a sensory-based process based on our natural early developmental patterns where the brain grows through movement.

Candi is a certified Educator, Therapeutic Recreation Specialist, Brain Gym Consultant and Bal-A-Vis-X instructor.

Bal-A-Vis-X® is a registered trademark of Bal-A-Vis-X, Inc.

Originated by Bill Hubert, Wichita, KS

www.bal-a-vis-x.com



Bal-A-Vis-X

Level 1 & Adaptive

When: Sept. 12 & 13, 2009, 8:30am-3:30pm

Location: Farmington Valley Academy Montessori
150 Fisher Dr., Avon, CT 06001

Early Bird Tuition: \$175 per person (by 8/29/09)

Regular Tuition: \$190 per person (after 8/29/09)

Repeat fee: \$130 per person

Options: 1 grad credit via Northeast Consortium/
Salem State College - Additional fee-\$150

Brain Gym® re-licensure: 12 credits with \$25 fee
Brain Gym® is a registered trademark of Educational Kinesiology
Foundation / Brain Gym International www.braingym.org

Registration Form

Name: _____

Home Address: _____

City/State: _____ **Zip:** _____

Daytime Phone: _____

Evening Phone: _____

Email: _____

We would like to know a little about you ...

Educator, grade/type _____

Parent _____

Other, please specify _____

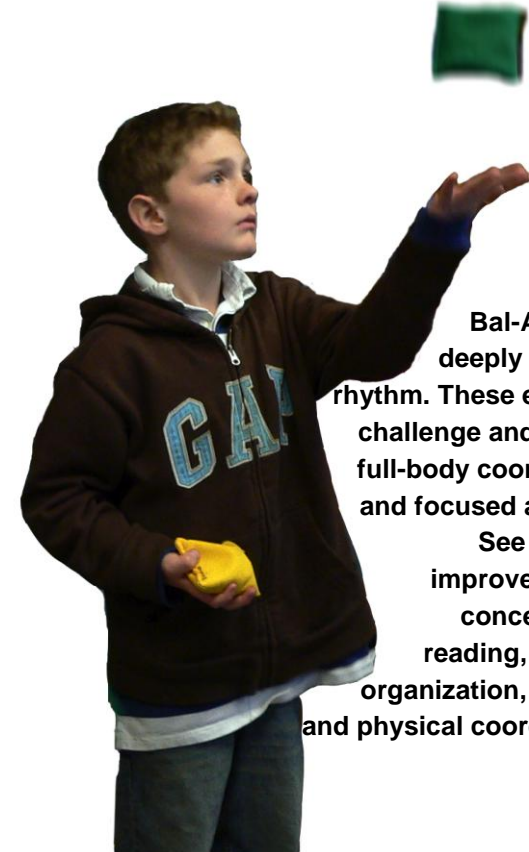
Please make checks or money orders payable to:

Janet McDonald
Mail to : P.O. Box 192, Roxbury, CT 06783

For additional information on this class contact:
Janet McDonald
860-350-4690 • JanetOMcDonald@gmail.com



Balance Auditory Vision eXercises
Rhythmic exercises for brain and
brain-body integration
Taught by **Candi Cosgrove**
www.candi@candicosgrove.com



Bal-A-Vis-X is deeply rooted in rhythm. These exercises challenge and develop full-body coordination and focused attention. See dramatic improvements in concentration, reading, writing, organization, speech, and physical coordination.