

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



Course Fees

Bal-A-Vis-X Level 1 & Adaptive

When: May 14 6-9pm, 15 & 16 9:30-5pm

Location: Hearts & Horses ~ Buxton, ME

Early Bird Tuition: \$240 per person (by 3/1/10)

Regular Tuition: \$260 per person (after 3/2/10)

Repeat fee: \$225/early \$245/late per person

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

Brain Gym® re-licensure: **12 credits**/\$25 fee Brain Gym®
is a registered trademark of Educational Kinesiology
Foundation / Brain Gym International

Registration Form

Name: _____

Home Address: _____

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

Daytime Phone: _____

Evening Phone: _____

Email: _____

We would like to know who you are...

Educator: _____

grade/type _____

Parent _____

Other, please specify _____

Please make checks or money orders payable to:

Name; Hearts & Horses

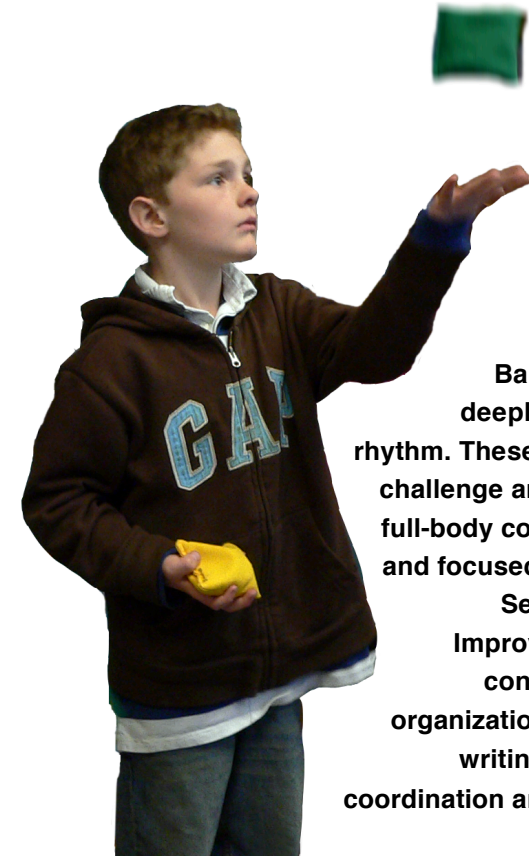
Email; hnhtrc@sacoriver.net Phone; 207.929.4700

For additional information on this class contact:
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63 Justin Merrill Road Buxton Maine
207-929-4700 heartsnhorses.org



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,
organization, reading,
writing, physical
coordination and speech.