

Bal-A-Vis-X and Movement Based Learning for Children Who Have Special Needs

With Cecilia Koester, M.Ed.
and Candi Cosgrove, M.Ed.



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 require full-body coordination and focused attention. The program utilizes sandbags, racquetballs, balance boards, and multiple principles and activities from movement-based learning. It demands cooperation, promotes self-challenge, and fosters peer teaching. A special combination of Adaptive Bal-A-Vis-X AND of Cecilia Koester's hands-on approach to neurological/reflex/movement pattern integration. Offered as part of the Bal-A-Vis-X program AND as part of the Movement Based Learning program with Cecilia Koester and Candi Cosgrove.

This two-day course provides:

- A study of how to use Bal-A-Vis-X with Movement Based Learning.
- An excellent application for autism, cerebral palsy, attention deficit hyperactivity disorder, speech impairment, brain injuries and impairments caused by strokes.
- Applications for typically functioning children as well as for children who have learning disabilities.



www.bal-a-vis-x.com

www.movementbasedlearning.com

www.candicosgrove.com

For additional info
on the class:
(603) 434-9115
info@candicosgrove.com

Candi Cosgrove
Creating Connections
14 Wynnridge Rd.
Windham, NH 03087

Rhythmic
exercises for
brain and brain-
body integration



Balance Auditory Vision eXercises AND Movement Based Learning

For Children Who Have Special Needs

Course Approved by Bill Hubert
Taught by Bill Hubert OR
Cecilia Koester and Candi Cosgrove

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 require full-body coordination and focused attention. The program utilizes sandbags, racquetballs, balance boards, and multiple principles and activities from kinesiology.



It demands cooperation, promotes self-challenge, and fosters peer teaching. It is school friendly and just plain fun.

Bal-A-Vis-X benefits students whose auditory skills are inadequate for academic success. Such students “hear” but do not attend to the precise details of:

- Pronunciation
- Verbal instructions
- Discussion

For these students, the rhythmic patterns of Bal-A-Vis-X create a new awareness of the nuances of sound.

Bal-A-Vis-X is for students whose visual acuity may be 20/20, yet whose vision remains deficient in:

- Ocular motility (tracking)
- Binocularity (teaming)
- Visual form perception (discrimination of details)

For all students the gains in eye-hand coordination and subsequent growth in overall confidence, hence self-esteem, are readily observable.

Bal-A-Vis-X was created by Bill Hubert, a teacher who taught Language Arts in Wichita, Kansas. www.bal-a-vis-x.com

About Movement Based Learning

Movement Based Learning is a way for us to begin to understand and apply the concept that movement of the body affects the integration of our brain function. When our brain is in an integrated state (i.e. able to access all parts of the brain), we return to our natural, normal curious state of learning. It is from this solid foundational space that we can reach our greatest potential.

This course offers participants methods and techniques that they can immediately use with the children or adults with whom they work. Much attention is given to noticing/assessment skills, which also include some of the basic stages of human development.



Course Details

Adaptive Bal-A-Vis-X and Movement Based Learning (15 hrs, 8 a.m. to 4 p.m.)

Pending 1 Graduate Credit from Salem State College (MA)

Taught by: Cecilia Koester, M.Ed. and Candi Cosgrove, M.Ed.

When: June 25-26, 2007

Where: Haverhill, MA

Additional info:

Candi Cosgrove

603-434-9115

info@candicosgrove.com

Registration Form

Name _____

Address _____

City _____

State _____

Daytime phone _____

Evening phone _____

E-mail _____

We would like to know who you are...

Educator, grade/type _____

Parent _____

Therapist _____

Other, please specify _____

Course Fees

Bal-A-Vis-X and MBL

Pre-requisite: Level 1 BAVX

Tuition: \$200 per person

Deposit: \$50 by May 31

Make checks payable to:

Candi Cosgrove

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