



You asked for it... So here it is ... MORE

# Bal-A-Vis-X

## Level 1+2 +Adap (17 hrs)

Deanna Douglas—Instructor

**Sat May 1st** 8:00-6:00 (1/2 hr lunch provided)

**Sun May 2nd** 8:00-4:00 (1/2 hr lunch provided)

## COMPLETE Bal-a-vis-x (23 hrs) Bill Hubert Inst.

*(PreReq.: Level 1 and 2 class **at least once!**)*

**Tue Jun 1** 8:30-5:00 (1/2 hour lunch provided)

**Wed Jun 2** 8:30-5:00 (1/2 hour lunch provided)

**Thu Jun 3** 8:30-5:00 (1/2hour lunch provided)

## Registration:

Class is strictly **LIMITED** to the first 60 students so register **NOW!**

May Training \$ 165.00

June Complete Training \$ 295.00

**Both May and June \$ 410.00\*\* (save \$50!)**

Go to [www.britefutureevents.com](http://www.britefutureevents.com) to register online!

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ ST: \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Cell \_\_\_\_\_

\*Email: \_\_\_\_\_

(Important to receive registration confirmation and last minute updates)

I am a :  Teacher  Parent  Therapist  Other \_\_\_\_\_

Co./School \_\_\_\_\_

Ask about group rates of 5 or more **Questions? Call 602-616-1438**

\*\* We are accepting corporate sponsors for our classes.

### MAIL CHECK WITH REGISTRATION FORM TO:

BRITE FUTURE EVENTS  
3120 W CAREFREE HWY  
#1-409  
PHOENIX, AZ 85086

EVENT LOCATION TBD

For more info on  
**BAL-A-VIS-X**

[www.bal-a-vis-x.com](http://www.bal-a-vis-x.com)

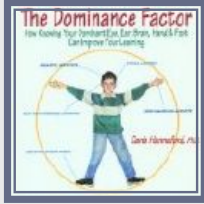
### FOR MORE INFO ON THIS BAVX TRAINING EVENT CONTACT :

KRISTINE BARANOWSKI  
602-616-1438  
KRISIB@BRITEFUTUREEVENTS.COM



## BAVX TOOLS

### Dominance Profile



### Eye Fitness Exercises



### Sand Bags



### Racquetballs



### Balance Board



## What will I learn with BAL-A-Vis-X®?

### □ Dominance Profile:

Identify a person's natural preference to eye, ear, hand, foot and brain hemispheric dominance. This is a useful tool to help understand stress related choices a person makes, their behavior patterns, to identify optimum learning modalities. It is important to know this is not a way to change dominance, but a way to integrate the dominance you have.

### □ Eye Fitness

Learn to address visual deficiencies... Eyes that cross, wander, skip, dart, stick, squint, blink excessively or fail to notice differences or similarities with visual exercises that enhance eye tracking, eye teaming and visual form perception... and why it matters.

### □ Crossing Midline Assessments

Identifies and helps diminish deficiencies in fundamental movement patterns involving crossing the bodies midline.

### □ Rhythm

BAVX Exercises are deeply rooted in rhythm. Rhythmic exercises heighten full body coordination & promote self control

### □ SOOOO Much More!

So many things you never knew you need to know on how we learn, behavior, & how to make it all work... simple really.

**Most importantly**—you learn the exercises—hands on—and how to use them with your students, & have fun in the process!

Building a strong  
foundation for  
education



## WHAT IS BAL-A-VIS-X (BAVX)

Bal-A-Vis-X® is a whole brain learning approach which utilizes a series of **B**alance / **A**uditory /**V**ision **eX**ercises, of varied complexity, most of which are deeply rooted in rhythm. These exercises require full-body coordination and focused attention. The program utilizes beanbags, racquetballs, balance boards, and multiple principles and activities from Educational Kinesiology. It demands cooperation, promotes self-challenge and fosters self-esteem.

*“The improvements in bilateral coordination, eye hand coordination, tracking, as well as improvements in handwriting have been incredible!”*  
~OT Ann Hill, MI~

### USE WITH INDIVIDUALS WITH

- ✦ DYSLEXIA
- ✦ DYSGRAPHIA
- ✦ ASPERGER'S SYNDROME
- ✦ AUTISM
- ✦ DOWN SYNDROME
- ✦ CEREBRAL PALSY
- ✦ TRAUMATIC BRAIN INJURY
- ✦ FRAGILE X SYNDROME
- ✦ BIPOLAR DISORDER
- ✦ OCD
- ✦ SEVERE HEARING IMPAIRMENT
- ✦ SEVERE SIGHT IMPAIRMENT
- ✦ SPEECH IMPAIRMENT  
(SUCH AS STUTTERING)
- ✦ APHASIA  
(FOLLOWING A STROKE)
- ✦ DYSPRAXIA
- ✦ READING CHALLENGES

... REALLY WITH EVERYONE!

FOR PROFESSIONAL AND PERSONAL ACCOUNT OF BAVX BEING USED WITH THESE INDIVIDUALS - PLEASE READ  
**RESONANCE: ELISE AND OTHER BAL-A-VIS-X STORIES.**

### BAVX IS FOR EVERYONE

**BAVX** exercises number more than 300. Individual Exercises vary in complexity from one hand tossing/catching a single bag OR bouncing/catching a single ball--to both hands bouncing/catching four balls in sequence. Partner Exercises call for as many as six balls to be in simultaneous/sequential motion.

Yet these exercises are not just for the athletic or daring. They are for everyone. First graders are capable of more than half of them, and nine-year-olds can master all but the most intricate. The non-athletic and physically challenged find **BAVX** well within their ability range. At least 75% of all exercises can be done while seated.

From preschoolers as young as 3...

...To senior citizens up to 103 whose eyes are glazed and physical mobility is all but fossilized...



*Kids should not feel alone on the never ending journey of learning...*

## Who Benefits from BAL-A-Vis-X®?

- ❑ **Individuals with visual & auditory challenges** note improvements in nuances of sound, academic success, visual form perception, and ocular tracking.
- ❑ **Individuals with attention deficit or behavior disorders learning challenged** note that cognitive integration & attention span increases, impulsivity decreases and behavior “settles”.
- ❑ **Gifted and “regular” students** note physical coordination improves, stress headaches diminish, and academic success requires much less effort.
- ❑ **Orthopedic patients** improve posture, strength and overall coordination.
- ❑ **Athletes** report higher performance and better hand-eye coordination.
- ❑ **Neurological patients** are noted to have improved balance, coordination and speech.
- ❑ **Everyone!** – mental fitness, social awareness, confidence and self-esteem are enhanced.

## DO YOU HAVE KIDS

Who are at or below grade level reading?

Who are at or below grade level spelling?

Who cannot seem to grasp simple concepts during class discussion?

Who have poor pronunciation skills?

That often interrupt your class to make unrelated comments?

That only seem to grasp random pieces of a verbal instruction?

That show very poor coordination or seem overly clumsy?

Gifted students that are not in tune with your class, bored or seem stressed?

With impulsive behaviors labeled ADD or ADHD?

With poor self esteem?

**BAVX CAN HELP!**