

APRIL SESSION



# BAL-A-VIS X<sup>®</sup>

APRIL 22 & APRIL 23, 2023 // 9:00 AM – 4:00 PM

**USF College of Education, TECO Hall (Tampa campus)**

**Registration Fee: \$200★**

**Register at:** [tinyurl.com/anchinbvx](https://tinyurl.com/anchinbvx)

**What you get:** Powerful brain based strategies to help those you work with people of nearly all ages to reach their maximum potential, a tasty boxed lunch, a fun paced day with like-minded people.

Bal-A-Vis-X<sup>®</sup> is a brain integration program that integrates the senses of BALance, AUDitory, and VISion using rhythmic eXercises done with beanbags or racquetballs while standing on the ground or on a balance board. The program consists of 200+ exercises, each rooted deeply in rhythm. Exercises address visual tracking deficiencies and auditory imprecision, impulsivity, balance, and anxiety issues. By virtue of teachable techniques (not athleticism), Bal-A-Vis-X<sup>®</sup> enables body systems to experience the flow of a pendulum, thereby affording brain systems calm and sustained focus.

## THE WHY – Rationale & Research

- Aerobic exercise elevates neurotransmitters, creates new blood vessels that pipe in growth factors, and spawns new cells. Complex activities put all that material to use by strengthening and expanding networks. The more complex the movements, the more complex the synaptic connections.<sup>3</sup>

## THE HOW – Top 3 Learner Objectives for Participants

- Learn the relationship between balance, auditory, and visual systems of the brain and how they impact learning and behavior.
- Learn partner exercises by exchanging bean bags and racquet balls in multiple patterns with multiple goals while learning to maintain or achieve auditory synchronicity via visual cues.
- Practice the safe, slow, steady, repetitive, rhythmic physical movements of Bal-A-Vis X<sup>®</sup> with a master teacher who prepares you to teach others.

★ Participants will have an additional opportunity to purchase personal sets of take home equipment at the end of the training.

## MEET YOUR FACILITATORS



### KATY AND OSCAR HELD

*Founder and Son, Purposeful Movement, Ann Arbor, Michigan*

Katy Held is a Movement and Learning Specialist. She is a licensed Brain Gym<sup>®</sup> and Bal-A-Vis-X<sup>®</sup> Instructor. She took her first Brain Gym course in 2001, searching for a program to help her son, who has a disability. Once she saw the profound effect that Brain Gym movements had on children (and herself), she realized that she had found her life's work. Since 2001, Katy has taken over 2,400 hours of coursework in Educational Kinesiology (Brain Gym<sup>®</sup>), Bal-A-Vis-X<sup>®</sup>, Masgutova Neuro-sensory-motor Reflex Integration (MNRI<sup>®</sup>), and Blomberg Rhythmic Movement Training. She loves sharing these playful yet powerful movements with children of all ages. Katy maintains a private practice in Ann Arbor, Mich., and provides in-services and workshops to schools and organizations interested in movement-based learning.

**LEARN MORE | Website:** <https://www.bal-a-vis-x.com> and <https://www.purposeful-movement.com>

**READ MORE | Scholarly Articles:** <https://www.bal-a-vis-x.com/resources>

**SEE MORE NEWS | Video Example:** <https://youtu.be/mbQv34Zs-w>