

NOVEMBER SESSION



BAL-A-VIS X[®]

NOVEMBER 12, 2022 // 9:00 AM – 4:00 PM

USF College of Education, TECO Hall (Tampa campus)

Registration Fee: \$175★

Register at: tinyurl.com/anchinbx

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[®] 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[®] 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.³

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[®] 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.*