

2 -Day **Bal-A-Vis-X** Workshop London

Taken by practitioner and sanctioned trainer Usha Patel

Dates as advertised: <http://integratedbrain.co.uk/trainsched.html>

What is Bal-A-Vis-X (BAVX) ?

BAVX is a series of simple to complex exercises deeply rooted in rhythm which improves full body co-ordination and focuses attention. The program promotes co-operation, self-challenge, and fosters peer teaching. Originally developed to address the needs of students with reading difficulties, BAVX benefits all students. BAVX utilizes sand-filled bags, racquet balls, balance boards, and eye-fitness exercises. The London BAVX workshop will be conducted by Usha Patel – Learning Difficulties Therapist

Workshop details:

Venue: Central London W2. Email for latest information: usha.patel@integratedbrain.co.uk

Bal-A-Vis-X benefits students.

Confidence and self-discipline grow - Impulsiveness decreases. Attention span increases. Physical co-ordination and body rhythm is enhanced. Stress is more easily self-managed.

Cognitive skills improve - Information integration increases.

Academic success improves yet requires less effort.

Auditory skills are enhanced - Rhythmic patterns stimulate a new awareness of the nuances of sound. Listening and communication skills improve.

Visual fitness improves - Eye tracking, visual form perception, and focused attention improve, which accelerate classroom study, homework, and test-taking performance.

Generic Training Schedule

Day 1	Saturday	9am to 6pm arrive (arrive by 8.40am)
Day 2	Sunday	9am to 5.30pm (arrive by 8.50am)

Refreshments provided. Lunch can be purchased locally or you can bring your own.

Day 1

Level 1: Foundation Exercises

[8hours]

Active participation learning fundamental BAVX principles, rhythms, patterns, procedures, and the first 85 exercises. A focus on understanding how to implement correct techniques is a critical aspect of the first day.

Day 2

Level 2: Intermediate Exercises

[7 hrs.] .Active participation reviewing the fundamentals of BAVX, then detailed instruction focused on 50 of the more demanding exercises.

Day 2

Modifications: [1 hr.]

Multiple modifications of foundation level skills: principles, rhythms, patterns, procedures, and exercises. Focusing on adaptations for the Very Young, for the Elderly, and/or for those with severe Special Needs. **Registered attendees can book a demonstration slot in this time.**

Usha Patel is a Bal-A-Vis-X practitioner/trainer (sanctioned by Bill Hubert the program's creator). Usha introduced Bal-A-Vis-X in her therapy setting in 2009 and was sanctioned to use the program in her practice since 2012. Her organisation Integrated Brain is the first to officially introduce Bill Hubert and his Bal-A-Vis-X program in Europe (2011) and Integrated Brain are one of three world wide official distributors of the Bal-A-Vis-X equipment.

REGISTRATION IS £250 per person

payments to arrived six weeks prior to training

Please note there are NO refunds for non attendance or cancellations once booking/payment is made. This training can be attended by Teachers/SENcoS as well as parents and adults looking to improve their own ability.

How to pay.

You can pay by bank transfer

or online

<http://integratedbrain.co.uk/trainsched.html>

Once payment is made please send an email to usha.patel@integratedbrain.co.uk

with your name your payment date, address/details for a receipt

Account details for transfer

Account Name: Usha Patel Business Acc

Account No 88038718

Sort Code 60-17-19

Payment ref: name/BAVX/date of training