

Bal-A-Vis-X June 2/3/4– 2017 London

Workshop Information & Postal Registration Form

Cost for three day training £460

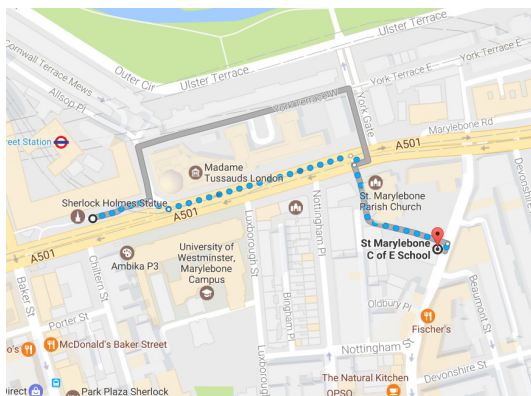
Early Bird Price £390 before 28th Feb 2017

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 Bill Hubert, founder of Bal-A-Vis-X

Workshop details:

St Marylebone School 64 Marylebone High St,
Marylebone, London W1U 5B



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.

Training Schedule – June 2017

Day 1	Friday 2 nd	9AM to 6PM
Day 2	Saturday 3 th	9.AM to 6PM
Day 3	Sunday 4 th	9AM to 5PM

Please arrive 20mins early to register on the first day

Please arrive 10minutes before training each day.

Day 1 and Day 2

Level 1: Foundation Exercises

[15 hrs. / scheduled over two days]

Active participation learning fundamental BAVX principles, rhythms, patterns, procedures, and the first 125 exercises.

Day 3

Level 2: Intermediate Exercises

[6 hrs.] .Active participation

reviewing the fundamentals of BAVX, then detailed instruction focused on 50 of the more demanding exercises.

Day 3

Adaptive Bal-A-Vis-X (add-on)

[2 hrs.

Multiple modifications of Level 1 principles, rhythms, patterns, procedures, and exercises. This presentation can focus on adaptations for the Very Young, for the Elderly, and/or for those with severe Special Needs.

Return form for Postal Registration and Payment

REGISTRATION IS £460 per person **Early-Bird price £390 received before 28th Feb 17'**

*Teachers/SENcoS - Discounts available for group bookings (minimum of 5 per group booking) on above prices. Please note there are NO refunds for non attendance or cancellations once booking/payment is made.

Please complete the following and return with payment

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Details.

Name: _____

Address _____

Postcode _____

Telephone _____

Mobile _____

Email _____

Number of places required _____

Total Amount being paid _____

Please complete as appropriate

SENco/Teacher (state location)

Occupational Therapist/Health professional

(state below) --- -----

Youth trainer-----

Parent -----

other -----

Cheques payable to 'Usha Patel'

£460 per person

(£390 if received before 28th Feb 2016)

return to: Meadowbank, Ealing Road,
Northolt, Middlesex, UB5 6AD England

Bank transfer:

Usha PatSel Business Acc

Account No 88038718

Sort Code 60-17-19

Accommodation

Travel Lodge

Harewood Row, Marylebone,
London NW1 6SE, United Kingdom
Tel: 08719 846311

Easy Hotel

10 Norfolk Pl, London W2 1QL
www.easyhotel.com
020 7706 9911

Park Plaza Sherlock Holmes London

108 Baker Street
London W1U 6LJ
+44 (0) 84 4415 6740
shhres@pphe.com

Premier Inn

London St Pancras hotel

88 Euston Road, London, NW1 2RA
<http://www.premierinn.com>

Transport

The nearest Tube Station, Baker Street
5min walk to the venue.

Heathrow Airport transfers

Please use the hotel to help arrange a cheap airport taxi. The hotels are 40minutes from Heathrow Airport.

Train Heathrow Express run from Heathrow to Paddington

Underground – Runs from Heathrow to Central London.

Lunch time eating places

Out side the venue are many places for lunch or you may want to bring you own and sit in the sunshine.