

Bal-A-Vis-X-training for Adults

The training is in English; no translation!!!

Friday	05-06-2020	09.00 – 18.00 uur
Saturday	06-06-2020	09.00 – 18.00 uur
Sunday	07-06-2020	09.00 – 17.00 uur

**Place: Gymzaal Gemeenschapshuis “De Bunt”
Graathof 9
5712 GC Someren-Heide**

**The number of participants is limited!
So sign up in time.**

This Bal-A-Vis-X Training is sponsored by:



Petra Raijmakers
Laan ten Boomen 2a
5715 AB Lierop

For information and registration:
Tel. 06 - 40 95 37 30
info@creativemoves.nl
www.creativemoves.nl



Bal-A-Vis-X Training in Someren-Heide

with

Jane Oliver

Brightbrain Scotland

<https://www.brightbrain-scotland.co.uk>



**Friday 05-06-2020
till
Sunday 07-06-2020**



Jane Olive is besides Bill Hubert, the only trainer who trains Bal-A-Vis-X in Europe.

During this 3-day trainingsweekend you practice the techniques with sandbags and racquetballs and you experience how the system works. So it is a practical training which you can improve in your own learningpractice after the weekend.

Bill Hubert

The founder of Bal-A-Vis-X is American Bill Hubert. He has developed Bal-A-Vis-X in the past 35 years. He has taught from primary under ice to university level. Much of that time was spent researching answers to two questions:

Why do so many students struggle to learn? What would enable them to work best on their own instead of compensating?

The Bal-A-Vis-X program answers both questions. In 2005, Bill left the classroom to focus on Bal-A-Vis-X full-time training teachers, parents, occupational and physical therapists worldwide using Bal-A-Vis-X for their students and children .

What is Bal-A-Vis-X?

These are a series of rhythmic exercises that help to develop physically, socially, emotionally and cognitively.

The exercises run into difficulty and assume three basic principles:

1. rhythm
2. Tempo
3. following instructions

It are in difficult ascending exercises with sandbags and juggling balls that are rhythmically transferred. Sometimes the students stand on a balance board or perform certain foot patterns. Collaboration of eyes, ears, hands, feet and left and right brainhemisperes, through midline transitions, provides a total balance of body and mind.

Bal-a-vis-x provides:

- More focused attention
- Better physical coordination
- Better school performance
- Better balance
- Improved behavior
- More confidence
- Better memory
- Improved social skills
- Reduced fear / perfectionism
- Reduced impulsivity / hyperactivity



Who is this training for?

- Primary school teachers
- Remedial teachers
- Teachers of Secondary Education
- Physiotherapists
- Speech therapists
- Occupational therapists
- Caregivers
- Parents
- Anyone working with children or adults in learning environment

Jane Oliver is coming to the Netherlands for the third time from 05 till 07 June 2020.