

Bal-A-Vis-X Workshop in Arcata, CA.

February 3rd and 4th, 2018

Bal-A-Vis-X is a series of increasingly complex Balance/Auditory/Vision/ Exercises, deeply rooted in rhythm, which requires full-body coordination and focused attention.



Originally created for the needs of primary students with reading challenges and focus issues, years of refinement and modification have extended the benefits of BAVX exercises to those of nearly any age who struggle cognitively and/or physically. BAVX is now used on three continents to address conditions such as LD, ADD/ADHD, Autism, PTSD, anxiety, imbalance, stroke recovery and Parkinson's.

BAVX was developed by Bill Hubert during years of working as a school teacher and a martial arts instructor. To learn more about Bal-A-Vis-X, we encourage you to visit the website at www.bal-a-vis-x.com.



This workshop is for Teachers, Physical Therapists, Occupational Therapists, Educational Therapists, Speech Pathologists, Tutors, Counselors, Paraprofessionals/Aids, and Parents/Caregivers!

Date: Feb. 3rd and 4th

Time: 8:30 am. -5:30 pm.

Location: Coastal Grove Charter School
1897 S St, Arcata, Ca. 95521

Cost: \$200

Workshop free to employees of Arcata School District.

Register by December 20th. Call after December 20th to see if openings are still available.

With questions and to register contact Jen Mishkin-Krause (707)497-9777 or jmishkingcs@gmail.com