



### Bal-A-Vis-X...

- Consists of a hands-on training where the participant learns and experiences various exercises using sand-filled bags and racquetballs, often while standing on a Bal-A-Vis-X balance board;
- Can be used by therapists, teachers, educators as well as parents working with children with learning disabilities and/or special needs (ASD, ADHD, dyslexia, etc.);
- Can be used for individual and group intervention.

Bal-A-Vis-X consists of a series of over 300 exercises, of varying degrees of complexity, created to better integrate body and mind by stimulating the visual, auditory, proprioceptive, vestibular and tactile systems. The program highlights the importance of balance and rhythm. Throughout the various exercises, participants further develop their sensorimotor skills in order to improve their balance, coordination and body awareness. These activities also have a positive impact on reading, writing and listening skills as well as on attentiveness, self-esteem, cooperation and peer teaching.

During this 3 day workshop, a variety of Bal-A-Vis-X exercises will be learned and practiced in order to fully comprehend the fundamentals of the program (rhythm, patterns, and procedures). The multiple variations of the exercises will also be presented in order to simplify or complexify the activities, as needed.

### Instructor:

Bal-A-Vis-X was developed in 1999, by M. **Bill Hubert**, after over 20 years of working as a first grade teacher, middle school teacher, and martial arts instructor. He felt it important that all these students have fundamental balance and rhythm capabilities so he taught them such basic physical skills as throwing, catching, walking balance beams, skipping, and so on. Slowly, he became aware that, of all his students, the ones most deficient in these basic physical skills were the same ones who struggled most academically. He began to notice that now and then, when a struggling student's balance and rhythm improved, his/her academic performance also improved. M. Hubert now travels all over the world giving these trainings and his Assistant Instructors are in fact, many of his former students.

### Training summary:

This training includes the complete Bal-A-Vis-X program, which consists of the 3 levels as well as the adaptive program. It is mandatory to assist to all 3 days of training.

**Level 1:** Active participation learning fundamental Bal-A-Vis-X principles, rhythms, patterns, procedures, and the first 125 exercises.

**Level 2:** Multiple variations of Level 1 exercises plus 50 of the more demanding exercises.

**Adaptive Bal-A-Vis-X:** Multiple modifications of Level 1/Level 2 patterns, procedures, and exercises for the Very Young, Seniors, Developmentally Delayed, Severe Special Needs.

**Level 3:** Devoted exclusively to Bal-A-Vis-X's most demanding exercises, to include multiple intricate variations of many Level 1/Level 2 exercises.

This training has a hands-on format and focuses on the repetitive practice of the various exercises in order to better learn them. Therefore, **no notes or documentation will be provided.**

## General information:

<b>Dates</b>	Friday May 22, Saturday May 23 and Sunday May 24, 2020.
<b>Schedule</b>	Friday from 2pm to 8:30pm Saturday from 8am to 5:30pm Sunday from 8am to 5:30pm Note that there will be a <b>30 minute</b> , on site, <b>lunch break</b> on each day. (lunch is not included) * Please note that these hours may change according to the trainer's schedule.
<b>Duration</b>	24 hours of total training *The participant must be <b>present</b> on all <b>3 days</b> of training, inclusively.
<b>Language</b>	The workshop will be held in English.
<b>Price</b>	\$540 CAD for registration before may 15, 2020 and 590\$ after that date.

### Terms of Registration and payment:

#### Payment:

Bal-A-Vis-X Training: Payable by cheque to the order of EDME.

Send to the following address:

EDME

Registration for Bal-A-Vis-X training  
816, Montée Ste-Julie  
Ste-Julie, Québec J3E 1W9

#### Refund policy:

The costs will be refunded less \$60, if the participant cancels their registration 15 days before the date of the workshop. 50% of the costs will be refunded if the participant cancels after this time.

#### Location:

Montreal  
Centre Léonardo Da Vinci  
8370 Boulevard Lacordaire  
Saint-Léonard, QC H1R 3Y6  
[centreonardodavinci.com](http://centreonardodavinci.com)

#### For more information:

L'ergothérapie de la maison à l'école  
Josée Leblanc  
Phone: 450-922-0101 p. 224 Tuesdays and Thursdays  
Fax: 450-338-4030  
E-mail: [j.leblanc@edme.org](mailto:j.leblanc@edme.org)  
Website: [www.edme.org](http://www.edme.org)

## Registration form

I'm registering for the following workshop: Friday May 22, Saturday May 23 and Sunday May 24, 2020.

First name: \_\_\_\_\_ Last name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Postal code: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

Receipt to the following name: \_\_\_\_\_

Profession: \_\_\_\_\_ Work environment: \_\_\_\_\_

I enclose this form with a check payable to EDME