



# Bal-A-Vis-X : Rhythmic Balance/Auditory/Vision eXercises for Brain and Brain-Body Integration

*Bill Hubert*

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Bal-A-Vis-X is a series of Balance/Auditory/Vision eXercises of varied complexity, most of which are deeply rooted in rhythm. These exercises require full-body coordination and focused attention.

The Bal-A-Vis-X program utilizes racquetballs, sand-filled beanbags, balance boards, and multiple principles from Educational Kinesiology. It demands cooperation, promotes self-challenge, fosters peer teaching. It is school-friendly and just plain fun.

Part One, THE STORY, is a narrative, experiential account of this program's evolutionary development over 20 years in public school classrooms. The reader is a silent witness to one teacher's trial-and-error journey, in grades 1 though 8, FROM an uninformed, intuitive grasp of some link between physical and mental (in)abilities TO assimilation of the most recent brain research and theory, especially as applied to physical movement's crucial connection to cognitive function. Along the way the reader will encounter, with him, the many people and ideas which lead to understanding, then point the way to Bal-A-Vis-X.

This is also a story of hundreds of students, in particular the Lab Kids of Hadley Middle School in Wichita, KS where the Bal-A-Vis-X program was born in 1997. Both anecdotal and "hard" test data accompany their collective/individual stories.

Part Two is a series of accounts by educators and parents who have personal experience in the use of Bal-A-Vis-X.

Part Three consists of step-by-step instructions for the more than 200 Bal-A-Vis-X exercises.



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#### **Juanita Hernandez:**

The book untitled Bal-A-Vis-X : Rhythmic Balance/Auditory/Vision eXercises for Brain and Brain-Body Integration contain a lot of information on the idea. The writer explains her idea with easy technique. The language is very clear to see all the people, so do not worry, you can easy to read the idea. The book was written by famous author. The author brings you in the new era of literary works. You can actually read this book because you can continue reading your smart phone, or device, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can start their official web-site and order it. Have a nice examine.

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