



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

Bill Hubert

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Bal-A-Vis-X is an acronym for Balance/Auditory/Vision eXercises, all of which are deeply rooted in rhythm. Using sand-filled bags and racquetballs, these exercises address visual tracking deficiency, auditory imprecision, impulsivity, balance and anxiety issues. Bag exercises are often combined with foot patterns; ball exercises are often done while standing on special balance boards. In partner/group settings, exercises demand cooperation, promote self-challenge, foster peer teaching. This book was originally published in 2001. Its content is all we knew, at that time, about the benefits of Bal-A-Vis-X for struggling students. If you teach students who, although struggling, are capable of mainstream instruction (they do not have severe special needs), the information in this book is as valid today as it was then. This Second Edition simply updates details and nuances. If, however, you are a therapist or if you teach those with severe special needs (autism, CP, MS, TBI, PTSD, etc.), you would be better served by RESONANCE, published in 2007. Any teacher or therapist might find value in CUES: FOR LEARNING AND TEACHING IN FLOW, published in 2014.

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