



# in an IN2GR8ED World

## Joy of Learning through Rhythmic Brain-Body Kinetics

October — December 2017

*This 25th Issue Is For All of You!—Thank You For Contributing*

### Our Mission

*To promote joy of learning through rhythmic integrative movement and advocate for its recognition as the bedrock of education.*



### Francie Marx's (FM) BAVX Journey with ADD

—Shirley Kelley, Somatic Movement Ed/T

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Subject Line: **Newsletter**

[www.IN2GR8ED.com](http://www.IN2GR8ED.com)



**FM was introduced to BAVX** in 2013 at the age of 75. She has lived with ADD all her life, though no such diagnosis existed in her early years. FM developed coping skills that allowed her to survive in her world. In her survival zone she manages her competitive nature by tracking her performance with a critical and judgmental eye regarding 'the right way' to do whatever.

**BAVX pulls her out** of her survival zone. At one critical point, she felt that the 'rug was being pulled out from under her' when I changed, without warning, from crossing the lateral (right/left) midline to crossing the coronal (front/back): transferring the bag or ball in front to behind the back. FM felt that if the leader can do whatever at anytime without warning...well, that is unpredictable. Flustered, she explained, 'You switch at any time without the parameters of even numbers of repetitions or multiples of 4, 8, 12...that we usually do. How does that fit with maintaining rhythmic predictability? How can I be successful if you change from clapping in front to clapping behind without warning?'

My intent was to see if FM could open up to balancing her inner world with attention to finding relationship with the external world and develop a flow between the two. Once pathways for an exercise are strong, is she able to notice a shift in the exercise and match the shifted pathway? i.e.: starting an exercise clapping in front, can she switch to clapping behind, without falling out of rhythm, when she notices the change?

**The answer:** In the moment there is great resistance to letting go of judgment and presumption and shifting the flow to a different pathway. It is very difficult for someone who finds safety in certainty to simply make a shift without prior 'warning of the possibility.'

**In Her Own Words:** FM made a few suggestions as to what one needs to know about BAVX: 'BAVX is a process ... the details of which are essential to success. As an ADD person I find the parameters to be counter to everything I do automatically.'

For a long time I resisted the details. Anything less than attending to the details (i.e. impulsivity) is a crap-shoot and not productive. I slowly and painfully learned that BAVX requires focused attention. Repetition of the ordered details of proper technique builds strong movement pathways which settles me and brings me ease in my body and my mind and my spirit.



## FM's BAVX Journey with ADD cont'd

Proper technique matters and sequence matters and parameters matter—they all make possible the experience of the rhythmic flow of a pendulum. Without flow there is no ease!

I had to give up safety of how I move through the world. My core self felt threatened. I had to face a personal belief...FEAR...that to embrace the parameters of BAVX, I had to face the fear of losing what I know, to let go of my way of surviving. I felt a buzz in my head which was scary. I was able to calm the brain sensations by drinking water.

**Ultimately change—BAVX—has become a tonic.'**

**FM turned 80 this July.** It is still difficult for her to be easy with herself...to not count out the rhythm...to quiet her inner critical voice...to let the ball land in her hand vs. snatching it when it bounces away. And in spite of it all, she has prevailed for 4+ years of private weekly BAVX sessions and a weekly BAVX group.

**FM's Dominance Profile (Cognitive Processing under Stress): 'L'.** Hemisphere—Gestalt; all sensory modalities—hand, foot, ear, eye—right. All receptive and expressive modalities are limited under stress.



**Bill**—I haven't really told you yet...my reading really improved! Since only two years, now I can concentrate and understand what I'm reading. This—BAVX—has changed my life! I still have a long way to go, of course, but many things changed and improved. Now, I 'suffer' from reading bulimia... I've bought hundreds of books; I'm late with my reading; and I'm frustrated...I read 2-3-4 books at a time... but that's another problem! ;- ) I THANK YOU, BILL — these words are not strong enough.

—Dominique in Luxemburg



**Dad**—Cynthia (the teacher at the workshop who's the grandmother of the kids to whom you gave the board, balls and bags) said the kids have worked everyday since, and the board has changed her granddaughter's life.

—Your Daughter, Kate



## Twofold Significance— Integration at Its Best

When you start learning the basics of Bill Hubert's BAVX exercises, you instantly experience just how much they help integrate the whole body-mind system. However, there is another level of integration which I had the chance to initiate at my school.

As a teacher for English and Politics at a German comprehensive school in Oldenburg, Lower Saxony, one group I work with is 5th graders who struggle. Being a kinesiologist and a Brain Gym® instructor, Brain Gym® was the system I started with several years ago. Yet it was hard to motivate the students to apply the exercises at home, so they did not benefit to the extent that they could have.

**Enter BAVX.** In 2014 I had my first BAVX training and gradually added the exercises. Two years ago I moved on to using BAVX almost exclusively. In addition to the times I work 1:1 with the students, I offer an extracurricular lunchtime activity once a week. Those who have been working with me can attend and use the time for practice.

**Refugees.** Since the beginning of this school year, a new class of about 15 young refugees between the ages of 12 and 16 has started at my school. I volunteered to work with them as well. And as we do not speak when introducing BAVX, language was no problem. The young students, most of them from Syria, are very grateful and enjoy doing the exercises as well as receiving the extra attention.

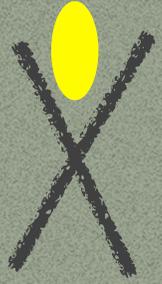
Now, every Wednesday at lunchtime, about 4-6 young refugees do BAVX exercises together with 4-6 German students. Simultaneously, everyone's body-mind systems become integrated.

—Monika Schwass

BAVX Outcomes

- Social Relationships
- Order from Chaos
- Laughter
- Personal Competence

**'BAVX Has Become A Tonic.'**—FM





## Inbox: One Finding...One Searching...One Healing

**Meet Arjun.** Arjun is a 2.5-year-old with Downs Syndrome. Arjun could not walk when he began BAVX. His Mum, heard about BAVX in Edinburgh via word of mouth and brought him for 1:1 30-minute sessions with me, once per week. Prior to starting BAVX he had physiotherapy, occupational therapy and had visited other therapists.

Everything Bill has taught me over the years I put into practice, over a period of 12 weeks. During our sessions his sister, age 10, and Mum helped with the modifications required. This enabled them to do some home practice.

One of the most important realizations for Mum, was that her son *is capable*, let him do it... Within 10 weeks Arjun was able to balance himself to a standing position and take some wobbly steps before resuming his super-fast crawl.

Prior to his departure back to India at the end of June, Arjun was able to walk across the room, not perfectly, but enough to know that he CAN do it!

—Jane Oliver, BAVX Trainer, Scotland

**Meet Kay.** After discovering BAVX through Cait Platz in Seattle, I participated in a training by the NW BAVX Group in Spokane. The training is wonderful, and BAVX is truly amazing. As a senior of 70 now, it is such an obviously powerful tool for aging brains that I'm very excited to be learning it and look forward to sharing it with other seniors I know.

I'm trying to find BAVX support for my grandson who is on the autism spectrum. I've asked, but so far, no one knows of any practitioners in Orange County, CA, where he lives. So I'm writing in hopes of finding someone in SoCal who uses BAVX in their work with children.

Thanks in advance for any help you can offer, and even more for the elegant, brilliant simplicity of Bal-A-Vis-X. I look forward to having the opportunity to train with you next time you're on the West Coast.

—Kay Baldwin

Respond to [bldgblox@comcast.net](mailto:bldgblox@comcast.net).  
Responses will be forwarded to Kay

### Meet Earl Robinson.

I am an LSCSW (Licensed Specialist Clinical Social Worker) and BAVX Practitioner.

I work with ACS (Army Community Services) Family Extension Program at Fort Riley, KS.

Specifically I work with families of Afghanistan/Iraq War vets who have TBI/PTSD (Traumatic Brain Injury/Post Traumatic Stress Disorder). Many family members themselves suffer PTSD from living with affected returnees.

I want to share a couple of things you just might find interesting:

The patients attending the outpatient Pain Management Clinic have said some interesting things about Bal-A-Vis-X.

One young woman said, "This is the highlight of my week."

Another said, "Why didn't I know about this years ago? My life would have been so much better."

With the inpatients, I have observed how much they laugh. When I first meet them they are apprehensive and gloomy. About half way through a session they are laughing. Not usually much to laugh about on a psyche ward. Most of the time I have as many staff attending as patients.

Who knew...

Earl Robinson, LSCSW, Family Advocacy Program Specialist  
USArmy FMWR (Family Morale, Welfare & Recreation), Fort Riley, KS



## Reflections from the Field— I Show Up Because...

Initially shared in the July 2015 issue, this essay by Meg Baldwin was in response to Bill Hubert's question, 'Why do you keep showing up (to trainings)?' Meg reflected on her 'hits and misses' through the year. Her response is just as thought-provoking now at the beginning of this new school year as it was then.—Editor

**I Show Up Because...** of the 2nd grade Sara's of the world who, for the life of them, have no idea what the medial vowel sound is until they bounce the red ball (beginning/ending consonants are blue, medial vowel is red as in **C-A-T**)...and have no working memory until they start to stretch it by learning how to teach an exercise sequence then teaching it to others.

**I Show Up Because...** of the 5th grade Brayden's of the world who would rather crawl under a table than be the leader of a group. He can now lead a group of peers in a circle with both bags and balls. He leads, and everyone follows.

**I Show Up Because...** of the Carla's of the world who have been bounced in and out of schools because their moms are in jail and have never felt smart enough to be the classroom helper. Mom now has a job in pre-kindergarten. She does the Hand-over-Hand 1&2-bag square sitting knee-to-knee, shows up to school every single day, and does her work because her job is important and those kids are counting on her.

**I Show Up...** for the Christopher's of the world who don't know anything but video games and come to school in the fall unable to sit up straight while seated on the floor because their muscles are so weak. One drifted off so often he was only getting about 30% of instruction. Now he stands for 15+ minutes, works partner rectangles with bags and balls on the balance board, attends to his tasks, and is well on his way to reading.

**I Show Up Because...** of the group of dedicated adults who show up to BAVX practice twice a month for an hour on Sunday afternoons to polish their skills so they can be more effective with the people they work with.

**I Show Up...** for the Toby's who cry when one ball is dropped, and now 3 years hence, he has the confidence to try anything once.

**Every Single Time** I attend a training I learn something. I am becoming more confident to try new things because I am rooted in the basic principles and essence of BAVX. I am rooted. I am grounded. I am grateful. And if I can pass this on to just one newcomer, it is worth my time.

—Meg Baldwin, Elementary SpEd Teacher  
& Now a BAVX Trainer



## Meet Doug Uyeki SpEd Para-Professional—Ontario, OR

**The Tremendous Support** that exists for BAVX in my school district, starting with the SpEd Director, led to my position as a SpEd para-professional whose assignment consists of BAVX with identified struggling students. Student sessions (15-45 minutes) are scheduled through a collaboration with our SpEd teacher and classroom teachers.

There are way too many stories to sort out, so I'll tell you about my two latest 3rd grade males.

**Student 1** struggles with spelling. Prior to BAVX, he scored 2 of 14 correct on his exam. We started daily 20-minute 1:1 sessions. We then layered spelling with BAVX for 2 days. After the weekend, we reviewed for 5 minutes. He scored 12. He then taught **Student 2** the initial Hand-Over-Hand exercises. As an aside, he and his peer were known to have many an altercation last year.

**Student 2** struggles with spelling and reading. He scored zero correct on his prior spelling exam. We started 30-minute BAVX sessions that included using the VisTAR (Vision Tracking Assessment & Remediation) ball. We then layered spelling instruction and allowed him to stand on the balance board while studying a book that he could not conquer in 2nd grade. Following 3 days of BAVX, interrupted by the weekend, he scored 100% on spelling. He also read his book to his current teacher who arranged for him to visit his former 2nd grade classroom where he read the book aloud to the teacher and her class.

**Two very happy learners!**



## BAVX Training Schedule

**Bal-A-Vis-X:** Balance, Auditory, Vision eXercises provides 1,000s of rhythmic midline crossings that enable the mind-body system to experience the state of integration. To confirm or schedule a workshop, contact Bill Hubert at: [Bill@bal-a-vis-x.com](mailto:Bill@bal-a-vis-x.com)

### Sessions : A (17hrs), B (20hrs), C (24hrs)

Oct 13-15	A	Unalakleet, AK
Oct 20-21	A	Norman, OK (Staff)
Oct 27-29	A	Seattle, WA
Nov 3-5	A	Durham, NC
Nov 20-21	A	Oklahoma City, OK (Staff)
Dec 8-10	C	Tokyo, Japan

### 2018

Jan 2-3	A	Cherokee, OK
Jan 12-14	B	Newton, KS
Jan 27-28	A	Oakland, CA
Feb 8-9	A	Cary, NC (Staff)
Apr 6-7	A	Fruitland, ID
May 4-6	C	Zabreznica, Slovenia
May 11-13	C	Frankfurt, Germany

### BAVX by Jane Oliver, [brightbrain-scotland.co.uk](http://brightbrain-scotland.co.uk)

Oct 6-8		Madrid, Spain
Oct 21-23		Angers, France
Oct 27-29		Feldkirch, Austria
Feb 23-25		Edinburgh, Scotland (2018)

- A: Foundation.** Fundamental principles, rhythms, patterns. Modifications for special needs & elderly.
- B: Intermediate.** Session A + intermediate exercises.
- C: Complete BAVX.** A/B + advanced individual/partner/group exercises + academic layering.
- A,B,C** refers to length & content of trainings, not their order. You may take any training any time.



## Regional BAVX Workshops

10/13-14	A	Sacramento, CA. Francis Norsworthy <a href="mailto:bldgblox@comcast.net">bldgblox@comcast.net</a>
10/28	5-Hr	BAVX Circle. Adv Skills. Berkeley, CA Shirley Kelley, <a href="mailto:skelley4100@yahoo.com">skelley4100@yahoo.com</a>
11/3-5	A	Frankfort, MI. MaryAnn Short <a href="mailto:mobbi.ma@gmail.com">mobbi.ma@gmail.com</a>
11/4	8-Hr	Preschool. Tucson AZ. Terry Tinney, <a href="mailto:instates3@gmail.com">instates3@gmail.com</a>
4/6-7	A	Sacramento, CA. Francis Norsworthy <a href="mailto:bldgblox@comcast.net">bldgblox@comcast.net</a>



## Resources

### BAVX Practitioner (P) Trainer (T)

- Bags, Balls & Brains,** Rochester, NY  
Shirley Kelley—P, [bags-balls-and-brains.com](http://bags-balls-and-brains.com)
- Brainworks Plus,** Long Island, NY  
Emily Eisen—P/T, [brainworksplus.com](http://brainworksplus.com)
- Brightbrain,** Scotland, UK. Jane Oliver—P/T,  
[brightbrain-scotland.co.uk](http://brightbrain-scotland.co.uk)
- Creating Connections,** New Hampshire, CT  
Candi Cosgrove—P/T, [candicosgrove.com](http://candicosgrove.com)
- Deana Douglas**—P/T, Phoenix, AZ,  
[deana.bavx@hotmail.com](mailto:deana.bavx@hotmail.com)
- Hand-in-Hand Therapeutics,** Modesto, CA  
Wayne Stevenson—P, [gangly45@yahoo.com](mailto:gangly45@yahoo.com)
- Innovative Connections,** Salina, KS  
Elizabeth Caselman, [elizabethcaselman@usd305.com](mailto:elizabethcaselman@usd305.com)
- Institute for Kinesiology,** Damme, Germany  
Renate Wennekes, Dir, [iki-kinesiologie.de](http://iki-kinesiologie.de)
- IN2GR8ED,** Sac, CA, Francis Norsworthy/Julie Leach—  
P/T, [in2gr8ed.com](http://in2gr8ed.com)
- Integrated Brain,** London, UK  
Usha Patel—P, [integratedbrain.co.uk](http://integratedbrain.co.uk)
- Integrated States,** Tucson AZ, Terry Tinney/Anne  
Wheaton—P/T, [integratedstates.com](http://integratedstates.com)
- Learning from the Heart,** Ann Arbor, MI  
Katy Held—P/T, [learningheart.com](http://learningheart.com)
- MOBBI,** Frankfort MI, MaryAnn Short—P/T  
[mobbi.ma@gmail.com](mailto:mobbi.ma@gmail.com)
- Northwest BAVX Group,** Spokane, WA,  
Sheri Johnson—P/T. [www.NWBAVXGRP.org](http://www.NWBAVXGRP.org)
- S'cool Moves,** Camas, WA  
DebraEm Wilson, founder [schoolmoves.com](http://schoolmoves.com)

### Snapshots at [jasonlove.com](http://jasonlove.com)



"Do I use the slide or the merry-go-round?  
I haven't even touched the swings. I don't  
know. I DON'T KNOW."