

# A Summer Blitz of Bal-A-Vis-X

(Balance-Auditory-Vision-eXercises)



Presented by IN2GR8ED Rhythmic Brain-Body Kinetics  
Francis Norsworthy, Director and BAVX Trainer

## Who benefits?

Everyone!...Particularly those who struggle with personal, social, or learning challenges.

**For the experienced** — Tune-up & refine skill competence & confidence.

Acquire a complement of new stress-free strategies for learning techniques and skills.

**For the new** — Experience the joy of learning through rhythmic, integrative movement. Whether for yourself, your child, your students or clients—all benefit.

## Module I: 12 Hours.

Skill-building. Refinement. Summer Tune-Up.

Individual Bag & Ball Skills — Introductory to Intermediate.

Focused Attention to Posture, Breathing, Vision Tracking, Full-Body Coordination.

Introduction to Trauma-Informed BAVX (TIB).

## Module I—Zoom: 12 Hours (in 90-Minute Sessions).

Requirements: 2 bags, 3 balls. Optional: TIB Kit through [bavxresources.com](http://bavxresources.com)

For those who prefer the comfort and safety of their own space.

## Module II: 8 Hours. Prerequisite: Module I.

Partner & group exercises. More complex individual skills.

Vision Tracking assessment and requirements for academics.

Impact of dominance profiles on learning.

Introduction to academic layering.

A more thorough TIB experience.

Check for Competency: Evaluate Technique & Remediation Skills.

**Course Fees:** Subject to financial ability. Call to make arrangements.

Module I: \$140

Module II: \$100

Make payment through PayPal. Use [bldgblox@comcast.net](mailto:bldgblox@comcast.net)

or mail check to: IN2GR8ED, 739 K Street, Rio Linda, CA 95673

**Registration:** Indicate Module & Session

**Location:** 739 K Street, Rio Linda, CA 95673

## 2022 Summer Blitz of Bal-A-Vis-X Workshops

Module	Session	Date	Days	Time
I	A 2- 6hr days	June 18/19	Sa/Su	8a-3p (1 Hr Lunch)
I	B 3- 4hr days	June 21-23	Tu-Th	8a-12noon
I	C 4- 3hr days	June 27-30	M-Th	8a-11a
I	D 4- 3hr days	June 27-30	M-Th	1p-4p
I—Zoom	E 2- 90-min sessions/day	July 5-8	Tu-F	7:30a-9a & 5p-6:30p
I	F 2- 6hr days	July 23/24	Sa/Su	8a-3p (1 Hr Lunch)
I	G 2- 6hr days	July 26/27	Tu/W	8a-3p (1 Hr Lunch)
I—Zoom	H 90-min sessions	Aug 1-4	Tu-Th	7:30a-9a & 5p-6:30p
II	A 2- 4hr days	July 11/13	M/W	8a-12noon
II	B 2- 4hr days	July 12/14	Tu/Th	8a-12noon
II	C 2- 4hr days	July 29/30	F Sa	1p-5p 8a-12p



Francis Norsworthy, Director  
916.991.1816 (no text) or [bldgblox@comcast.net](mailto:bldgblox@comcast.net)  
[in2gr8ed.org](http://in2gr8ed.org)

Registration	
Module & Session: _____	
Name: _____	Phone: _____
Email: _____	
Past BAVX experience? _____	
Mail to: IN2GR8ED, 739 K Street, Rio Linda, CA 95673	