

## Bal-A-Vis-X - Balance, Auditory/Vision Exercises



PRESENTED BY

**Cheri Johnson, MED, OT/L & Jana Layne Johnson**



SERIES SESSIONS

| Date              | Time              |
|-------------------|-------------------|
| November 04, 2021 | 8:30 AM - 4:00 PM |
| November 05, 2021 | 8:30 AM - 4:00 PM |



LOCATION

**TBA - to be announced**

**FEE**

**\$200.00**

**QUESTIONS?**

Contact Us:

[northwest@aplc.ca](mailto:northwest@aplc.ca)  
[780-882-7988](tel:780-882-7988)

**REGISTER ONLINE**

Visit our website to register:

[northwest.aplc.ca](http://northwest.aplc.ca)

### Learning Opportunity

Bal-A-Vis-X is a series of Balance / Auditory / Vision eXercises of varied complexity, most of which are deeply rooted in rhythm similar to the flow of a pendulum. These exercises require full-body coordination and focused attention and promote multi-sensory learning activities including tactile, kinesthetic movement interventions that can accelerate the development of functional vision skills necessary for a child's learning environment.

This two day session offers a wide range of hands-on practical strategies and tools for school classrooms, and home programs, to significantly strengthen attention span, focus, listening, eye-hand coordination, balance, self confidence, self regulation and social skills to increase school success. Included are hands-on activities that support reading, writing and math that are dependent on key visual perceptual skills.

Everyone benefits from brain and body integration exercises. Individuals with physical and learning disabilities, including ADHD/ADD, Autism Spectrum Disorders, Traumatic Brain Injury, Stroke, Cerebral Palsy, Down Syndrome, Trauma, Mental and Emotional Disorders as well as typically developing children can utilize these exercises in order to optimize learning.

Check out Bal-A-Vis-X on YouTube at: <https://www.youtube.com/watch?v=lbycEaGnrpo>

and [NWBAVXGRP.ORG](http://NWBAVXGRP.ORG) for more information.

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### Presenters

**Cheri Johnson, MED, OT/L**

## Picture

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Cheri has 35 years experience as an Occupational Therapist with her Masters in Early Childhood Education. She has experience with traumatic head injuries in the pediatric and adult population. She also has experience working as an Occupational Therapist in mental health. Cheri currently works in the school setting part time, addressing cognitive and physical disabilities. She has been using Bal-A-Vis-X in the school setting for 15 years with special education/ general education students, development of Bal-A-Vis-X Assistant Instructors, teachers and Adult Trainings for Level I, II and Adaptive Bal-A-Vis-X. She is the owner of the NWBAVX Center since 2016. Cheri also runs a Bal-A-Vis-X program weekly for the Best program in Spokane, working with children with emotional dysregulation.

Jana Layne Johnson

## Picture

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Jana has over 30 years administrative experience and 9 years teaching. She first learned about BAVX through Cheri Johnson, her sister, several years ago while Jana was serving in China. For the past three years her son has been involved in BAVX to help with his attention in school and to improve his reading abilities. He assists Jana and Cheri at the NW BAVX GRP Center. Jana has attended multiple trainings with Bill Hubert and Cheri Johnson and loves hearing the stories of how BAVX has improved and changed the lives of those who are in the process of working with BAVX.

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## Registration Notes

Books and DVD's will be available to purchase at the end of a training session.



Supporting every educator  
in every classroom