

Bal-A-Vis-X Training

2-Day Foundational and Intermediate Training



What is Bal-A-Vis-X (BAVX)? It is **PATTERNED, REPETITIVE, RHYTHMIC MOVEMENT**.

The exercises utilize sandbags and racquet balls and are deeply rooted in rhythm. Each exercise is based on precise physical technique that can be learned by those of all abilities and ages. *"Bal-A-Vis-X supports trauma informed care by providing a patterned, repetitive and rhythmic sensory experience."* Meagan Baldwin, Practitioner/Trainer

When: July 17 & 18, 2023 from 8:30-5:30. Sign in begins at 8:00am each day.

Where: Wethersfield High School, 411 Wolcott Rd., Wethersfield, CT 06109

Who is it for: Teachers, OTs, PTs, SLPs, social workers, parents/caregivers

What is the cost: \$290.00

What is included: Certificate of attendance indicating 16 hours of instruction, illustrative book, 4 sandbags and 6 racquet balls.



Instructor: Meagan Baldwin, www.heartlandbavx.com

Meagan Baldwin is also an educator in Wichita, KS. She is the facilitator of the Reset and Return room, a space designed to promote regulation for students and staff. She is sanctioned by Bill Hubert, BAVX founder, to provide both on site and virtual coaching.

To register and pay please use the following link: [2 Day BAVX Training July 17 & 18, 2023](https://www.heartlandbavx.com/2-Day-BAVX-Training-July-17-18-2023)

Note: Wethersfield School employees should register through Central Office.



This training will allow you to **immediately implement** the exercises with your students/clients

Registration is limited to the first 40 participants

For those interested, following the training, a **free** monthly study group for 6 months will be led by Debbie Wilkinson, Practitioner. Location in CT to be determined.

For more information contact: Debbie Wilkinson at: debodellwilkinson@gmail.com or debbie@bavxct.com