

## **Presenter**

Emily Eisen is a licensed Educational Consultant/Kinesiologist/Brain Gym® Instructor, Bal-A-Vis-X Instructor, and a Smart Art Instructor, serving the Long Island multi-generational community. In 2004, after teaching for 34 years, Emily created Brainworks Plus, her educational center offering a varied curriculum of in-service courses, professional trainings, workshops and private consultation/remediation sessions. Her work/play addresses improving brain function through movement, exercises and whole brain games. Brain Gym®, founded by Dr. Paul Dennison and Gail Dennison, is being successfully utilized in over 90 countries for more than 20 years. Bal-A-Vis-X, founded by Bill Hubert, is in its tenth successful year of use internationally as well. Emily's ability to use these learning strategies has now branched out to Long Island school districts, Senior Centers, Teaching Centers, Recreational Programs, New York State Park and Recreation Society, colleges, arts/theater/athletic groups and Community/Library programs all over Long Island.

Using these brain-body connection fitness approaches has helped children, teens, adults, families, and seniors improve the quality of their life. Individuals of all ages with learning, sensory integration, coordination and emotional challenges are facilitated to improve their learning ease, energy, and eagerness for improved learning, satisfying achievement, enhanced self-esteem, and confidence.

## **Agenda**

**8:00-8:30**

**Registration & Extended Breakfast**

**8:30-10:00**

**What is Brain Gym?**

- **Noticing/Assessing**
- **The Triune Brain**
- **Midline/Midfields**
- **Learn States and Learning Gears**

**10:00-11:00**

**The Role of Movement as it relates to the Brain and Speech and Hearing**

**11:00-12:00**

**The Balance Process**

**Getting in P-A-C-E**

**Practicing the Balance Process**

**12:00-1:00**

**Brain Gym® Exercises/Application**

- **Anchoring**
- **Homeplay**

**1:00-2:15**

**What is Bal-A-Vis-X?**

- **Brain Dominance Assessment**
- **The Role of the Vestibular System in Auditory-Visual Processing**

**Introduction to using the Apparatus: Bag and Ball Exercises**

**2:15-2:30**

**Questions and Answer Session**

I plan to attend the Saturday, July 18, 2009 LISHA workshop: "Basic concepts and exercises of Brain Gym & Bal-A-Vis-X."

## **Print Information Clearly**

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone# \_\_\_\_\_

Email \_\_\_\_\_

## **Please check one:**

LISHA Member- \$125.00

LISHA Student Member- \$75.00

New LISHA member\*- \$175.00

New LISHA Student Member\*- \$100.00

(\* includes 2008 LISHA dues)

## **Extended Breakfast Included**

## **Make check payable to LISHA**

Amount enclosed: \_\_\_\_\_

## **Return registration with payment to:**

**LISHA**

**P.O. Box 133**

**Mastic Beach, New York 11951-0133**

[info@lisha.org](mailto:info@lisha.org) for further information.

**Registration is First Come, First Served!**

**No onsite registration!**

**LISHA Members can confirm workshop registration on line at [www.lisha.org](http://www.lisha.org)**

**Refunds with 48 hours notice ONLY.**

## Overview

This 6 hour program will introduce you to the basic concepts and exercises of Brain Gym® and Bal-A-Vis-X.

The premise of Brain Gym® exercises is that specific body movements, (many modeled after early one year old developmental movements) activate dormant or non-existent neural connections in the brain. Basic information about the brain regions and their functions, the effects of stress on learning, midlines/midfields, learning states/learning gears, getting in P-A-C-E (the 4 step learning readiness warm-up exercises), the Balance process, the importance of rhythm and eye tracking, assessment tools, applications, and play will be part of this highly interactive, hands-on program.

The purpose of Bal-A-Vis-X (Balance-Auditory-Visual-eXercises=BAVX) is to cross multiple midlines with a steady rhythmic beat. Since 90% of traditional learning is by Speech or Vision (hearing and focusing), BAVX is designed to activate keen hearing/listening and the ability to focus, place one's focus and move one's focus, essential functions necessary for the exchange and comprehension of information. Using sand-bags and racquet balls while standing on balance boards, we will go through a series of basic exercises to experience the profound and enjoyable benefits and applications of BAVX.

## Learning Objectives

### **PARTICIPANTS WILL:**

- 1-Describe how the Triune Brain works in terms of midlines and the effect of an imbalance of brain activity on speech and language and listening (for encoding, decoding and comprehension).
- 2-Explain the effect and the role that movement plays on the cerebral cortex sensory-motor, speech and language regions for learning, performing and daily life activities.
- 3-Discuss Learning States, both integrated and un-integrated, assessment approaches and exercise recommendations for restoring neural connections specifically for speech/language and listening.
- 4- Demonstrate how to get in P-A-C-E, the four Brain Gym® Learning Readiness Exercises for preparing the brain to be Positive-Activated-Clear Thinking and Energized.
- 5-Analyze the Bal-A-Vis-X program in terms of how the exercises assist the client to cross multiple midlines with a steady rhythmic beat and the resulting effects on sound discrimination for speech and listening and visual focus for sight and sounding tasks.


## Directions

Coming from East:

SOUTHERN STATE PKWY/SOUTHERN PKWY W.  
Merge onto WANTAGH PKWY N/WANTAGH STATE PKWY via exit number 27N toward WESTBURY. Take the exit W2 W toward OLD COUNTRY RD. Turn SLIGHT RIGHT onto DUFFY AVE, Turn RIGHT onto OLD COUNTRY RD. Turn LEFT onto CARMAN AVE EXT/CARMAN AVE. Continue to follow CARMAN AVE. Turn RIGHT onto STEWART AVE. Turn SLIGHT RIGHT onto THE PLAIN RD. End at 718 THE PLAIN RD WESTBURY NY. PROCEED TO LARGE PARKING AREA AT CENTER

Coming from West:

LONG ISLAND EXWY/I-495 E Merge onto NORTHERN PKWY E via exit number 38 toward MEADOWBROOK PKWY. Take the POST AVE exit- 32- toward WESTBURY/OLD WESTBURY. Take the ramp toward WESTBURY. Turn SLIGHT RIGHT onto POST AVE. Turn LEFT onto OLD COUNTRY RD. Turn RIGHT onto WESTBURY RD. WESTBURY RD becomes VALENTINES RD. Turn SHARP LEFT to stay on VALENTINES RD. VALENTINES RD becomes THE PLAIN RD. End at 718 THE PLAIN RD WESTBURY NY. Proceed to large parking area at center.

 <p>APPROVED PROVIDER ASHA CONTINUING EDUCATION AMERICAN SPEECH-LANGUAGE-HEARING ASSOCIATION</p>	<p>The Long Island Speech-Language-Hearing Association is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.</p>
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**This course is offered for .6 ASHA CEUs (Intermediate level, Professional area).**

**The new ASHA CEU form requires that you provide your ASHA Account Number.**

**Long Island Speech-Language-Hearing Association**

## **Long Island Speech-Language-Hearing Association**

**Proudly Presents:**

## **Basic Concepts and Exercises of Brain Gym & Bal-A-Vis-X**

**Presenter:**

**Emily Eisen, M.Ed.,-Brainworks**

**Saturday**

**July 18, 2009**

**Registration: 8:00 a.m.**

**Conference: 8:30 a.m. -2:30 p.m.**

**.6 CEUs offered**

**Location:**

**Campo Salisbury Center  
718 The Plain Road  
Westbury, New York 11590**