



CENTER FOR LEARNING  
Through Rhythm *and* Movement

# Educational Kinesiology

## BRAIN GYM<sup>®</sup>, Bal-A-Vis-X



Balancing **Body/Mind/Emotions** Receiving  
**SCHOOL/WORK/SPORTS/PLAY/SOCIALIZATION/LIFE** with more integration & **EASE**

### Brain Gym:

Appropriate for all ages and aimed towards those who have mild to severe learning, behavior, and/or movement challenges. Brain Gym is also for adults with dyslexia and Executive Dysfunction eFTD. Brain Gym provides improvements to physical coordination, athletic skills, mental comprehension and focus, emotional balance and calmness, social, academic, and overall Fulfillment and Success. These are achieved through simple movement and touch that are playful and easy with profound results. It also enhances adjunct therapies like tutoring, OT, PT, Chiropractic, Special Education, and home life.

### Bal-A-Vis-X:

These exercise routines are specifically aimed towards linking both the mind and body using mid-line crossings in three dimensions using rhythm, movement, and sound. Usage of sand-filled bags, balls, Bal-A-Vis-X balance boards are also used. The exercises can range from simple to complex. It promotes self challenge and also peer teaching which often leads to friendship development.

Scan or visit <http://www.techaide.org/cltrm/> for how you can get started

Call Richard Bole  
(586) 566-8883

Center for Learning Through Rhythm and Movement is a 501(c)(3) charitable organization that seeks solutions to help those who cannot afford training and brings awareness to the community. All contributions are tax-deductible in accordance with IRS regulations.



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We respect your privacy.

Center for Learning Through Rhythm and Movement  
Located in the Shelby Martial Arts Academy  
50400 Schoenherr Road, Shelby Township, MI 48315, USA.