

FOR IMMEDIATE RELEASE

August 24, 2009

CONTACT: Marla Hanan, Waldorf School of Princeton
609-466-1970 x121, mhanan@princetonwaldorf.org

Waldorf School Hosts Summer Bal-A-Vis-X Workshop

The Waldorf School of Princeton at 1062 Cherry Hill Road in Montgomery, recently hosted a Bal-A-Vis-X training designed to improve focus, memory, coordination and rhythm. The program's founder, Bill Hubert, conducted the training for over 30 participants from Indiana, Texas, New York, Pennsylvania and New Jersey. The attendees included parents, teachers, physical therapists and people who work with the elderly and special-needs children. All participants learned techniques such as bouncing racquetballs, standing on balance boards and throwing bean bags.

Bal-A-Vis-X founder Bill Hubert was an educator for over 30 years, and during that time he began to notice characteristics common to students with learning difficulties. Determined to help these students, he worked with reading specialists, brain specialists, physical therapists, ophthalmologists, psychologists, and even a juggler to develop the Bal-A-Vis-X® program.

Montgomery educator, Susan Niedt, plans to implement a Bal-A-Vis-X® component in her work with children with Down Syndrome. "It would be great if every teacher learned to do Bal-A-Vis-X®!"

Local participants plan to meet monthly at the Waldorf School to practice what they've learned and advance to the next level of exercises. People interested in learning more about Bal-A-Vis-X can visit <http://bal-a-vis-x.com>.

-more-

Waldorf School of Princeton is one of over 1,000 schools worldwide that provide a Waldorf Education. Waldorf Education offers students a true interdisciplinary curriculum that includes music, storytelling, drama, handwork, painting, drawing, gardening and movement. For more information about Waldorf School of Princeton, visit www.princetonwaldorf.org.