

Bal-a-vis-x



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What is bal-a-vis-x? It is a fun game that has been around since 1975 and was developed by Bill Hubert. Bal-a-vis-x consists of rhythmic balance, auditory and visual exercises. This fun challenge is good for brain and body integration.

Bal-a-vis-x comprises a series of 300 exercises most of which are done with small bags filled with rice or racquet balls. It enables the whole mind and body system to experience the symmetrical flow of a pendulum. This is deeply rooted in rhythm.



What is it good for?

- ✚ Focused attention
- ✚ Demands cooperation
- ✚ Promotes self-challenge
- ✚ Fosters peer teaching
- ✚ Good for all ages
- ✚ Improves memory and sharpens your mind, and thus a natural secret to optimum brain health.
- ✚ Also, a lot of laughing out loud.
- ✚ Therefore, sheer fun!!!

Bert Knopjes has started a Rotary project at Bronberg Retirement Village to help residents of the Frail Care Centre and also residents from the houses and apartments to improve their coordination and skills while they interact and have fun. The trainer is Kyle Garrett, a wonderful young Christian pastor with a bubbly sense of humour.

Every Thursday at 09:00 the residents have a session at the Frail care centre and afterwards a 30-minute challenge of fun and extremely loud laughs at the Village hall. Everybody loves the vibe doing the brain exercises, laughing together passing beanbags or balls.