

Saturday, April 2, 2022

Balance & Stability for Hypermobility & EDS: Online Workshop

Company: Balance Arts Center

Venue: Zoom

Location: New York, NY

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This online workshop, for those with EDS & Hypermobility, will guide students towards improved proprioception, coordination, and help find a better relationship to gravity. By exploring these strategies one can find better overall balance enabling you to negotiate your daily activities with more ease and less pain.

This workshop runs April 2nd from 2-3pm EST and takes place on Zoom.

Class will include:

- Guided awareness exercises
- Activities to assist your coordination and build proprioception
- Safe, simple movements that address students' concerns
- An emphasis on learning and embodying adapted principles of the Alexander Technique

This workshop is led by Ann Rodiger, who lives with EDS.

Class Series Fee: \$20

Registration is required at: balanceartscenter.com/class

Balance Arts Center
151 W. 30th St, 3rd Floor
New York, NY, 10001
6468125390
<http://balanceartscenter.com/class>

Schedule
April 2, 2022: 2:00pm

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