

Saturday, December 6, 2025

Hypermobility & EDS: Strategies For Stability & Coordination - Online Workshop

Company: Balance Arts Center

Venue: Balance Arts Center

Location: New York, NY

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This online workshop, for those with Hypermobility & EDS, 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 is online only and will take place via 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

Class will meet online on 12/6 from 2:00-4:00pm ET.

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

Workshop Fee: \$85

Registration is required at balanceartscenter.com/class.

Balance Arts Center
151 W 30th St 3rd floor
New York, NY, 10001
646-812-5390
<http://balanceartscenter.com/class>

Schedule
December 6, 2025: 2:00pm

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