

Saturday, October 26, 2024

## Introduction to the Alexander Technique and EDS - Free Workshop

Company: Balance Arts Center

Venue: Balance Arts Center

Location: New York, NY

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This free workshop offers an introduction to the principles of the Alexander Technique and how they relate to your hypermobile condition. You'll discover how you think about yourself and how your thinking affects your movement, balance, and management of pain. This session will include theory and experience to help you explore your own self agency. Bring your mobility aids and receive tips about how to use them.

This class is led by Ann Rodiger, who lives with EDS, and is the Founder & Director of the Balance Arts Center in New York City. All ages and EDS/HSD types are welcome.

Saturday, October 26th from 2-4:30pm.

Registration is required at: [balanceartscenter.com/class](http://balanceartscenter.com/class)

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

Schedule  
October 26, 2024: 2:00pm

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