

April, 1-22, 2020

Strategies for Stability & Coordination An EDS & Hypermobility 4 Class Series

Company: Balance Arts Center
Venue: Balance Arts Center
Location: New York, NY

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This 4-class series, 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.

Class will include:

- Guided awareness exercises
- Gentle hands-on work 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
- Individual attention, we value a high teacher to student ratio

This class series is led by Ann Rodiger, who lives with EDS, and is assisted by Balance Arts Center Faculty. All faculty have been trained to work with the EDS/HSD community.

For information & registration visit: [balanceartsat.com/descriptions](https://www.balanceartsat.com/descriptions)

Balance Arts Center
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Schedule
April 1, 2020: 6:00pm
April 8, 2020: 6:00pm
April 15, 2020: 6:00pm
April 22, 2020: 6:00pm

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