

Monday, September 5, 2022

## EDS & Hypermobility: Strategies For Stability & Coordination - Online 4 Class Series

Company: Balance Arts Center

Venue: Zoom

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. This class series will take 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

Class will meet on Zoom 9/21, 9/28, 10/12, and 10/19 from 6-7pm EST.

**Please note: there is no class on Wednesday 10/5!**

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

Class Series Fee: \$100

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

Balance Arts Center  
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Schedule  
September 5, 2022: 8:00pm

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