

Tuesday, November 25, 2025 - Monday, March 2, 2026

Hypermobility & EDS: Strategies For Stability & Coordination - Online & In Person 2 Class Series

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

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This 2-class series, 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 class series will take place online via Zoom and in person at the Balance Arts Center in NYC, NY.

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 2/23 & 3/2 from 6:00-7:30pm ET.

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

Class Series Fee: \$100

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
November 25, 2025: 8:00pm
February 23, 2026: 6:00pm
March 2, 2026: 6:00pm

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