

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](http://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

[< back](#)

[previous listing](#) • [next listing](#)