

October, 24-26, 2025

Hypermobility & EDS for Alexander Technique Teachers & Somatic Practitioners

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

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Working with individuals with hypermobility as Alexander Technique Teachers and Somatic Practitioners requires special consideration and awareness. This workshop provides information for Alexander Technique Teachers and other Somatic Practitioners to understand the full spectrum of hypermobility including Ehlers Danlos Syndromes (EDS). We will learn to work with those living with hypermobility and present concepts and a vocabulary that guides the student toward self agency. Most importantly the workshop will include an approach to teaching hands contact and guidance that is helpful to the student's learning.

In this workshop you will learn:

What hypermobility and EDS are.

How to recognize hypermobility in your students.

Helpful dialogue skills for working with hypermobile students.

Nuanced approach to teaching hands-on work.

Helpful resources for yourself and your students.

Tuition: \$300

Registration is required at balanceartscenter.com/atteachers

Balance Arts Center
151 W 30th St 3rd floor
New York, NY, 10001
646-812-5390
<http://balanceartscenter.com/atteachers>

Schedule
October 24, 2025: 6:30pm
October 25, 2025: 10:00am
October 26, 2025: 10:00am

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