

Saturday, November 1, 2025

## Hypermobility and EDS for Alexander Technique Teachers & Somatic Practitioners - Online Workshop

Company: Balance Arts Center

Venue: Zoom

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 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.

This online workshop will be led by Ann Rodiger, who lives with EDS, and is the Founder & Director of the Balance Arts Center in New York City. Please bring your questions and experiences of working with this population to the workshop.

Workshop Fee: \$100

This workshop takes place on Zoom.

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

Balance Arts Center  
151 W 30th St 3rd floor  
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Schedule  
November 1, 2025: 2:00pm

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