

FOR AUDIENCES

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Sunday, October 24, 2021

Mind and Mend Your Hips: In Person Hip Health Workshop

Company: Balance Arts Center

Venue: Balance Arts Center

Location: New York, NY

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In this workshop you will learn about hip health and how to prevent, manage, and recover from various hip ailments. This experiential workshop will provide an in-depth understanding of the functioning of our hips as well as strategies for movement and coordination that promote recovery and ease. You will benefit from a new look at how you sit, stand, walk, and move! Please bring your own interests and concerns about your hips to this workshop. This workshop is led by Ann Rodiger, Alexander Technique teacher and author of Mind & Mend Your Hips.

This workshop is for you if you are:

- Experiencing hip mobility issues or pain
- Considering surgery
- Are planning hip surgery
- Are post surgery and in a recovery phase
- Curious to learn about hip health

In this workshop you will learn:

- How your whole body contributes to your hip health
- Basic anatomy of the hip
- Movement sequences that promote hip health and provide stability
- Ways to navigate pain management
- How to work with mobility aids
- Resources for prevention and recovery from hip surgery

Sunday, October 24th 2-4pm EST

Workshop fee: \$45

Registration is required at: balanceartscenter.com/class

Balance Arts Center
151 W. 30th St, 3rd Floor
New York, NY, 10001
6468125390
<http://balanceartscenter.com/class>

Schedule
October 24, 2021: 2:00pm

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