

September 22 - October 13, 2021

## Strategies for Stability & Coordination: An EDS & Hypermobility Online & In Person 4 Class Series

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

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This 4-class series, for those with EDS & Hypermobility, 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. You can join online via Zoom or come in person at the Balance Arts Center!

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

September 22nd, September 29th, October 6th, and October 13th from 6-7pm EST.

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  
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<http://balanceartscenter.com/class>

Schedule  
September 22, 2021: 6:00pm  
September 29, 2021: 6:00pm  
October 6, 2021: 6:00pm  
October 13, 2021: 6:00pm

[< back](#)

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