



Mind-Body Strategies for Hypermobility and Chronic Pain



Four class series will be held Fridays at 1:30 p.m.

The Mindfulness Center
4963 Elm St #100, Bethesda, MD 20814
301-986-1090

November 4th

Intro to basic principles of mindfulness, yoga and biology of hypermobility. Includes a 10 min. chair yoga demo.

November 11th

Practicing yoga safely with hypermobility. Instruction on positions and modifications for the hypermobile. 20 min gentle flow practice.

November 18th

Mind-Body strategies for hypermobility. Discussion on Dr. Francomano's NIH study on mindfulness for hypermobility and John Kabat-Zinn's mindfulness program. 30 min meditative restorative yoga practice.

December 2nd

Vinyasa Flow for hypermobility and chronic pain - 60 min class. Vinyasa flow yoga for hypermobility and chronic pain is a quicker paced, yet restorative practice. We will be moving the entire class.

Classes are FREE of charge and open to all levels.
Questions? Contact Kendra at Info@edswellness.org

About the Instructor - Kendra Neilsen Myles

Kendra Neilsen Myles holds a BS in Public Health from the University of Maryland. She was diagnosed with Ehlers-Danlos syndrome (EDS) after the birth of her first child. Kendra strived to learn about her illness as she focused on regaining her strength and health. During this time, Kendra founded EDS wellness, a non-profit organization focused on organizing integrative health & wellness events and conferences, and on disseminating health education resources and materials for those living with heritable disorders and diseases of the connective tissue, and related chronic illnesses. Kendra is currently completing RYS 200 Yoga Instructor Training.

