



EDS ECHO FUNDAMENTALS OF THE INTEGRAL MOVEMENT METHOD

JEANNIE DI BON

The **EDS ECHO Fundamentals of the Integral Movement Method** (IMM) is a paid course for healthcare professionals wishing to learn more about movement strategies that can be implemented in their own practice.

Facilitated and taught by **Jeannie Di Bon**, the course will encourage you to learn from others and share clinical experience and methods in Movement Therapy, increasing your confidence and ability to work safely and effectively with EDS and HSD clients.

The course is suitable for healthcare therapists worldwide, working in physical therapies and seeing clients with EDS or HSD, including, for example, physiotherapists, osteopaths, Pilates teachers, yoga instructors, and personal trainers.

The course is composed of nine sessions, and each session is two hours in length and uses the Zoom platform.

The course costs \$500 USD per participant, which includes 18 hours of teaching plus course materials, care plan assessment, 18 Category 1 Continuing Education (CE) credits, certificate of completion, and inclusion on a network directory of therapists upon successful completion of the course.



“Excellent training, start to finish, well planned and resourced. Jeannie is a fantastic teacher, sharing her knowledge and understanding was a privilege, along with the input from the other delegates.”

“Great course! I am SO grateful for this program and that Jeannie was willing to share her very specialized knowledge with all of us around the world.”

“I loved the multiple methods of learning. Lectures as well as movement lab and case study discussion.”
“It is some of the best training I have attended in my career.”

“The course was great. There was lots of techniques, information, papers and expertise that I hadn't come across before which was refreshing. The cohort was great and there were some brilliant peer to peer learning moments too.”

SESSION TOPICS

Mondays at:
5pm - 7pm London (UK Time) /
12pm - 2pm Eastern Time (US & Canada)*

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| • Introduction to the IMM – Why We Need a Strategy | Sept 11, 2023 |
| • Pain Mechanisms in Hypermobility and How to Manage These | Sept 18, 2023 |
| • Step 1 – Breathing Patterns and understanding Dysfunction | Sept 25, 2023 |
| • Step 2 – The Importance of Relaxation Techniques | Oct 23, 2023 |
| • Step 3 – Building Proprioception | Oct 30, 2023* |
| • Step 4 – A New Approach to Stability | Nov 6, 2023 |
| • Step 5 – Introducing Balance | Nov 27, 2023 |
| • Step 6 – Integrated Posture | Dec 4, 2023 |
| • Integration – Bringing it Together to Build a Safe, Effective Strategy | Dec 11, 2023 |

*5pm–7pm London (UK Time) /
1pm–3pm Eastern Time (US & Canada)

HOW TO REGISTER



For more information, please visit our dedicated **EDS ECHO Fundamentals of the Integral Movement Method (IMM)** course [web page](#).

If you would like to register for a place on the **EDS ECHO Fundamentals of the Integral Movement Method (IMM)** course, please complete the [registration form here](#).



For all queries regarding the course, please email us at echo@ehlers-danlos.com

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