

## **EDS ECHO**

# FUNDAMENTALS OF THE INTEGRAL MOVEMENT METHOD

# JEANNIE DI BON

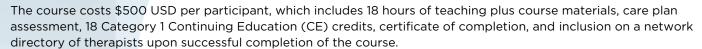
## The EDS ECHO Fundamentals of the Integral Movement Method

(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 <u>Jeannie Di Bon</u>, 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.





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)\*

<ul> <li>Introduction to the IMM -</li> </ul>	Sept 11, 2023
Why We Need a Strategy	

- Pain Mechanisms in Hypermobility Sept 18, 2023 and How to Manage These
- Step 1 Breathing Patterns and Sept 25, 2023 understanding Dysfunction
- Step 2 The Importance of Oct 23, 2023
  Relaxation Techniques
- 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-3:pm 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

ehlers-danlos.com/echo