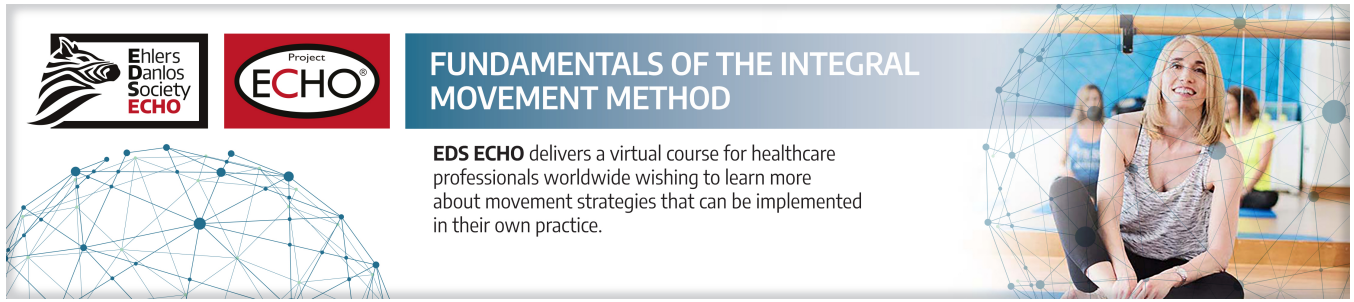




EDS ECHO Fundamentals of the Integral Movement Method (IMM)

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 learning objectives of the course are:

- To understand how a Movement Therapy method is effective.
- To learn movement strategies that can be implemented in the participants' own practice.
- To gain confidence in assisting people with EDS and HSD with exercise.

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.



More Information
& to Register



ehlers-danlos.com/echo



Contact Us

Course Schedule - IMM7:

Session	Session Topic	Date and Time Mondays at: 6pm – 8pm Sydney / 8pm - 10pm Auckland
1	Introduction to the IMM - Why we need a stagey	September 1, 2025
2	Pain Mechanisms in Hypermobility and How to Manage These	September 8, 2025
3	Step 1 - Breathing Patterns and Understanding Dysfunction	September 15, 2025
Three Week Break		
4	Step 2 - The importance of relaxation techniques	October 13, 2025
5	Step 3 - Building proprioception	October 20, 2025
6	Step 4 - A new approach to stability	October 27, 2025
Two Week Break		
7	Step 5 - Introducing balance	November 10, 2025
8	Step 6 - Integrated Posture	November 17, 2025
9	Integration - bringing it together to build a safe, effective movement strategy	November 24, 2025
	IMM '8-Week Client Program' Submission Deadline	January 12, 2026
Please visit https://www.worldtimebuddy.com or your preferred time zone converter to confirm the correct start time in your location. <i>PLEASE NOTE - Session topics, guest speakers and dates are subject to change.</i>		