

PRUE JEFFRIES CURRICULUM VITAE

PROFESSIONAL SURFING CAREER

Association Of Surfing Professionals (ASP)

ASP World Championship Tour Top 16 Women 1990-2006

ASP Best Raw Rookie Performance 1990 - ASP World #13 at 17/18 years old.

ASP Most Improved 1997

ASP World #6 1998

Margaret River Masters Champion – Quit Women's Drug Aware Pro 1998, Margaret River, Western Australia

Buondi Pro Champion Porto Portugal 1998 Porto, Portugal

Surfing Girl Magazine Pro – Queen Of The Creek, Salt Creek, California 2002 & 2003

Winner multiple PSTA events (Professional Surf Tour of USA) - 2003-2005

Finalist Huntington Beach Pro, Huntington Beach, California

Finalist, Runner-Up Bells Beach Easter Classic, Bells Beach, Australia 1998

ISA World Surfing Games Dual Silver Medalist 2002

SURFING SPORT & INDUSTRY INVOLVEMENT

Co-Founder, Board Of Directors IWS – International Women's Surfing

Co-Creator Elleven Clothing 1998 – 2001

Vice – President Women's World Longboard Championship Event 2006

Writing and Editorial Consultant, Advisory Consultant Action Sports, Health and Travel Publications 1990 – 2023

Founder/Producer Filmmaking Stardust Productions 2003 – 2006

Surf Instructor & International Retreat Organizer – Surfer & Fulcrum Surf 2006 – 2010

Brand Ambassador/Consultant – Elleven Clothing, Hobie Polarized Sunglasses, Gravis, Power Puff Girls – Turner Network, Dakine, Simon Anderson Surfboards, Maurice Cole Surfboards, Donald Takayama Hawaiian Pro Designs

ASP - Association of Surfing Professionals Board Member

SPORTING INTERESTS

Outrigger Canoe Paddling

Na Wahine O Ke Kai, Molokai To Oahu, Hawaii Various Hawaiian Races

Hamilton Island Marathon And Various Races, Australia

CURRENT WORK

Educator water-based retreats & therapy – www.Surftheflow.com

Educator & Therapist - Body of Wonder - www.bodyofwonder.com

Creative Director – Watermarks Arts – www.watermarkarts.org

Founder & Education Director - Naio™ – Holistic Awareness & Somatic Education Process
www.naioprocess.org

HEALTH & BODYWORK TRAINING & TEACHING

Logistics & Teaching – www.Lifeshapes.org

CMT #18409 – Certified Massage Therapist State of California, USA

Structural Integration / Visceral Bodywork – Training/Certification 2006 – 2010

Structural Integration / Visceral Bodywork – Assistant Teacher Certification Training 2007-2008

Massage Training – Reflexology, Swedish Massage, Internal Organs, Foot & Floor Work, Lomi-Lomi, Cranio-Sacral, Soma-Emotional Release 2008 – 2011

Anatomy and Physiology 1, 2 and 3 – AAIAS 2011 – 2013

Musculoskeletal Anatomy – AIAS 2011 – 2013

Bach Flower Essences – AIAS 2011 – 2013

Chemistry - AIAS – 2011 – 2013

Naturopathic Philosophy – AIAS 2011 – 2013

Western Herbalism 1, 2, 3 – AIAS 2011 – 2013

Counseling For Health Professionals – AIAS 2011 – 2013

Practice Management – AIAS 2011-2013

Nutrition Level 1 – AIS 2011-2013

Iridology – AIAS 2011-2013

Mineral Therapy – AIAS 2011-2013

VOLUNTEER ROLES

Volunteer Therapist - Keep A Breast Foundation – KAB Treasured Chest Program 2006 – 2010

Volunteer Therapist - Working with children with various illnesses in the water, and with surfing, including surf therapy dogs such as Ricochet. 2006 - 2016

CRANIOSACRAL THERAPY EXPERIENCE

RCST® Registered Craniosacral Therapist

BCST Biodynamic Craniosacral Therapist

Approved Teacher Biodynamic Craniosacral Therapy

Biodynamic Craniosacral Therapy Association Of North America, USA

www.craniosacraltherapy.org

Biodynamic Craniosacral Therapist Program 11 Modules 2011 – 2014, 700 hours

Biodynamic Craniosacral Therapy Intro Modules 2015 Restoring Resilience – Lifeshapes Institute

Biodynamic Craniosacral Therapy Intro Modules 2013 Healing With Ease – Lifeshapes Institute

Biodynamic Craniosacral Therapy Intro Modules 2014 Breath Of Life – Lifeshapes Institute

Biodynamic Craniosacral Therapy Intro Modules 2013/2014 Restoring Resilience – Lifeshapes Institute

Biodynamic Craniosacral Therapy Advanced Modules 2013 Embryology Of The Heart – Lifeshapes Institute

**Assistant Teacher & Logistics Biodynamic Craniosacral Therapy 11 Modules* 2014 – 2016
(2017) 700+ Hours**

Biodynamic Craniosacral Therapy Intro Modules 2015 Restoring Resilience – Lifeshapes Institute

Biodynamic Craniosacral Therapy Intro Modules 2015 Healing With Ease – Lifeshapes Institute

Biodynamic Craniosacral Therapy Intro Modules 2016 Breath Of Life – Lifeshapes Institute

Biodynamic Craniosacral Therapy Intro Modules 2016 Restoring Resilience – Lifeshapes Institute

Biodynamic Craniosacral Therapy Advanced Modules 2014 Visceral Peritoneal Organs Biodynamics – Lifeshapes Institute

Biodynamic Craniosacral Therapy Advanced Modules 2015 Visceral Peritoneal Organs Biodynamics – Lifeshapes Institute

Biodynamic Craniosacral Therapy Advanced Modules Biodynamics Of Polarity Therapy 2017 – Lifeshapes Institute

Teacher In Training & Logistics Biodynamic Craniosacral Therapy 11 Modules* 2017 – 2019, 700+ Hours

Biodynamic Craniosacral Therapy Intro Modules 2017 Restoring Resilience – Lifeshapes Institute

Biodynamic Craniosacral Therapy Intro Modules 2017 Healing With Ease – Lifeshapes Institute

Biodynamic Craniosacral Therapy Intro Modules 2018 Healing With Ease – Lifeshapes Institute

Biodynamic Craniosacral Therapy Intro Modules 2019 Healing With Ease – Lifeshapes Institute

Biodynamic Craniosacral Therapy Intro Modules 2020 Healing With Ease – Lifeshapes Institute

Biodynamic Craniosacral Therapy Intro Modules 2017 Breath of Life – Lifeshapes Institute

Biodynamic Craniosacral Therapy Intro Modules 2018 Restoring Resilience – Lifeshapes Institute

Biodynamic Craniosacral Therapy Intro Modules 2019 Restoring Resilience – Lifeshapes Institute

Biodynamic Advanced Module – Visceral Biodynamics – 2017 Heart, Rhythm, Breath, And Bones – Lifeshapes Institute

Biodynamic Advanced Module – Visceral Biodynamics – 2018 Peritoneal Organs – Lifeshapes Institute

Biodynamic Advanced Module – Visceral Biodynamics – 2019 Peritoneal Organs – Lifeshapes Institute

BIODYNAMIC CRANIOSACRAL THERAPY INSPIRED PROGRAMS

NATURAL FACIAL REJUVENATION PROGRAM

Assistant Teacher Natural Facial Rejuvenation 5 Day Retreats Level 1 & 2, Casa De Maria, Montecito, California 2015

Assistant Teacher Natural Facial Rejuvenation 5 Day Retreat Level 1 & 2, Stewart Mineral Springs, Mt Shasta, California

Teaching Support For Natural Facial Rejuvenation 2 Day Retreats 2 X 2 Retreats – 2019

RETREAT & WORKSHOP ORGANIZER & LEADER

2011 - 2023 - San Diego, California, Mt Shasta, California, Zion, Utah, Gozo, Malta, Australia - Body of Wonder - www.bodyofwonder.com

EDUCATION & TRAINING PROGRAM DIRECTOR

Craniosacral Practitioner Trainings - 2019 - 2023

Advanced Craniosacral Training Seminars - 2019 - 2023

Introductory Craniosacral Seminars - 2019 - 2023

Body of Wonder Somatic Education and Awareness Seminars - www.bodyofwonder.com

SOMATIC MOVEMENT EDUCATION

Registered Somatic Movement Educator (RSME)

Registered Somatic Movement Therapist (RSMT)

Master Somatic Movement Educator (RSME)

Master Somatic Movement Therapist (MSMT)

International Somatic Movement Educations Therapy Association (ISMETA) - www.ismeta.org

CONTINUUM – Emilie Conrad

CONTINUUM TEACHER

Member Continuum Teachers Association - www.continuumteachers.com

Continuum with Emilie Conrad Movement Pioneer and Teacher 2011 – 2014 (twice weekly)

Continuum post-Emilie Conrad 2014 – 2023 includes Continuum Wellsprings Practitioner Training, Continuum Practitioner Mentoring, Various Continuum Teacher Modules, Continuum Classes, and Workshops 2011 – 2023 with various teachers (14 different ones) originally authorized by Emilie. 2016 – 2023 Annual Somatic Movement Summit, NY – 5 days.

FIRST LIGHT MENTORING

Birthing the Cosmic You, Mentoring Program 2016 with Cynthia Lane, Firstlight Transformations

**11 Modules is a combination of 8 Foundation Modules and Includes 3 Introductory Foundation modules and 1 elective/advanced for 700 hours – all listed below. Listed are extra modules as Teacher Assist or Teacher Trainee that are beyond the 700 Hours required.

FOUNDER – NAIOTM

Founder of Naio™ – holistic life awareness process using somatic education principles.

Education Director for Naio™ International - www.naioprocess.org

