



Holistic Life Awareness Process

# International Practitioner Training



OVERVIEW

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# 1

## WELCOME

I am delighted to be sharing NAIOTM with you. I have spent my whole life immersed in nature, wellness and the transpersonal.

NAIOTM is the result of close to 35 years of exploring, developing and learning. The greatest inspiration for me is nature, and to have a life of meaning that contributes in some way to a better world.

The word Naio came to me whilst in Greece researching an ancestor. I had a profound experience in a small grove of oak trees at Dodona. I hope in some way NAIOTM takes root in you, nourishes your life and the lives of those you touch.

*Prue Jeffries*

Founder & Training Director  
**NAIO**™ Holistic Awareness Process  
The **NAIO**™ International Practitioner Training Program

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**Life is a flowing evolutionary, emergent, and generative process. A dynamic moving expression of indivisible wholeness. We have enfolded within our biology the very wisdom, the wisdom that creates, nurtures, and is life**



# 2

## The Meaning of Naio

Naio is an Ancient Greek verb for “I dwell”, “I abide”, “I inhabit”, this implies a continuing, moving and alive process of embodiment that has a sense of stability and order, to dwell in or abide. How do we come home to the wholeness of life in ourselves?

Language itself can be seen as movement. We move our lips to create sound. Sound is vibration, which is movement. Ancient Greek word roots often have a wholeness or moving meaning within them, a sense of poetry.

Naio can also be translated as implying a fullness and flow, an overflowing fullness. How can we dwell in the overflowing fullness of life?



**How can we dwell in the overflowing fullness of life?**



# 3

## The Holistic Life Awareness Process of NAIO™

NAIO™ is a holistic awareness process using somatic education principles to support well-being. Our personal selves are a microcosm of a macrocosm, a vast cosmic plenum of creative flow. A dynamic wholeness in flux, permeated by an ordering principle, an Open Order. As the earth itself, we are water-based life, in a process of Physis, Ancient Greek for Being and Becoming. The flow of life is a continuous process of becoming, made explicit through our biology; that is the earth, nature and our bodies. Open Order can be conceived as a Matrix, with emergent coherent ordering, that is the bodily expression of being, implicit within the becoming. NAIO™ supports awareness and engagement with this process.

**A holistic life awareness process  
that uses somatic education principles  
to support a greater sense of well-being  
and connection with life.**





# 4

## The Practitioner Role

NAIO™ is not a technique applied to someone. Naio Practitioners procure open awareness and compassionate connection. They use gentle touch to guide clients' engagement of their experiential and sensory capacities. This supports awareness of the polyrhythmic and varietal movements of life - organizing, conducting and maintaining lived experience. The movements are often non-linear, spiral, wave, circular, pulsing, undulating, fluctuating and effulgent. People can encounter a sense of innate flow, spaciousness, relaxation and harmony.

NAIO™ supports movement awareness, self-awareness, self-regulation, co-regulation, creativity, resourcing, reorganizing, and renewal which the underlying flow of life orchestrates.

**Become a practitioner through  
an immersive exploration of  
Bodily-Being & Becoming.**



# 5

## The Benefits of NAIO

Life is an evolutionary, emergent and generative process. NAIO™ honors this by listening and bringing awareness to this process for clients. Doing so supports embodied awareness of the vastness of life. It is a holistic awareness approach to well-being based on the practitioner's soft, listening, gentle touch and awareness of movements that support the client to experience themselves in new, non-habitual and creative ways.

NAIO™ can often induce deep relaxation, a by-product can be the resolution of imbalances. Over time a deepening ability can emerge for better self-regulation and resilience for life's challenges. Through holistic awareness it introduces new ways of sensing, feeling, moving and relating. The experiential learning process transforms our relationship and understanding of the body, movement, life experience and perception in a gentle manner.

**“Upon those who  
step into the same  
rivers, different and  
again different  
waters flow.”**

**- Heraclitus**



# 6

## You as a practitioner?

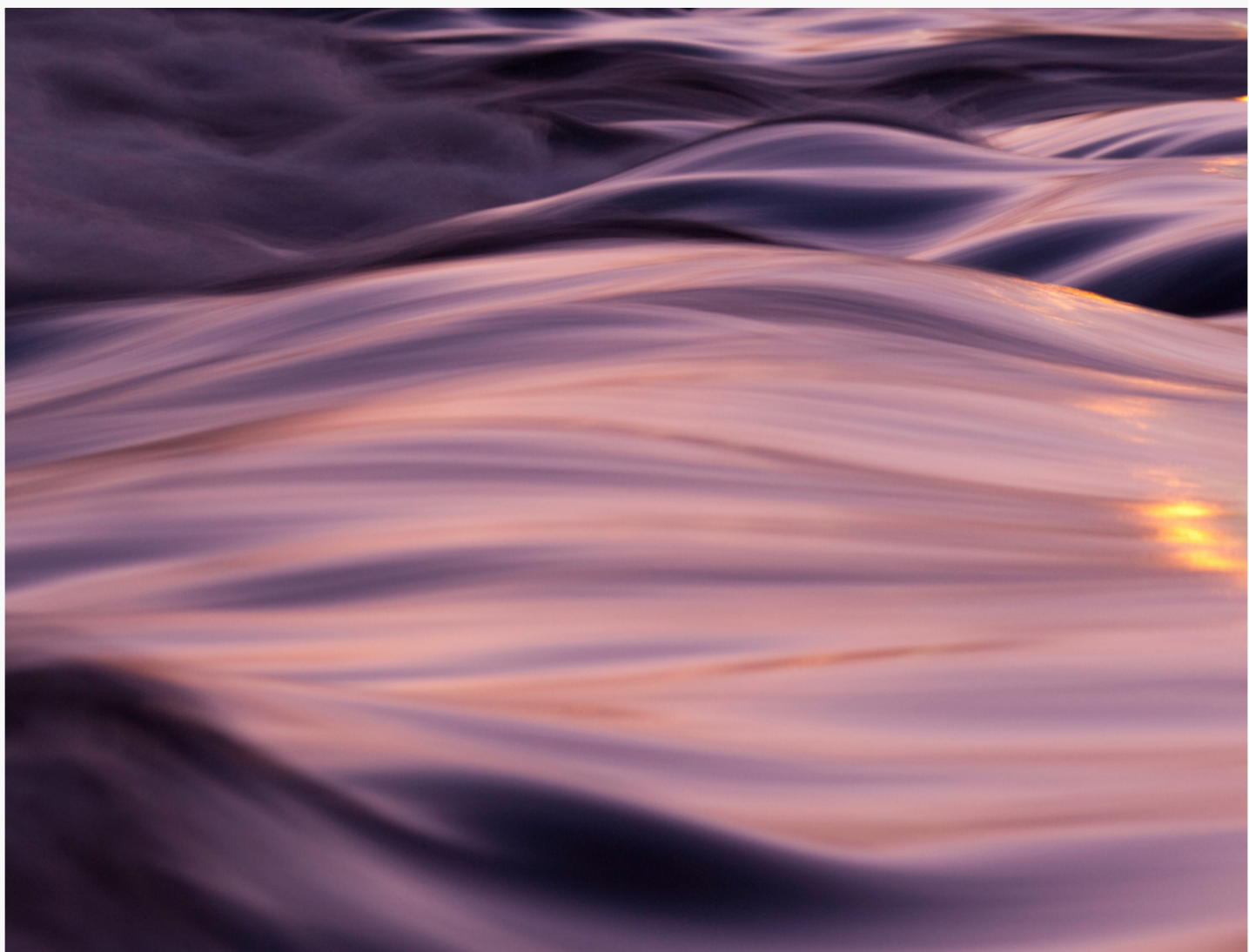
The holistic awareness process of Naio™ as a somatic education profession can be a good choice for people from different life experiences and backgrounds. It is of course important that the process resonates with you, and that you can bring an open heart-mind, capacity for self-reflection and an intention to engage and support others from humility, respecting the individuation, dignity and innate equality gifted to all life. Yet to also acknowledge and empathize that life conditions for many create unequal circumstances in impactful multi-factorial ways.

Each person who enters the training path, brings their unique background to engage the training process. Any experience or training in somatic practices, bodywork or therapeutic professions is not a requirement, but may be helpful in navigating the training experience. Training participants are supported and encouraged throughout the training path to bring out their unique strengths, and to foster areas that are challenges for growth to transform into strengths.

The NAIOTM Practitioner Training can appeal in the following ways.

- A new profession as a NAIOTM Practitioner and Somatic Educator.
- A new approach to incorporate into an existing well-being practice that offers multi-modalities.
- Learning the NAIOTM process to blend with and support your existing profession within legal licensing scopes.
- For personal growth to enrich your own well-being.

**In the flow of life ordering movements emerge to conceive us, to conduct our embryological organization and development, and continue to create and sustain us into the beings we are in every moment in a process of becoming.**



# 7

## The training program director

Prue Jeffries is the founder of NAIOTM holistic awareness process, as well as the practitioner training program director. Since young Prue has had a natural ability for transpersonal experiences and an affinity for wellness. She carried this throughout her career as a professional surfer where she engaged in many holistic approaches to training and self-care over the last 35 years, which she used to support others.

NAIO and the NAIO Practitioner Training are the result of Prue's naturally endowed personal practice and a life time of study, and educating in varied approaches.

She has been described as a warm-hearted, supportive, sensitive and inspiring educator with a down to earth and unassuming approach to sharing NaioTM.



**How we can deeply embrace ourselves as a dynamic emerging process?**

**How can we live as an open experience and infinitely creative continuum?**

**Can we find ways to acknowledge and be with challenging situations by embodying the everyday sublime of our existence?**

- Prue Jeffries



# 9

## Practitioner Training Program Summary

A certification path with 900-hours of instruction for anyone interested in becoming a practitioner of Naio™, a holistic life awareness process.

The 900-hours comprises **six modules** and additional study requirement hours to create a multi-modal delivery.

After completion of the *Basis* module, trainees can select any of the core modules of NAIOTM to complete in any order as early as 18-months, and within a 4-year time period, along with the additional requirements for certification in NAIOTM.

The training path provides an ecosystem for safe and nurtured personal transformation that supports participants in becoming dynamic and grounded practitioners.

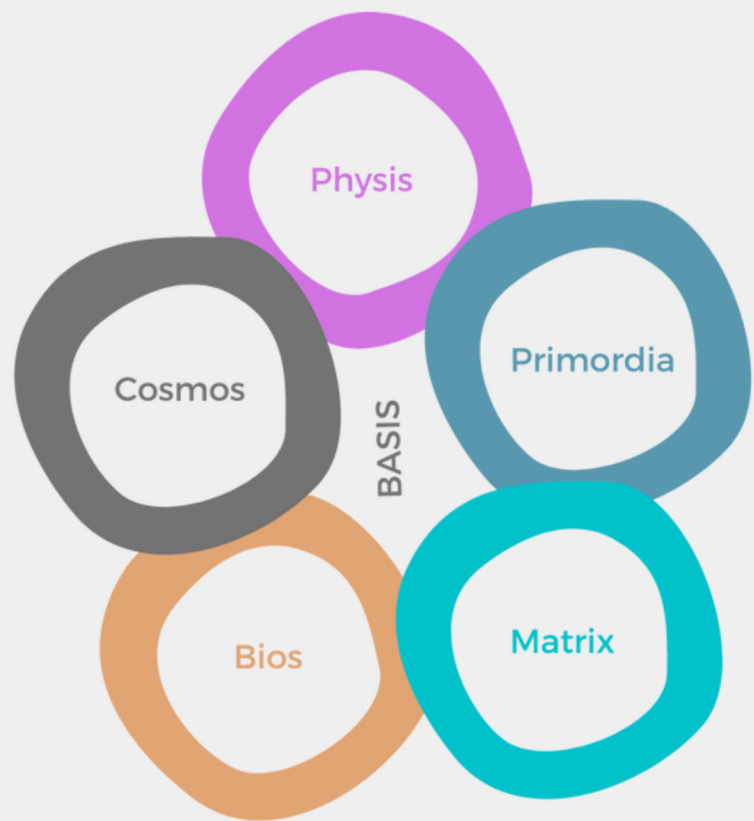
NAIO™ is a non-manipulative touch based awareness process. It acknowledges life as a flowing evolutionary, emergent, and generative process. A dynamic moving expression of indivisible wholeness. Naio™ practitioners support the immanent movement that creates, nurtures, and is life within their clients by using somatic principles to enhance bodily-being and becoming.

Throughout the NAIO™ Practitioner Certification Path, practitioners learn to procure a relationship with the ground substrate of life, its expression as an *Open Order* implicit in life. This serves as a basis for the ability to be perceptive and aware of the various expressions of life ordering as polyrhythmic, emergent and generative movements within their clients.

They learn skills to be present in themselves and their relationships with clients, acknowledging and differentiating the conditional forces and habitual patterns within their client by supporting the many ordering expressions and movements of life that emerge.

Each module consists of **110-hours** of multi-modal study that must be completed before next module is taken.

- **Basis | 110-hours**
- **Physis | 110-hours**
- **Primordia | 110-hours**
- **Matrix | 110-hours**
- **Bios | 110-hours**
- **Cosmos | 110-hours**



**Six Module Schema**

**EACH 110-HOUR MODULE CONSTITUTES  
THE FOLLOWING:**

- **IN-PERSON RETREATS**  
40-hour 5-day in-person retreat.
- **IN-PERSON ONLINE**  
20-hours of in-person online instruction.
- **ONLINE & MATERIALS**  
20-hours of online tutorials, interactive exercises and supportive materials for each module.
- **HOME-STUDY & REFLECTIONS**  
25-hours of home-study per module.
- **PERSONAL SALON**  
2-hours of personal tutoring.
- **GROUP SALON**  
3-hours of group clinic-feedback each module.

**THE COMPLETION OF ALL SIX MODULES  
ACCOUNTS FOR 660-HOURS OF TRAINING**

**ADDITIONAL STUDY AREAS FOR  
CERTIFICATION:**

- 10-hours receiving NAIOTM Sessions
- 150-hours Practice Sessions with Diary
- 30-hours of Somatic Practice Classes
- 40-hours of Case Study Project
- 10-hours Ethics & Business Class

**THE ADDITIONAL AREAS OF STUDY FOR  
CERTIFICATION TOTAL 240-HOURS.**

**THE SIX MODULES 660-HOURS + 240-HOURS  
OF ADDITIONAL STUDY**

**TOTAL**

**900-HOURS REQUIRED FOR PRACTITIONER  
CERTIFICATION.**

# 10

## What will you learn?

On completion of the certification path, participants will summarize and relay the philosophical basis of NAIOTM. They will demonstrate a well developed capacity and ongoing commitment to self-awareness. They will be centered and present - orienting to the immanent ground of life's movements when providing sessions to clients. During sessions they will bring awareness of the space they inhabit at any given moment - their internal and external milieu, physical, emotional, mental, and spiritual layers.

Orienting to the immanent ground substrate of life - dynamic indivisible wholeness, they remain aware of their individuation and that of their clients. They acknowledge the relativity and interdependence of life, and that a shared field is developed within a session between themselves and their client, and the impact such a field can have on both individuals. Practitioners learn to engage their client with compassion and in a state of open awareness, procuring a comfortable relational rapport.

Practitioners have learned to gain consent before initiating any form of touch. They combine sensitive, light touch with perceptual skills to support awareness of the polyrhythmic generative ordering movements immanent to life. They recognize the different expressions of conditioned experience and habitual patterns that could arise when working with clients, and how best to support the clients organism to connect deeply with its own life intelligence to reorganize and resolve the conditioned situation.

Practitioners will have a working knowledge of anatomy & physiology, as it applies within the context of the NAIOTM schema for supporting clients. They will also have a general working knowledge of Anatomy & Physiology as it applies to understanding any challenges a client may have, and what is within a NAIOTM Practitioner's scope of practice and when it may be appropriate to refer to other health professionals.

Practitioners will gain an embodied relationship with the immanent ground substrate of life and its creative, generative, organizing movements and expressions. They will grow an understanding and sensory capacity for wholeness, coherency and the polyrhythmic ordering movements of life, being able to sense, feel and describe them when working with clients.



**Movements of nature are universal motifs, creative potency, swirling to form galaxies and planets, oceans and mountains, birds and flowers – and us.**



# 11

## SCHEDULE & COURSE FEES

Teaching is divided into six modules. All constituents of each module must be completed before enrolling in another module. Modules are often scheduled 2-3 months apart. Trainees can decide their pacing for completion within 4 years maximum. Most people choose the 18 months time frame to complete.

On acceptance into a module or the practitioner program, trainees will receive the link for the online self-paced study portal and materials.

The online in-person classes begin the module, The 5-day in-person retreat is scheduled to follow.

The personal and group salons are scheduled after the 5-day retreat to integrate and support trainees as they progress with the self-paced study requirements.

All other module study is self-scheduled and paced.

Class hours are 50-minutes. The retreat has a lunch break and there are tea breaks also.

The total cost of the  
NAIO™ Practitioner Certification  
Training Program is \$8425.00 USD.

#### Breakdown of Fees:

\$1250.00 per 110-hour module.  
This includes all materials.

\$300.00 non-refundable application  
and acceptance fee.

\$625.00 total cost for 5 NAIO™ sessions.

#### Additional details:

- The the first two modules application fees contribute to the \$300 training application fee. Once accepted into the program, participants no longer pay the per module application fees.
- The cost for receiving a Naio™ session to meet the certification requirements is discounted to \$125 per session.
- Training fees can be paid on a per-module basis. Or a monthly payment plan can be entered into over 12, 18 or 24 months duration.
- Check, cash or electronic payment gateways such as Venmo and Paypal are accepted but incur the additional processing fees.

# 12

## CREDENTIALS OFFERED

### PRACTITIONER CERTIFICATION

At the fulfillment of all requirements for the 900-hour NAIOTM Practitioner Certification Training Program, graduates will receive a *Certificate of Completion Diploma* in the holistic life awareness process of NAIOTM.

They can then apply for membership in the NAIOTM Practitioner Guild and listing as a NAIOTM Practitioner subject to all agreement being met for membership.

### MODULES

Module participants who finish the entirety of the six constituents of each module will receive a *Certificate of Completion* for the module and it's 110-hours.

### ISMETA MEMBERSHIP AND REGISTRATION

Naio International is an Approved Training Program with ISMETA - International Somatic Movement Education Association. NAIOTM Practitioner Training Program graduates can apply for registration with ISMETA as a Registered Somatic Movement Educator and/or Therapist (RSME, RSMT or RSME/T).

Visit: [ISMETA.ORG](http://ISMETA.ORG)

**Open Order is a cosmic generative ordering wisdom that is life giving, affirming, sustaining and evolving. Listening and appreciating the flow of life, can connect us to a deepening sense of being alive.**



# 13

## ENROLLMENT

The following prerequisites are to be met prior to enrollment:

1. Receive two NAIOTM sessions.
2. Complete Basis module.

Once all prerequisites have been completed, you can enroll in the NAIOTM Practitioner Certification Training Program, enrollment entails the following.

1. Fill out and submit the Training Application Form on the website.
2. Submit two personal and professional references.
3. Pay the training application and deposit fee.
4. Interview with the NAIOTM Training Director.
5. When accepted into the program arrangements and payment of the Training Program Fees.
6. Signing of Training Agreement
7. Start your training!

**Our lives are an ongoing journey of discovery, it's a deep honor to share in another person's journey as a guide, to learn with them, and all of life.**





## CONTACT

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