



Holistic Life Awareness Process

International Practitioner Training



OVERVIEW

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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.

While researching an ancestor in Greece, the word "Naio" came to me. I had a profound experience in a small grove of oak trees at Dodona. I hope in some way NAIOTM takes root in you and 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**



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The Meaning of Naio

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

We can view language itself as a form of 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 also implies 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?



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NAIO™ a holistic awareness process

NAIO™ holistic awareness process uses somatic education principles to support well-being. Our personal selves are a microcosm of a macrocosm, a vast cosmic plenum of creative flow. We are a dynamic wholeness in flux, permeated by an ordering principle, an Open Order. As the earth itself, we are water-based life, engaged 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. You can think of Open Order as a matrix of emergent coherent ordering, which is the bodily expression of being, implicit within the process of becoming. NAIO™ holistic awareness process supports awareness and engagement with this process.

**NAIO™ holistic awareness process
uses somatic education principles to foster
a sense of well-being and connection with life.**



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The Practitioner Role

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

NAIO™ holistic awareness process supports movement awareness, self-awareness, self-regulation, co-regulation, creativity, resourcing, reorganising, and renewal that the underlying flow of life orchestrates.

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



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The Benefits of NAIIO holistic awareness process

Life is an evolutionary, emergent, and generative process. NAIIO™ honours this by listening and bringing awareness to this process for clients. Doing so encourages embodied awareness of life's vastness. 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.

NAIIO™ holistic awareness process 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. Holistic awareness 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



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You as a practitioner?

NAIO™ holistic awareness process as a somatic education profession can be a good choice for people from different life experiences and backgrounds. Of course, it's critical that the process resonates with you, that you possess an open heart-mind, the capacity for self-reflection, and the intention to engage and support others with humility while respecting the individuation, dignity, and innate equality that all life possesses. However, we must also recognise and sympathise with the fact that many people's life circumstances lead to uneven situations in complex and multifaceted 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 required, but it may be helpful in navigating the training experience. Throughout the training journey, we support and encourage training participants to discover their unique strengths and transform areas of difficulty into strengths for growth.

The NAIOTM Practitioner Training can appeal in the following ways.

- A new career as a NAIOTM Practitioner and Somatic Educator.
- A new approach to incorporate into an existing well-being practice that offers multimodalities.
- Learn the NAIOTM process to integrate and enhance your current profession within the scope of legal licencing.
- For personal growth to enrich your own well-being.

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



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The training program director

Prue Jeffries is the founder of the NAIO holistic awareness process and also serves as the director of the practitioner training program. Since her early years, Prue has possessed a natural ability for transpersonal experiences and a strong affinity for wellness. She carried this throughout her career as a professional surfer, engaging in many holistic approaches to training and self-care over the last 35 years, which she used to support others.

NAIO holistic awareness process and the NAIO Practitioner Training are the result of Prue's naturally endowed personal practice, a lifetime of study, and education 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 NAIO™ holistic awareness process.

How can we 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



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Practitioner Training Program Summary

NAIO™ International offers a certification path with 900 hours of instruction for anyone interested in becoming a NAIO practitioner.

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

After completing the *Basis* module, trainees can choose any of the NAIO™ training program core modules to complete in any order, as early as 18 months and within a 4-year time period, along with the additional requirements for NAIO™ certification.

The training path creates an environment for safe and nurturing personal transformation that encourages participants to become dynamic and grounded practitioners.

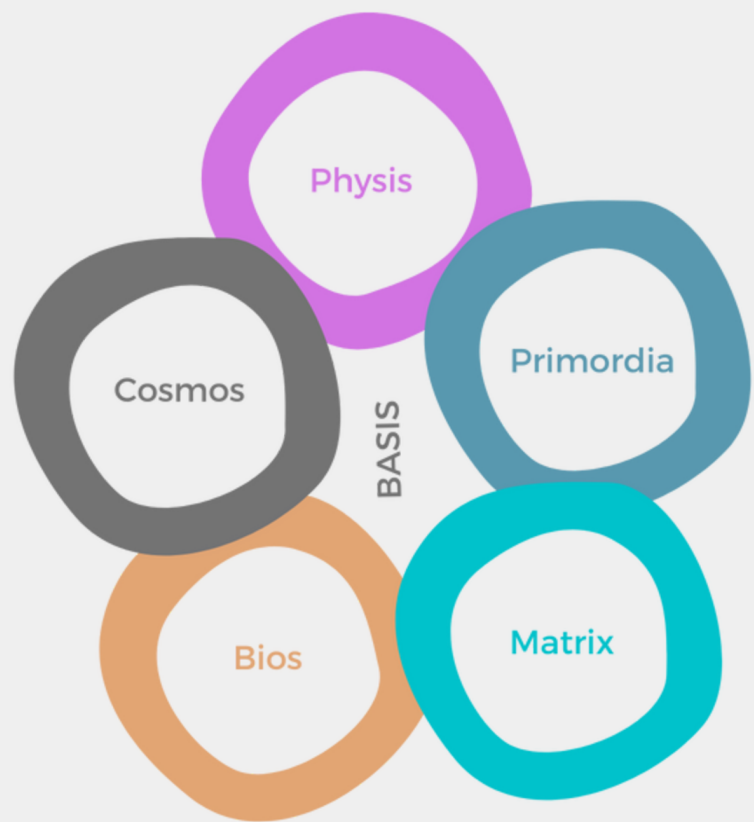
NAIO™ holistic awareness process is a non-manipulative touch-based awareness process. It acknowledges life as a flowing evolutionary, emergent, and generative process. It is a dynamic and moving manifestation of an indivisible wholeness. NAIO™ practitioners support the immanent movement that creates, 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 foundation for the ability to be perceptive and aware of the various expressions of life ordering within their clients, such as polyrhythmic, emergent, and generative movements.

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 Holistic Awareness Process 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.**

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What will you learn?

After completing the certification path, participants will summarize and relay the philosophical basis of NAIOTM holistic awareness process. They will demonstrate a well-developed capacity and ongoing commitment to self-awareness. They will remain centred and present, orienting themselves to the immanent ground of life's movements, while 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 substrate of life—dynamic, indivisible wholeness—they remain aware of their individuation and that of their clients. In a session, they recognize the relativity and interdependence of life, the development of a shared field between themselves and their client, and the potential impact this field can have on both parties. Practitioners learn to engage their clients with compassion and open awareness, resulting in a comfortable relational rapport.

Practitioners have learned to seek consent before initiating any form of contact. They combine sensitive, light touch with perceptual skills to support awareness of the polyrhythmic generative ordering movements that are immanent in life. When working with clients, they recognise the various expressions of conditioned experience and habitual patterns that may arise, and they know how to best support the client's organism in connecting deeply with its own life intelligence to reorganise and resolve the conditioned situation.

Practitioners will have a working knowledge of anatomy and physiology as it applies within the NAIOTM holistic awareness process schema for supporting clients. They will also have a general working knowledge of anatomy and physiology as it applies to understanding any challenges a client may have, 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, organising movements and expressions. When working with clients, they will develop an understanding and sensory capacity for wholeness, coherency, and the polyrhythmic ordering movements of life, as well as the ability to sense, feel, and describe them.

The movements of nature are universal motifs, possessing creative potency, as they swirl to form galaxies, planets, oceans, mountains, birds, flowers, and us.



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SCHEDULE & COURSE FEES

Teaching is divided into six modules. Each module requires completion of all its components before moving on to the next. Typically, we schedule modules 2-3 months apart. Trainees can decide their pacing for completion within a maximum of 4 years. Most people choose the 18-month time frame to complete.

Upon acceptance into a module or practitioner program, trainees will receive a link to the online self-paced study portal and materials. The module commences with online in-person classes, followed by a 5-day in-person retreat.

After the 5-day retreat, we schedule the personal and group salons to integrate and support trainees as they progress with the self-paced study requirements.

All other modules are self-scheduled and paced.

Class hours are 50 minutes. The retreat includes a lunch break, as well as tea breaks.

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 first two module 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.

- You can pay for training fees on a per-module basis. You can also opt for a monthly payment plan that spans 12, 18, or 24 months.

- We accept checks, cash, and electronic payment gateways like Venmo and Paypal, but there are additional processing fees.

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CREDENTIALS OFFERED

PRACTITIONER CERTIFICATION

At the fulfilment 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 agreements being met for membership.

MODULES

Module participants who complete the entirety of each module's six constituents will receive a Certificate of Completion for the module, which is 110 hours.

ISMETA MEMBERSHIP AND REGISTRATION

NAIO International is an approved training program with the International Somatic Movement Education Association, ISMETA. NAIIO 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

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



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ENROLLMENT

The following prerequisites are to be met prior to enrolment:

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

Once all prerequisites have been met, you can enrol in the NAIOTM Practitioner Certification Training Program. Enrollment encompasses the following:

1. Fill out and submit the Training Application Form on the website.
2. Submit two personal and professional references.
3. Pay for the training application and the deposit fee.
4. Interview with the NAIOTM Training Director.
5. When accepted into the program arrangements
6. and payment of the Training Program Fees.
7. Signing of Training Agreement
8. 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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