



# Practitioner Program Curriculum Outline

6 Modules | 900 Hours



Duration: | 18 - 48 months | 900 Hours  
Delivery: Multimodal, Online & Retreat

NAIO™ International

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# About NAIO

NAIO™ is from an Ancient Greek verb Naio, “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 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 fullness and flow, an overflowing fullness. How can we dwell in the overflowing fullness of life?

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NAIO™ International

# NAIO holistic awareness process

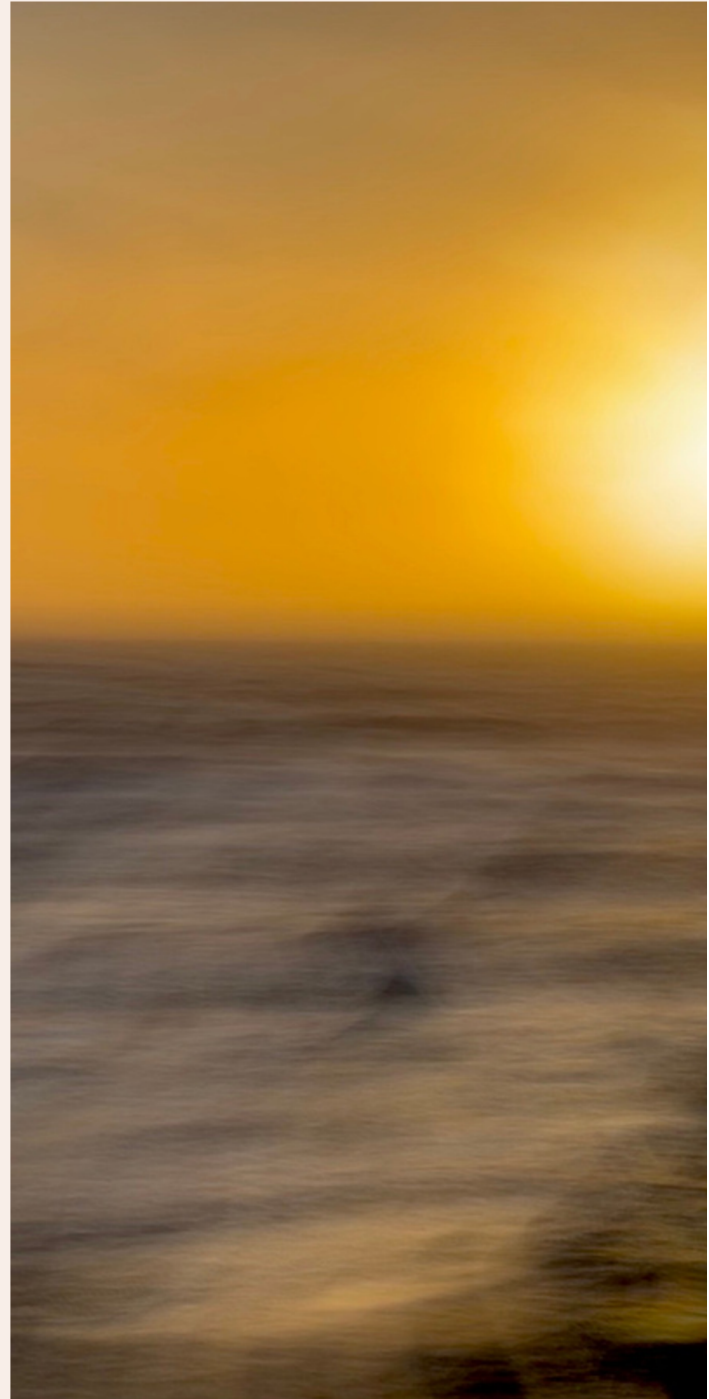
Embodying the flow of life

NAIO™ 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.

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# THE ROLE OF NAIO PRACTITIONERS

NAIO™ holistic awareness process is not a technique applied to someone. NAIO Practitioners are supportive guides in an experiential and collaborative educational process with their clients. 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™ holistic awareness process supports movement awareness, self-awareness, self-regulation, co-regulation, creativity, resourcing, reorganizing, and renewal which the underlying flow of life orchestrates.



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# NAIO Benefits

Life is an evolutionary, emergent and generative process. NAIO™ holistic awareness process 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™ 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. Through experiential 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.

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# BACKGROUND

The founder of NAIO™ holistic awareness process, Prue Jeffries spent life in the water as a surfer and water-person, immersed in the ocean and natural world. From young, Prue kept alive her openness to creativity and the transpersonal.

As one of the world's best professional surfers with a lifetime of personal holistic body centered exploring and development she created an experiential and multi-field approach. The NAIO™ holistic awareness process evolved from her original personal approach to supporting people informed by water, the body, and nature, with ongoing studies and teaching in well-being approaches over the last 30 years.



**Prue Jeffries, Founder and Training Director of NAIO™ holistic awareness process**

*I am delighted to be sharing NAIO™ holistic awareness process with you. I have spent my whole life immersed in nature, wellness and the transpersonal. NAIO™ 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 NAIO™ takes root in you, nourishes your life and the lives of those you touch.*

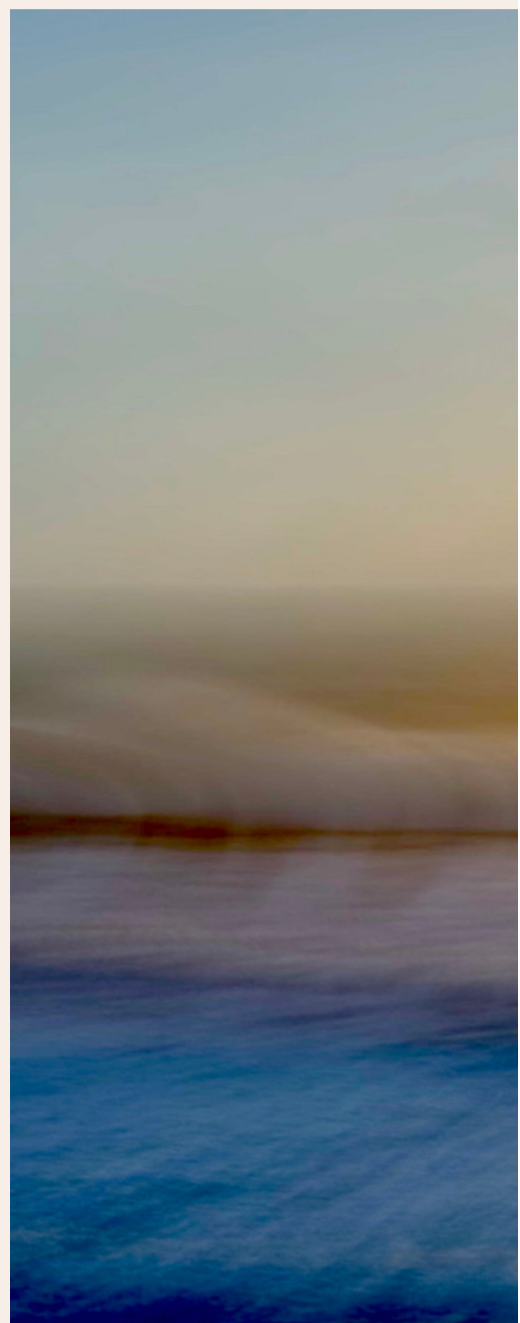
*Prue Jeffries*

NAIO™

# WHO IS THE PRACTITIONER TRAINING FOR?

NAIO™ holistic awareness process, as a somatic education profession can be supportive for many 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 afford unequal circumstances in multi-factorial ways.

Each person who enters the training path, brings their unique background to engage in 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.



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The NAIO™ Practitioner Training can appeal in the following ways.

- Learning a new profession as a NAIO™ Practitioner and Somatic Educator.
- Learning a new approach to incorporate into an existing well-being practice that offers multi-modalities
- Learning the NAIO™ process and skill set to blend with or support your existing professional profession within legal licensing scopes.
- Learning for personal growth to enrich your own well-being.

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# OVERVIEW

## **Practitioner Certification Path & Training Summary**

A Certification Path with 900 hours of instruction for anyone interested in becoming a practitioner of NAIO™, a holistic life awareness process using somatic education principles. After completion of the Basis module, trainees can select any of the core modules of NAIO™ to complete in any order as early as 18 months, and within a 4-year time period, along with additional requirements for certification in Naio™. 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™ supports the immanent intelligence that creates, nurtures, and is life within their clients by using somatic principles to enhance bodily-being.

Throughout the NAIO™ Practitioner Certification Path, practitioners learn to listen with open awareness to the movements and the coherent polyrhythmic expressions and varietal movements of life within their clients – they learn to recognize and acknowledge any incoherent rhythms, chronic or habitual patterns of movement, inertia or holding or constrictions and imbalances within the clients bodily tissues, perceptions and relationship with their environment, whilst maintaining their own sense of flow, coherency, spaciousness and wholeness. In this way the client's natural life wisdom, dynamic wholeness, Open Order emerges and dynamically orchestrates any corrections, resolutions and integration.

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# SYLLABUS

## Practitioner Certification Path Objective



Upon completion of the certification path, participants will summarize and relay the philosophical basis of the NAIO™ holistic awareness process. They will demonstrate a well-developed capacity and ongoing commitment to self-awareness. They will be centered and present—orienting to Open Order, the Dynamic Wholeness, the ground substrate 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 - the unity in 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.

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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 wisdom to reorganize and resolve the conditioned situation.



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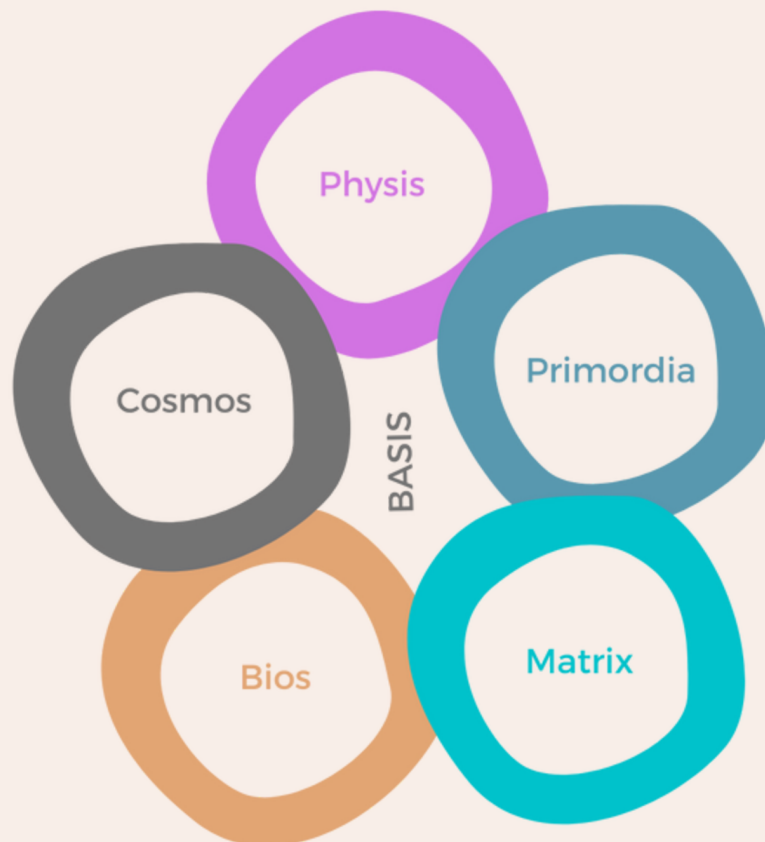
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Participants will have a working knowledge of anatomy & physiology, as it applies within the context of the NAIO™ schema for supporting clients. They will also have a general working knowledge of Anatomy & Physiology as it applies to understanding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

Participants will gain an embodied relationship with the immanent ground substrate of life and its polyrhythmic 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.

## Module Map for NAIO™ Practitioner Certification





# Program Format

The NAIO™ Practitioner Certification is a 900-hour training path that can be completed anywhere between 2 to 4 years. There are 6 areas of study delivered in a multi-modal, blended module format.

## Pre-requisites

Receiving at least 2 sessions of NAIO™ and completing the Basics module is a prerequisite to enter the certification path. There is also an interview with NAIO™ International Training Director and an application fee of \$300 USD.

## Certification Path

The remaining 5 modules can be completed in any order. Each module is 110-hours of mixed delivery, class providing a total of 660 training hours.

The following requirements are to be met for trainees to receive a full 900-hour Practitioner Certification Diploma and be eligible to apply for membership of the NAIO™ Practitioner Guild with a listing on NAIO™ Internationals' practitioner directory.

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- 6 Modules - 660-hours total | Each module: 110-hours
  - In-person online - 20 hours
  - In-person retreat - 40 hours
  - Online classes - 20 hours
  - Home Study - 25 hours
  - Personal Salon - 2 hours
  - Group Salon - 3 hours
- Business, Scope of Practice & Ethics Course - 10 hours
- 150-hours practice sessions with diary
- 30-hours somatic movement classes, workshops, lessons
- 40-hour case study project
- 10-hours receiving personal sessions of NAIO™

On completion of the NAIO™ International Practitioner Certification Training Path and a graduate can apply for acceptance into the NAIO™ Practitioner Guild.

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## **ISMETA**

# **International Somatic Movement Education Association**

Training graduates can apply for registration with ISMETA - The International Somatic Movement Education Association as an RSME, RSMT or RSME/T.

500-hours of formal class tutorials and instruction are required to be accepted by ISMETA. NAIO™ International proposes the following aspects of the program to represent this.

Each of the six modules has an in-person online (20-hour) portion and an in-person five day (40-hour) retreat. There is also an in-person Personal Salon (2-hours) and Group Salon (3-hours) with additional asynchronous online classes (20-hours). Totalling 85-hours of formal class tutorials per module and 510-hours in program total for all six modules.

There is an additional Business and Ethics online class (10 hours) and an additional requirement to take 30-hours of classes in somatic movement education of choice, preferably from an ISMETA member.

This would total 550-hours of formal class tutorial hours within the 900-hours of NAIO™ International Practitioner Certification Training Program.





## Module/Seminar Type

Each of the 6 modules leading to certification comprises a 5-day, 40-hour in-person seminar in a retreat setting combined with 20-hours of in-person online study, an additional 20-hours of online self-paced classes, a 2-hour personal salon and a 4-hour group salon.

This is supported by 25-hours of self-paced home study with suggestive topics through additional hours of reading, experiential exercise, personal practice, and suggested materials for each module.



## **In-Person Retreat Seminar Format**

In-Person Retreat Seminars have the following format:

**DURATION:** 40 hours, 5 Days [8 Hours per day]

**STRUCTURE:** 50 minute instruction hours, as per NCTMB

**BREAKS:** 2 x 15-35 minutes available; 1 hour of lunch..

**DAILY STRUCTURE:** AM: Topic 1 PM: Topic 2 | Experiential practice sessions

### **Example Daily Outline (Subject to variation and adjustments)**

#### **AM**

9:30 - 10:15: Opening Awareness Meditations; Debrief prior Day; Day ahead

10:15 - 11:00: Topic 1

11:00 - 11:15: Break

11:15 - 12:00: Topic 1/Experiential

12:00 - 12:20: Debrief

12:20 - 01:20: Lunch

#### **PM**

1:20 - 1:50: Topic 2

1:50 - 2:00: Demonstration

2:00 - 2:45: Session Trades

2:45 - 3:00: Break

3:00 - 3:45: Sessions Trades

3:45 - 4:00: Break and Table Storage/Room Organize

4:00 - 4:45: Sessions Debrief

4:45 - 5:15: Topic 2

5:15 - 5:30: Closing with Movement and Meditation

## **In-person Online Seminar Format**

In-Person Online Seminars have the following format:

**DURATION:** 20-hours, 4 Days [5 Hours per day]

**STRUCTURE:** 50 minute instruction hours, as per NCTMB

**BREAKS:** Break available for bathroom/replenishment.

**DAILY STRUCTURE:** Presentations | Experiential Exercises |  
Group discussions

## **Online Class Format**

Asynchronous Online Classes have the following format:

**DURATION:** 20 hours

**STRUCTURE:** Recorded Presentations on various Topics that may include experiential exercises, journaling or creative explorations related to topics.

**BREAKS:** Delivery is asynchronous. Trainees can explore in their own time frame.





## **Personal Salon Tutorials**

Each of the 6 modules has two-hours of personal tutoring included. This can be used as support for training participants who have personal questions about each module's material, or about their own progress and any challenges they may be having.

## **Group Salon Tutorials**

Each of the six modules has a three-hour group salon. This can be delivered as an in-person group clinic where trainees practice with “clients” and receive feedback and support for their development. It can also be used for in-person online - practitioner group support and feedback exchange with program educators and peers related to their practice sessions with clients.

## **Business, Scope of Practice & Ethics Course**

There is a Business, Scope of Practice and Ethics Course that covers NAIO™ Internationals' orientation to the subjects and also for ISMETA - International Somatic Movement Education Association for training participants who wish to apply to become Registered Somatic Movement Therapist or Educators.

DURATION: 10 hours

STRUCTURE: Online Asynchronous 8 hours + 2 hour Online In-person for questions, exploration and revision.

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## Home Study

Trainees are expected to fulfill 150-hours of home study for the entire certification path. Home-study hours do not include online delivery of modules or the exercises within each module.

Home-study is extra to these. It's a suggestion that trainees allocate 25-hours per module for this. This can be fulfilled in various ways - covering reading materials provided, or books from the suggested reading list that is provided. Further study in Anatomy & Physiology or Embryology is also suggested.

A home-study diary tracking the hours spent is required, homestudy is reviewed by the training program educator and director and also signed off on to be considered completed.

## Practice Sessions

Trainees are expected to undertake 150-hours of practice sessions in NAIO™ based on approaches taught for working with clients. A diary is to be kept by each trainee documenting each session, with:

- Time
- Date
- Duration
- Location
- First Name of Client
- Paragraph summary of experiences/observations.

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## **Somatic Movement Classes**

Trainees are expected to undertake 30-hours of somatic movement classes conducted by Registered Somatic Movement Educators RSME/T who are members of ISMETA. The hours can be mixed across various methodologies or trainees can focus on one in particular. A record must be kept and proof of attendance submitted.

- Time
- Date
- Duration
- Location
- Class delivery method
- Name of Method
- Name of Teacher
- Certificate of attendance or letter confirming attendance from teacher.

## **40-hour case study project**

Trainees are asked to pick a focus area of practice and create a case study project combining research, working with clients and their process in sessions pertaining to the area of practice being studied. Case Study topics must be approved by the training educator and director..

## **10-hours receiving personal sessions**

Trainees are to receive 10-hours of personal sessions from a NAIO™ Practitioner and Guild member or NAIO™ Educator. This is separate from sessions during training retreats, or tutoring sessions.

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## Program Outline

MODULE: Basis | 110-hours

MODULE: Physis | 110-hours

MODULE: Primordial | 110-hours

MODULE: Matrix | 110-hours

MODULE: Bioenergy | 110-hours

MODULE: Cosmic | 110-hours

There are 6 Modules. Basis is a prerequisite for entering the NAIO™ Practitioner Certification Path. The remaining 5 modules can be taken in any order.

## Additional Information

- Seminar/Module specific materials and handouts will be provided as well as access to an online study portal.
- There will be additional readings and book purchase or borrowing suggestions for the training. Reading list will be provided for the program.
- In-person seminars please bring your own massage tables, bolsters, sheets, and blankets.
- Bring a notebook and pens for taking notes or iPad etc.





## Certification

At the fulfillment of the 900-hour NAIO™ Practitioner Certification requirements, trainees will receive a certificate of completion diploma in NAIO™ - Holistic Life Awareness Process.

A certificate of completion diploma with a letter of recommendation from NAIO™ International is needed to apply for membership in the NAIO™ Practitioner Guild, and to be registered, listed and use the term NAIO™ professionally as a practitioner.

Suggested terms are NAIO™ Practitioner or NAIO™ Practitioner Guild Member or Member NAIO™ Practitioner Guild.

NAIO™ International

## NAIO International

NAIO™ International (NI) was created by NAIO™ founder Prue Jeffries to support the world-wide development of NAIO™ holistic life awareness process that uses somatic education principles for well-being.

NI creates, approves and upholds practitioner training programs, practitioner, educator and training provider criteria and standards, core curriculum, standards of practice and code of ethics.

NI approves, certifies and registers NAIO™ Practitioners along with usage of terms related to NAIO™. It keeps a professional membership register of practitioners known as the NAIO™ Practitioner Guild. It lists practitioners on its International Practitioner Directory.

NAIO™ International approves NAIO™ Educators and NAIO™ Training Providers to conduct practitioner training, workshops, classes and retreats.

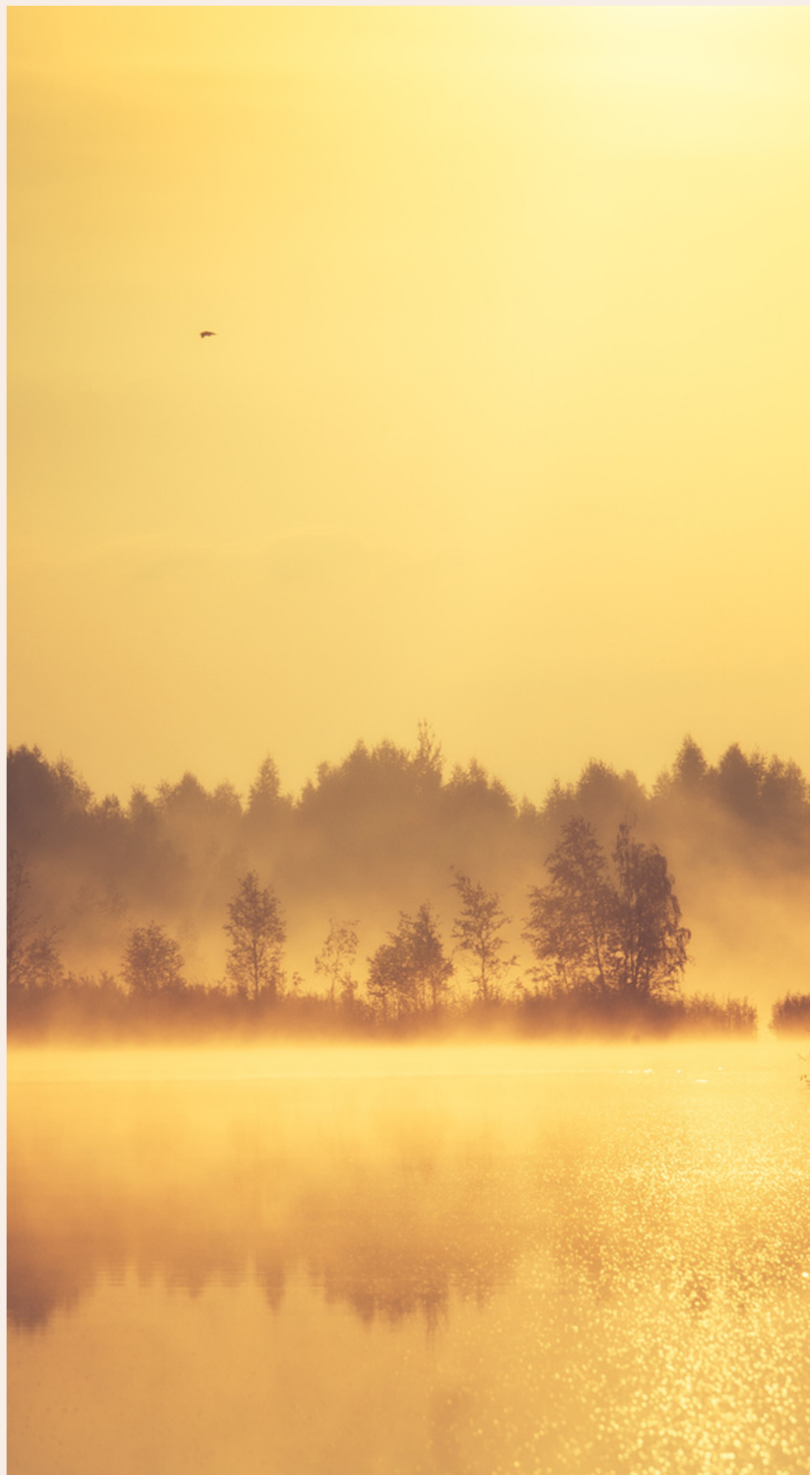


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## ISMETA

NAIO™ International Training Programs are approved by The International Somatic Movement Education and Therapy Association (ISMETA). Approved NAIO™ International Practitioner Guild Members can apply through fast-track application to become a member of ISMETA, and become a Registered Somatic Movement Educator and/Therapist.

The International Somatic Movement Education and Therapy Association (ISMETA) is a collaborative of individuals and organizations dedicated to evolving the field of Somatic Movement Education and Therapy. We ensure that training programs uphold high standards of education and practice, and maintain a professional registry of qualified practitioners.

We are committed to building the professional community of Somatic Movement Educators and Therapists worldwide and advocating for the profession in legal and governmental arenas. We work to educate the general public about our work and help our colleagues in Integrative Healthcare, Human Services, Education and the Arts understand the benefits of Somatic Movement Education and Therapy



Somatic Movement enhances human function and body-mind integration through mindful and restorative movement. Our profession encompasses distinct disciplines each with their own educational or therapeutic emphasis, principles, methods and techniques.

Our practices incorporate: postural and movement evaluation; experiential anatomy; guided movement patterning to increase efficiency; all while developing perceptual, kinesthetic and proprioceptive sensitivity. Somatic Movement Education and Therapy supports homeostasis, co-regulation and neuro-plasticity in our students and clients.

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