



Updated October 16th, 2025

Learning Structure Summary

The NAIOTM Practitioner Training Program Certification pathway encompasses 900 total hours of integrated study, combining in-person training, live online learning, guided mentorship, and supervised practice. The program follows a blended, modular design that balances experiential immersion with ongoing applied learning and professional development.

<u>Learning Mode / Requirement</u>	<u>Hours</u>	<u>Description</u>
Introductory Workshop	24	3-day foundational immersion (20 in-person + 4 online) introducing NAIOTM principles and personal preparation.
In-Person Immersives	216	Three residential intensives (72 hours each), providing direct instruction, guided practice, and mentorship in community.

Personal & Group Salons	30	Individual mentoring (2 hours per module) and group integration sessions (3 hours per module) focused on reflection and professional development.
Live Online Learning	120	Synchronous classes and guided seminars (20 hours per module).
Asynchronous Study	120	Self-paced lectures, readings, and online materials (20 hours per module).
Practice Sessions	150	Supervised and documented practitioner sessions with clients or peers, completed between modules.
Somatic Movement Classes	30	Structured experiential movement to deepen embodied understanding.
Personal Sessions	20	Ten individual sessions supporting personal process and integration.
Business & Ethics	10	Professional practice foundations and ethical frameworks.

Capstone Project	30	Final integration and presentation demonstrating synthesis of learning and applied competency.
Independent Home Study	150	Reading, journaling, and self-directed exploration across the full training arc.

· **Total Program Hours: 900**

Summary

This 900-hour structure provides:

- 240 in-person group contact hours (Introductory Workshop + three Immersives)
- 270 hours of guided online learning and mentorship (synchronous + asynchronous + salons)
- 390 hours of independent and supervised practice (client sessions, movement, home study, capstone, etc.)

Together, these components create a cohesive and progressive pathway toward NAIOTM Practitioner Certification—blending academic depth, embodied inquiry, and professional mentoring within a rigorous somatic framework.

Due to the integrative nature of the program—which includes both independent and supervised study—**completion may take between 18 months and 4 years**, depending on the student’s pace, prior experience, and practice integration.

Certification is not granted automatically upon completion of hours. Progression and graduation are also subject to qualitative evaluation of readiness and suitability for being entrusted to carry NAIOTM Practitioner Certification. In some cases, graduation may be deferred if further development in mind-body integration, understanding of NAIOTM principles, or ethical and relational competence is deemed necessary for professional readiness.

If training requirements are not completed within four years, the student may be required to retake specific modules or fulfil updated program components as determined by the Education Director. This ensures that all graduates meet the current standards of practice and embodiment expected of NAIOTM Practitioners.

Certification and Trademark Governance

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These frameworks ensure that every certified practitioner represents the NAIOTM lineage and approach with integrity, accuracy, and professional responsibility, and ethics and by maintaining the consistency and protection of the NAIOTM across all contexts of use.

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