

PRUE JEFFRIES

Curriculum Vitae

PROFESSIONAL PROFILE

Founder, educator, therapist, writer, and former elite international athlete with over three decades of experience across professional surfing, somatic education, craniosacral therapy, movement, creative direction, retreat facilitation, and international training leadership. Integrates philosophy, perception, embodiment, nature-based inquiry, and therapeutic presence into educational and well-being contexts.

CURRENT ROLES

Founder & Education Director — NAIO™ International (2020–Present)
www.naioprocess.org

Educator & Therapist — Body of Wonder (2007–Present)
www.bodyofwonder.com

Educator — Water-based retreats & therapy — Surf the Flow (2007–Present)
www.surftheflow.com

PROFESSIONAL SURFING CAREER

Association of Surfing Professionals (ASP)

- World Championship Tour — Top 16 Women (1990–2006)
- Best Raw Rookie Performance — 1990 (World #13 at age 17/18)
- Most Improved — 1997
- World Ranking #6 — 1998
- ISA World Surfing Games — Dual Silver Medalist (2002)

Major Results

- Champion — Margaret River Masters / Quit Women's Drug Aware Pro, Australia (1998)
- Champion — Buondi Pro, Porto, Portugal (1998)
- Champion — Surfing Girl Magazine Pro “Queen of the Creek,” USA (2002, 2003)

- Winner — Multiple PSTA events, USA (2003–2005)
- Finalist — Huntington Beach Pro, USA
- Finalist — Rip Curl Hossegor Pro, France (1998)
- Finalist — Seignosse Pro, France (1998)
- Runner-Up — Bells Beach Easter Classic, Australia (1998)

SURFING INDUSTRY, MEDIA & LEADERSHIP

- Co-Founder & Board Member — International Women's Surfing (IWS) (former)
- Board Member — Association of Surfing Professionals (former)
- Vice President — Women's World Longboard Championship Event (2006)
- Co-Creator — Elleven Clothing by Bodywaves Corp. (1998–2001)
- Founder/Producer — Stardust Productions (Film) (2003–2006)
- Writing & Editorial Consultant — Action Sports, Health & Travel Publications (1990–2023)
- Surf Instructor & Retreat Organizer — SurfHer & Fulcrum Surf (2006–2010)

Brand Consulting & Ambassadorship

Elleven Clothing, Hobie Polarized, Gravis, Turner Network (Powerpuff Girls), Dakine, Division Surfboards, Simon Anderson Surfboards, Maurice Cole Surfboards, Surf Diva, Rainbow Surfboards, Donald Takayama Hawaiian Pro Designs, Peak Wetsuits, Xair Wetsuits.

EDUCATION

Bachelor of Arts — Philosophy and Ancient History

CLINICAL & BODYWORK TRAINING

- Certified Massage Therapist — California CMT #18409 (2009–2023)
- Structural Integration / Visceral Bodywork Certification (2006–2010)
- Assistant Teacher — Structural Integration (2007–2008)

Massage & Manual Therapy Modalities:

Reflexology, Swedish, Lomi-Lomi, Craniosacral, Soma-Emotional Release, Internal Organ Work, Foot & Floor Work

Australian Institute of Applied Science (2011–2013)

Anatomy & Physiology I–III, Musculoskeletal Anatomy, Chemistry, Naturopathic Philosophy, Western Herbalism I–III, Bach Flower Essences, Counseling for Health Professionals, Nutrition Level 1, Iridology, Mineral Therapy, Practice Management.

CRANIOSACRAL THERAPY

Credentials

- Registered Craniosacral Therapist (RCST®) — registration held 2014–2023
- Biodynamic Craniosacral Therapist (BCST)
- Approved Teacher — Biodynamic Craniosacral Therapy (former)

Training & Teaching

- Practitioner Training Program — Lifeshapes Institute (2010–2012, 13 modules, 700 hours)
- Advanced Craniosacral Therapy Modules — Lifeshapes Institute (2012–2020)
- Assistant Teacher, Teacher in Training, Teacher & Logistics — multiple Practitioner Programs (2012–2019)
- Teacher & Education Director — Body of Wonder Craniosacral Practitioner Trainings (2019–Present)

Advanced Topics

Embryology of the Heart; Visceral & Peritoneal Biodynamics; Polarity Therapy; Heart, Rhythm, Breath & Bones

SOMATIC MOVEMENT EDUCATION

- Master Somatic Movement Educator (RSME)
- Master Somatic Movement Therapist (MSMT)
- ISMETA Approved Training Provider for NAIO™ International (former)

Continuum

- Direct training with Emilie Conrad, Continuum Founder, USA (2011–2014)
- Continuum Teacher — Member, Continuum Teachers Association, USA (2019–2025)
- Ongoing post-Emilie mentoring and teacher modules, USA (2014–2024)

PROGRAM DIRECTOR & TRAINING LEADERSHIP

- Director — Craniosacral Practitioner Trainings, USA (2019–2023)
- Director — Advanced & Intro Craniosacral Seminars, USA (2019–2023)
- Director — Body of Wonder Somatic Education Programs, International (2014–2026)

- Founder & Director — NAIO™ Practitioner Training Program, International (2020–2026)

RETREAT & WORKSHOP LEADERSHIP

Facilitated retreats and trainings (2007–2023) in:

San Diego, Mexico, Mt Shasta, Big Sur, Zion, Gozo (Malta), New Zealand, Australia

CREATIVE PRACTICE & NATURE-BASED ARTS

- Nature-based photography and visual inquiry exploring water, movement, perception, and embodied presence.
- Creative Director — Watermark Arts (2016–2024)
- Founder/Producer — Stardust Productions (2003–2006)
- Visual documentation integrated into retreats, somatic education, and therapeutic environments.

WRITING & PUBLICATION

- Writing and editorial contributions across action sports, women in surfing, art, health, somatics, travel, and culture (1990–2023)
- Writing integrates embodiment, perception, nature-based inquiry, and therapeutic presence.

PROFESSIONAL AFFILIATIONS

- International Somatic Movement Education & Therapy Association (ISMETA) — Member & Approved Provider (former)
- Continuum Teachers Association — Member (2019–2025)
- Biodynamic Craniosacral Therapy Association of North America — Board Member (2020–2022), Member (former)
- Association of Surfing Professionals — Board Member (former)

VOLUNTEER & BOARD SERVICE

Volunteer Service

- Volunteer Therapist — Keep A Breast Foundation (2006–2010)
- Volunteer Surf Therapist — Programs for children with illness and adaptive surf therapy (2006–2016)

- Volunteer Surf Therapist — Ricochet Surf Dog Program (2007–2016)

Board & Governance Roles

- Board Member — Biodynamic Craniosacral Therapy Association of North America (2020–2022)
- Founder & Board Member — International Women's Surfing (IWS) (former)
- Vice President — Women's World Longboard Championship (former)

Somatic & Educational Service

- Creative Director (Somatic Movement Arts) — Watermark Arts, New York (2015–2024)

SPORTING & PERSONAL INTERESTS

- Outrigger Canoe Racing (Na Wahine O Ke Kai, Molokai–Oahu)
- Stand-Up Paddling
- Hiking
- Marathon & endurance racing
- Study and visitation of sacred sites and antiquities
- Comparative mythology and symbolic narrative traditions
- Nature-based inquiry and ecological immersion