

PRUE JEFFRIES

Curriculum Vitae / Professional Resume

NAIO International: www.naioprocess.org | Body of Wonder: www.bodyofwonder.com | Surf the Flow: www.surftheflow.com

PROFESSIONAL PROFILE

Founder, educator, therapist, writer, creative director, and former elite international professional surfer with more than three decades of experience across professional surfing, somatic education, craniosacral therapy, movement practice, retreat facilitation, water-based therapeutic education, event production, creative media, and international training leadership.

Prue's work integrates philosophy, perception, embodiment, nature-based inquiry, therapeutic presence, creative practice, and experiential education. Her professional background spans high-performance sport, manual and somatic therapies, craniosacral biodynamics, movement education, women's surf culture, writing, visual inquiry, and the development of practitioner training programs.

CURRENT PROFESSIONAL ROLES

Founder & Education Director - NAIO International | 2020-Present

www.naioprocess.org

Founder and education director of NAIO International, developing practitioner training, somatic education, retreat-based learning, and professional frameworks for embodied awareness, therapeutic presence, relational practice, movement inquiry, and nature-based education.

Educator & Therapist - Body of Wonder | 2007-Present

www.bodyofwonder.com

Somatic educator, craniosacral therapist, movement practitioner, retreat facilitator, and program director offering individual sessions, practitioner trainings, classes, workshops, and educational programs in embodied awareness, therapeutic presence, perception, restorative practice, and nature-based inquiry.

Educator - Water-Based Retreats & Therapy, Surf the Flow | 2007-Present

www.surftheflow.com

Founder and facilitator of water-based retreats, surf therapy experiences, somatic movement practices, and nature-based therapeutic education integrating surfing, ocean awareness, embodied learning, and restorative practice.

PROFESSIONAL SURFING CAREER

Association of Surfing Professionals - ASP (now known as the World Surf League - WSL). Professional surfer on the ASP World Championship Tour - WCT, competing internationally at the highest level from 1990-2006.

Selected Career Highlights

- ASP World Championship Tour - WCT competitor, Top 16 Women, 1990-2006
- Best Raw Rookie Performance - 1990
- ASP World Ranking #13 at age 17/18
- ASP Most Improved - 1997
- ASP World Ranking #6 - 1998
- International Surfing Association - ISA World Surfing Games, Dual Silver Medalist, 2002

Major Competitive Results

- Winner - Margaret River Masters / Quit Women's Drug Aware Pro, Australia, 1998
- Winner - Buondi Pro, Porto, Portugal, 1998
- Winner - Surfing Girl Magazine Pro "Queen of the Creek," USA, 2002 and 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
- Finalist - Bells Beach Easter Classic, Australia, 1998

SURFING INDUSTRY, MEDIA & LEADERSHIP

- Co-Founder & Board Member - International Women's Surfing
- Board Member - Association of Surfing Professionals
- Vice President - Women's World Longboard Championship Event, 2006
- Co-Creator - Eleven Clothing by Bodywaves Corp., 1998-2001

- Founder / Producer - Stardust Productions, surf film and media projects, 2003-2006
- Event Producer / Coordinator - surf, women's surfing, media, and community events
- Writing & Editorial Consultant - surf, action sports, women's surfing, health, travel, and cultural publications, 1990-2026
- Surf Instructor & Retreat Organizer - SurfHer and Fulcrum Surf, 2006-2010

Brand Consulting & Ambassadorship

Brand partnerships, sponsorships, consulting, and ambassadorial roles across surfing, action sports, media, and lifestyle industries, including: 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

- Graduate Certificate in Counselling - institution and dates available on request
- Bachelor of Arts - Philosophy and Ancient History - institution and dates available on request

CLINICAL, BODYWORK & MANUAL THERAPY TRAINING

- Certified Massage Therapist - California, credential held 2009-2023
- Structural Integration / Visceral Bodywork Certification, 2006-2010
- Assistant Teacher - Structural Integration, 2007-2008

Massage and manual therapy training and practice across reflexology, Swedish massage, Lomi-Lomi, craniosacral therapy, soma-emotional release, internal organ work, footwork, floor work, and restorative bodywork.

Naturopathic Medicine Coursework - Australian Institute of Applied Science | 2011-2013

Undertook substantial naturopathic medicine training and coursework at the Australian Institute of Applied Science before choosing not to complete the full naturopathic qualification.

Coursework included: 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 Association of North America

Practitioner Training, Advanced Study & Teaching

- Practitioner Training Program - Lifeshapes Institute, 2010-2012; 13 modules / 700 hours
- Advanced Craniosacral Therapy Seminars and Biodynamic Training - Lifeshapes Institute, 2010-2020
- Faculty Member, Teaching Team Member, Assistant Teacher, Teacher in Training, Teacher, and Logistics Coordinator - multiple practitioner training programs, 2012-2020
- Teacher & Education Director - Body of Wonder Craniosacral Practitioner Trainings, 2019-Present

Advanced Seminars, Teaching & Areas of Study

- Embryology of the heart
- Visceral and peritoneal biodynamics
- Polarity therapy
- Heart, rhythm, breath, and bones
- Related biodynamic craniosacral therapy study and clinical education

SOMATIC MOVEMENT EDUCATION

- Master Somatic Movement Educator - RSME
- Master Somatic Movement Therapist - MSMT
- ISMETA Approved Training Provider - NAO International training programs, current
- International Somatic Movement Education and Therapy Association - Approved Provider / Member, current

Continuum

- Classes and workshops with Emilie Conrad, founder of Continuum, USA, 2011-2014
- Continuum Teacher - Continuum Teachers Association, USA, 2019-2025
- Continuum classes, workshops, teacher modules, and professional development, USA, 2014-2024

PROGRAM DIRECTION & TRAINING LEADERSHIP

- Director - Craniosacral Practitioner Trainings, USA, 2019-2023
- Director - Advanced and Introductory Craniosacral Seminars, USA, 2019-2023
- Director - Body of Wonder Somatic Education Programs, International, 2014-Present
- Founder & Director - NAO Practitioner Training Program, International, 2020-Present

RETREAT, CLASS & WORKSHOP LEADERSHIP

Facilitated retreats, practitioner trainings, classes, workshops, and somatic education programs in international and nature-based settings, including San Diego, Mexico, Mount Shasta, Big Sur, Zion, Gozo, Malta, New Zealand, and Australia.

Retreat and workshop work integrates somatic movement, craniosacral principles, therapeutic presence, water-based learning, ocean awareness, nature-based inquiry, restorative practice, and creative perception.

CREATIVE PRACTICE, MEDIA & NATURE-BASED ARTS

- Creative Director - Watermark Arts, 2015-2024
- Founder / Producer - Stardust Productions, surf film and media projects, 2003-2006
- Nature-based photography and visual inquiry exploring water, movement, perception, embodiment, and presence
- Visual documentation integrated into retreats, somatic education, therapeutic environments, and creative inquiry

WRITING & EDITORIAL WORK

Writing and editorial consulting for surf, action sports, women's surfing, health, travel, cultural, somatic, and nature-based publications, 1990-2026.

Prue's writing integrates embodied perception, therapeutic presence, ecological awareness, movement, memory, water, mythic meaning, symbolic narrative, and the relationship between lived experience and place.

PROFESSIONAL AFFILIATIONS

- International Somatic Movement Education and Therapy Association - Member and Approved Training Provider, current
- 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 ROLES

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

- Board Member - Biodynamic Craniosacral Therapy Association of North America, 2020-2022
- Founder & Board Member - International Women's Surfing
- Vice President - Women's World Longboard Championship Event, former
- Board Member - Association of Surfing Professionals, former

Somatic & Educational Service

- Creative Director, Somatic Movement Arts - Watermark Arts, New York, 2015-2024

SPORTING, RESEARCH & PERSONAL INTERESTS

- Outrigger canoe racing, including Na Wahine O Ke Kai, Molokai-Oahu
- Hamilton Island Canoe Race
- Stand-up paddling
- Kayaking
- Hiking
- Study and visitation of sacred sites and antiquities
- Comparative mythology and symbolic narrative traditions
- Nature-based inquiry and ecological immersion