

NMP Somatics™ Approved Naming & Language Guidelines

Updated Version – Current Class Names

To be provided after signing the Teaching, Licensing & Branding Agreement

1. Purpose

These guidelines are designed to support you in clearly and accurately describing your work as a:

Certified Somatic Exercise Teacher – NMP Method (Level 1)
CSET–NMP Level 1

They provide real-world examples for use in:

- Websites
- Social media
- Class descriptions
- Bios and professional profiles
- Booking pages
- Marketing materials

The goal is to keep your language simple, accurate, consistent, and aligned with NMP Somatics™ branding.

2. Core Rule

Lead with:

NMP Somatics™

You may optionally include lineage-based language such as:

Inspired by Hanna Somatic Education
Informed by Hanna Somatic Education
Rooted in the tradition of Hanna Somatic Education

NMP Somatics™ should remain the primary method named in your public representation.

3. Why We Don't Simply Call It “Hanna Somatics”

This distinction is not only about branding. It is about clarity, integrity, and accurately representing the work.

NMP Somatics™ openly acknowledges and honours the work of Thomas Hanna and the Hanna Somatic Education lineage. Thomas Hanna's writings, principles, and foundational concepts — including pandiculation, sensory-motor learning, and voluntary cortical control — are deeply woven into the NMP Somatics™ system.

However, NMP Somatics™ has grown beyond being simply a reproduction of Hanna Somatic Education.

It has developed into a complete educational system with its own:

- Curriculum
- Teaching methodology
- Class structures
- Exercise organization and sequencing
- Certification standards
- Clinical development pathway

The public deserves to know not only the lineage of the work, but also the specific method they are receiving.

Rather than saying only “Hanna Somatics,” we believe it is clearer to identify both:

Lineage: Inspired by, informed by, or rooted in Hanna Somatic Education.

Method: NMP Somatics™.

This honours where the work came from while accurately identifying what is being taught today.

4. Your Certification Title

Full version — formal use

Certified Somatic Exercise Teacher – NMP Method (Level 1)

Short version — marketing or bio use

Certified Somatic Exercise Teacher (NMP Method)

Abbreviation — optional

CSET–NMP Level 1

You may use the abbreviation after the full title has been clearly introduced.

Example:

Jane Smith, Certified Somatic Exercise Teacher – NMP Method (Level 1), CSET–NMP Level 1

5. How to Describe Your Work

When describing your work, aim for clear, simple, and accurate language.

Recommended phrases

- “I teach NMP Somatics™, a nervous system and body-based movement method.”
- “I offer NMP Somatics™ classes focused on awareness, control, and release.”
- “My work is grounded in NMP Somatics™, a movement-based approach informed by Hanna Somatic Education.”
- “NMP Somatics™ supports change through awareness, voluntary control, and gentle movement.”
- “I teach gentle somatic movement classes using the NMP Somatics™ method.”
- “My classes use slow, mindful movement to help students explore tension patterns, coordination, and ease.”
- “NMP Somatics™ honours the lineage of Hanna Somatic Education while offering its own curriculum, class structures, and teaching methodology.”

6. Referencing Hanna Somatic Education

You may reference Hanna Somatic Education only as lineage, influence, or inspiration.

Acceptable

- “Inspired by Hanna Somatic Education”
- “Informed by Hanna Somatic Education”
- “Rooted in the tradition of Hanna Somatic Education”
- “Influenced by Hanna Somatic Education”
- “NMP Somatics™ is influenced by Hanna Somatic Education.”
- “My work is grounded in NMP Somatics™ , with influence from Hanna Somatic Education.”
- “NMP Somatics™ honours the work of Thomas Hanna while offering its own method, curriculum, and class structures.”

Not acceptable

- “I teach Hanna Somatics”
- “Hanna Somatics classes”
- “Hanna Somatics practitioner”
- “Hanna Somatics teacher”
- “Hanna Somatics instructor”
- “Hanna Somatic Educator”
- “Certified Hanna Somatics practitioner”
- “Certified in Hanna Somatics”
- “Hanna Somatics certification” when referring to NMP Somatics™ training

Important:

Even casual or conversational use — including social media captions, event descriptions, bios, hashtags, booking pages, or spoken introductions — must follow these guidelines.

Graduates of NMP Somatics™ are trained in a method influenced by Hanna Somatic Education, but they are not certified Hanna Somatic Educators unless they have completed that training independently.

7. Website Examples

Homepage example

NMP Somatics™

A neuromuscular movement method focused on awareness, control, release, and re-patterning. Rooted in the tradition of Hanna Somatic Education.

About page example

I am a **Certified Somatic Exercise Teacher – NMP Method (Level 1)**. My work is grounded in **NMP Somatics™**, a movement-based approach informed by Hanna Somatic Education and modern neuromuscular learning principles.

Longer about page example

My work is rooted in **NMP Somatics™**, a neuromuscular movement method that honours the lineage of Thomas Hanna and Hanna Somatic Education while offering its own class structures, curriculum, teaching methodology, and certification pathway.

Class page example

I offer **NMP Somatics™** classes that help students explore slow, gentle, awareness-based movement. Classes may include floor-based releases, flowing movement sequences, or upright functional movement explorations, depending on the class format.

Not acceptable

- “I teach Hanna Somatics”
- “Certified in Hanna Somatics”
- “Hanna Somatics classes available here”
- “Hanna Somatic Educator” unless separately certified through an approved Hanna Somatic Education training pathway

8. General Somatic Language

General terms such as **somatics**, **somatic movement**, and **somatic exercise** may be used, provided they are not used in a way that misrepresents training or replaces **NMP Somatics™** as the primary method.

Acceptable general language

- “Tonight’s somatics class focused on slow, controlled release.”
- “Tonight’s somatic exercise class helped students explore tension patterns.”
- “Loved teaching this morning’s somatic movement class.”
- “A gentle somatic movement class using NMP Somatics™ principles.”

Best practice

When possible, connect general language back to your method.

Examples:

- “Tonight’s somatics class, using NMP Somatics™ principles, focused on slow, controlled release.”
- “Somatic movement class grounded in NMP Somatics™.”
- “Gentle somatic exercise through the NMP Somatics™ method.”

9. Official NMP Somatics™ Class Names

The current official NMP Somatics™ class formats are:

- **NMP – NeuroReset™**
- **NMP – NeuroFlow™**
- **NMP – NeuroRhythm™**

These names are protected and may only be used as trained and authorized.

10. NMP – NeuroReset™

NMP – NeuroReset™ is the foundational floor-based class format within NMP Somatics™.

It may include slow, gentle, guided somatic exercises focused on awareness, voluntary control, tension release, nervous-system-informed pacing, and neuromuscular re-patterning.

Acceptable class titles

- **NMP – NeuroReset™**
- **NMP – NeuroReset™ 25**
- **NMP – NeuroReset™ 45**
- **NMP – NeuroReset™ 75**
- **NeuroReset™ – NMP Somatics™**
- **NMP Somatics™ NeuroReset™ Class**

Acceptable descriptions

- “NMP – NeuroReset™ is a gentle floor-based somatic movement class focused on awareness, control, and release.”
- “This class uses slow, guided NMP Somatics™ exercises to help students explore tension patterns and ease.”
- “NeuroReset™ supports students in slowing down, sensing more clearly, and re-patterning movement from within.”
- “NeuroReset™ is rooted in NMP Somatics™ and informed by the lineage of Hanna Somatic Education.”

Not acceptable

- Calling a class **NeuroReset™** if it is not taught as trained
- Presenting a blended or altered class as an official **NMP – NeuroReset™** class
- Using the NeuroReset™ name for classes outside the authorized structure
- Advertising NeuroReset™ as “Hanna Somatics”
- Advertising NeuroReset™ as a “Hanna Somatics class”

11. NMP – NeuroFlow™

NMP – NeuroFlow™ is a guided NMP Somatics™ class format that uses more continuous movement, transitions, and flow-based sequencing.

It is still slow, gentle, awareness-based, and grounded in the principles of NMP Somatics™.

Acceptable class titles

- **NMP – NeuroFlow™**
- **NeuroFlow™ – NMP Somatics™**
- **NMP Somatics™ NeuroFlow™ Class**

Acceptable descriptions

- “NMP – NeuroFlow™ is a gentle, guided somatic movement class that blends awareness, release, and flowing transitions.”
- “This class explores movement patterns through slow, connected NMP Somatics™ sequences.”
- “NeuroFlow™ offers a more fluid class experience while remaining grounded in comfort, awareness, and nervous-system safety.”
- “NeuroFlow™ brings NMP Somatics™ principles into a slow, flowing movement experience.”

Not acceptable

- Calling a class **NeuroFlow™** if you have not been trained and authorized to teach it
- Using NeuroFlow™ for any flowing somatic class that is not part of the official NMP Somatics™ format
- Presenting a personal flow-based class as an official NMP – NeuroFlow™ class
- Advertising NeuroFlow™ as “Hanna Somatics Flow”
- Advertising NeuroFlow™ as a “Hanna Somatics class”

12. NMP – NeuroRhythm™

NMP – NeuroRhythm™ is the upright, standing, and functional movement class format within NMP Somatics™.

It may explore balance, coordination, walking, reaching, turning, bending, rhythm, music, and bringing somatic awareness into everyday movement.

Acceptable class titles

- **NMP – NeuroRhythm™**

- **NeuroRhythm™ – NMP Somatics™**
- **NMP Somatics™ NeuroRhythm™ Class**

Acceptable descriptions

- “NMP – NeuroRhythm™ is an upright somatic movement class exploring balance, coordination, rhythm, and everyday movement.”
- “This class brings NMP Somatics™ principles into standing, walking, reaching, turning, and functional movement.”
- “NeuroRhythm™ explores how rhythm, timing, and awareness can support ease and coordination in motion.”
- “NeuroRhythm™ brings somatic awareness into everyday movement through balance, coordination, walking, reaching, turning, bending, rhythm, and music.”

Not acceptable

- Calling a class **NeuroRhythm™** if you have not been trained and authorized to teach it
- Using NeuroRhythm™ for any dance, fitness, balance, or movement class outside the official NMP Somatics™ structure
- Presenting a personal standing movement class as an official NMP – NeuroRhythm™ class
- Advertising NeuroRhythm™ as “Hanna Somatics walking class”
- Advertising NeuroRhythm™ as “Hanna Somatics rhythm class”
- Advertising NeuroRhythm™ as a “Hanna Somatics class”

13. Social Media Examples

General terms such as **somatics**, **somatic movement**, and **somatic exercise** may be used, provided they are not used in a way that misrepresents training or replaces NMP Somatics™ as the primary method.

Good captions

- “Tonight’s NMP Somatics™ class focused on slow, controlled release.”

- “Exploring movement patterns through NMP Somatics™ , inspired by Hanna Somatic Education.”
- “NMP – NeuroReset™ tonight: slow, gentle movement for awareness, control, and release.”
- “NeuroFlow™ brings NMP Somatics™ principles into a more fluid movement experience.”
- “NeuroRhythm™ explores balance, coordination, walking, rhythm, and everyday movement.”
- “A gentle somatic movement class grounded in NMP Somatics™ .”
- “NMP Somatics™ honours the lineage of Thomas Hanna while offering its own educational method and class formats.”

Not acceptable

- “Come to my Hanna Somatics class tonight”
- “Teaching Hanna Somatics this morning”
- “Hanna Somatics flow class”
- “Hanna Somatics walking class”
- “Certified Hanna Somatics teacher”
- “My Hanna Somatics certification through NMP”

14. Class Titles and Descriptions

Acceptable official class titles

- **NMP – NeuroReset™**
- **NMP – NeuroReset™ 25**
- **NMP – NeuroReset™ 45**
- **NMP – NeuroReset™ 75**
- **NMP – NeuroFlow™**
- **NMP – NeuroRhythm™**

- **NMP Somatics™ Movement Class**
- **NMP Somatics™ Class**

Acceptable general class titles

These may be used for non-official or blended classes, provided they are not presented as official NMP Somatics™ formats:

- Somatic Movement Class
- Somatic Exercise Class
- Gentle Somatic Movement
- Integrated Somatic Movement
- Somatic Movement for Everyday Ease
- Gentle Movement & Awareness Class

Not acceptable

- Hanna Somatics Class
- Hanna Somatics Stretch Class
- Hanna Somatics Flow
- Hanna Somatics Walking Class
- NeuroReset™ if the class is not taught as trained
- NeuroFlow™ if the teacher is not authorized to teach NeuroFlow™
- NeuroRhythm™ if the teacher is not authorized to teach NeuroRhythm™

15. Business Naming

Acceptable

- Business name + NMP Somatics™
Example: **Serenity Somatics – NMP Somatics™ Classes**
- Business name + authorized class format
Example: **Serenity Somatics – NMP – NeuroReset™ Classes**

- General business name with NMP Somatics™ listed as a method
Example: **Jane Smith Somatic Movement | NMP Somatics™**

Not acceptable

- Using “Hanna Somatics” in your business name unless separately authorized
- Leading your brand identity with “Hanna Somatics”
- Naming your business in a way that implies you are certified in Hanna Somatic Education if you are not
- Using NMP Somatics™ class names for independently created programs

16. When Teaching Your Own Classes

You may teach:

- Somatic exercise classes
- Somatic movement classes
- Integrated or blended classes
- Movement awareness classes
- Classes that include NMP Somatics™ principles or exercises within your authorized scope

However:

- These must not be presented as official NMP Somatics™ formats unless they follow the official structure
- NMP Somatics™ may be referenced only if clearly distinguished from the class structure
- Official class names may not be used for classes that fall outside authorized formats

Acceptable examples

- “Somatic Movement Class including NMP Somatics™ principles”
- “Gentle Somatic Exercise Class using NMP Somatics™ techniques”
- “Integrated somatic movement class informed by NMP Somatics™ ”

- “A gentle movement class drawing from my training in NMP Somatics™”
- “A somatic movement class influenced by NMP Somatics™ and Hanna Somatic Education”

Not acceptable

- Calling a class **NMP – NeuroReset™** if it is not taught as trained
- Calling a class **NMP – NeuroFlow™** if it is not part of the official NeuroFlow™ format
- Calling a class **NMP – NeuroRhythm™** if it is not part of the official NeuroRhythm™ format
- Presenting a blended class as an official NMP Somatics™ class
- Creating a new program that substantially copies NMP Somatics™ class structures while presenting it as an original system

17. Teacher in Training Language

Students who have completed modules but have not yet completed certification must clearly identify themselves as Teachers in Training.

Acceptable

- **NMP Somatics™ Teacher in Training – Module 1 Graduate**
- **NMP Somatics™ Teacher in Training – Module 2 Graduate**
- **NMP Somatics™ Teacher in Training – Module 3 Graduate**
- **Authorized to teach NMP – NeuroReset™ 25**
- **Authorized to teach NMP – NeuroReset™ 45**
- **Authorized to teach NMP – NeuroReset™ 75**

Example class listings

- **NMP – NeuroReset™ 25 with Jane Smith, NMP Somatics™ Teacher in Training – Module 1 Graduate**
- **NMP – NeuroReset™ 45 with Jane Smith, NMP Somatics™ Teacher in Training – Module 2 Graduate**

- **NMP – NeuroReset™ 75 with Jane Smith, NMP Somatics™ Teacher in Training – Module 3 Graduate**

Not acceptable before certification

- Certified
- CSET–NMP Level 1
- Level 1 Certified
- Certified Somatic Exercise Teacher – NMP Method
- Any wording that implies final certification has been granted

18. Tone and Messaging

When speaking about your work, aim for language that is:

- Clear
- Simple
- Experience-based
- Grounded in awareness and control
- Respectful of the body and nervous system
- Professional and accurate

Avoid:

- Overly medical claims
- Promising outcomes
- Overstating results
- Saying or implying that NMP Somatics™ cures conditions
- Presenting NMP Somatics™ as medical treatment unless you are separately licensed and legally permitted to do so

19. Simple Messaging Formula

When in doubt, use this structure:

I teach NMP Somatics™, a gentle somatic movement method that helps students explore awareness, control, release, and more easeful movement.

For class formats:

NMP – NeuroReset™

A gentle floor-based class focused on awareness, release, and neuromuscular re-patterning.

NMP – NeuroFlow™

A gentle flowing somatic movement class using connected sequences and transitions.

NMP – NeuroRhythm™

An upright class exploring balance, coordination, rhythm, walking, and everyday movement.

For lineage:

NMP Somatics™ is rooted in the tradition of Hanna Somatic Education while offering its own curriculum, teaching methodology, class formats, and certification pathway.

20. When in Doubt

Keep the language clear, simple, and accurate.

Use:

I teach NMP Somatics™.

or

I teach somatic movement classes using the NMP Somatics™ method.

or

My work is grounded in NMP Somatics™ and informed by the tradition of Hanna Somatic Education.

If you are unsure whether wording is appropriate, do not guess or improvise publicly. Ask for clarification before using new language in websites, bios, class descriptions, social media, or promotional materials.

The goal is clarity: honour the lineage, name the method, and represent your training accurately.