

NMP Somatics™

Naming Quick Reference

For Students, Teachers in Training & Certified Teachers

This quick reference is designed to help you accurately describe and promote your work while honouring both the **NMP Somatics™** method and the **Hanna Somatic Education** lineage that inspired it.

For fuller examples and detailed guidance, please refer to the **NMP Somatics™ Approved Naming & Language Guidelines**.

The Simple Rule

If **Hanna Somatic Education** is named, **NMP Somatics™** should also be named when the class, material, or exercises are based on your NMP training.

In simple terms:

General somatic class name only:

No extra wording is needed.

Hanna lineage named:

NMP Somatics™ should also be named if NMP material is being used.

Official NMP class format named:

NMP Somatics™ must be named.

General Class Titles You May Use

The following general class titles are acceptable:

- Somatic Flow
- Somatic Movement Class
- Somatic Exercise Class
- Somatic Movement Practice

- Gentle Somatic Movement
- Somatic Movement & Awareness

These are general descriptions and do not need extra wording every time, as long as they are not being used in a misleading way.

Acceptable Lineage Language

You may describe NMP Somatics™ as:

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

Acceptable Combined Examples

- “Somatic Flow — incorporating NMP Somatics™ principles, rooted in the lineage of Hanna Somatic Education”
- “Somatic Movement Class — informed by NMP Somatics™ and Hanna Somatic Education”
- “NMP – NeuroReset™ — an NMP Somatics™ class inspired by Hanna Somatic Education”
- “Somatic Exercise Class using NMP Somatics™ principles”
- “Gentle Somatic Movement rooted in NMP Somatics™ and informed by Hanna Somatic Education”

Short and Casual Posts Are Fine

You do not need to name **NMP Somatics™** in every single social media post.

For example:

“Somatic Flow class tonight at 7pm”

is completely acceptable.

However, if you reference **Hanna Somatic Education**, **Hanna lineage**, or **Thomas Hanna** in a post, class description, website, or advertisement, **NMP Somatics™** should also be identified if the material being taught comes from your NMP training.

Not Acceptable

The following are not permitted unless you are independently certified or authorized through a Hanna Somatic Education certification program:

- “Teaching Hanna Somatics”
- “Hanna Somatics Class”
- “Certified Hanna Somatics Teacher”
- “Hanna Somatic Practitioner”
- “Hanna Somatic Educator”
- “Certified in Hanna Somatics”

Official NMP Somatics™ Class Formats

The current official NMP Somatics™ class formats are:

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

These class names are protected and should always be identified as connected to **NMP Somatics™**.

Examples:

- “NMP – NeuroReset™ ”
- “NMP – NeuroFlow™ ”
- “NMP – NeuroRhythm™ ”

- “NMP – NeuroReset™ — an NMP Somatics™ class inspired by Hanna Somatic Education”

Do not use these names for classes that are not taught as trained or authorized.

Blended or Multi-Method Teaching

If your work draws from multiple trainings or influences, such as GSY, yoga, somatic movement, meditation, bodywork, dance, or other modalities, that is completely acceptable.

The important requirements are:

- NMP Somatics™ material is represented accurately
- NMP Somatics™ is not omitted while Hanna lineage is emphasized
- Official NMP Somatics™ class names are used correctly
- Blended classes are not presented as official NMP Somatics™ formats unless they follow the official structure

Acceptable examples:

- “Somatic Movement Class incorporating NMP Somatics™ principles”
- “Gentle Somatic Flow informed by NMP Somatics™ , yoga, and Hanna Somatic Education”
- “Integrated somatic movement class drawing from multiple movement education approaches”

The Goal

The intention of these guidelines is not to limit creativity or authentic teaching style.

The goal is to:

- Create clarity
- Accurately represent training and certification
- Protect the integrity of NMP Somatics™
- Honour the Hanna Somatic Education lineage

- Reduce confusion for students and the public

When in doubt, keep it simple:

I teach NMP Somatics™.

or

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

NMP Somatic Education Canada

NMP Somatics™