

Emailing of May 26th, 2007

PBSP

Pesso Boyden System Psychomotor
A Powerful Mind-Body Approach to Emotional Well-being

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Pesso Boyden System Psychomotor
PBSP International Training Programs Update
&
Experiential and Training Workshops
at Strolling Woods on Webster Lake in New Hampshire, USA

More and more therapists in the US and around the world are choosing to be trained in PBSP. New PBSP three year Certification Training Programs have started up this year in Lisbon, Portugal; London, England; Munich and Osnabruck, Germany; Prague in the Czech Republic; Amsterdam, Netherlands; and Sint Niklaas, Belgium. Freiburg, Germany and Minneapolis, Minnesota will initiate their new programs next year. Also in the works is a new training program in the US Northeast based at Strolling Woods. For information and who to contact about these training programs, please visit the PBSP Training Opportunities page:

<http://www.pbsp.com/Training/trainop.htm> and/or the PBSP International Office.

International PBSP Office

Strolling Woods on Webster Lake

Lake Shore Drive

Franklin, NH 03235

USA

Tel: 603-934-5548

Email: contact@pbsp.com

Web: <http://www.pbsp.com>

Please visit **[PBSP.com](http://www.pbsp.com)** for news, [articles](#), information, and schedules. Please note that your comments, questions, **quotes**, news, articles, events, and contact information are always welcome. We have been collecting information and the website is now being updated. We continue to look forward to receiving your PBSP information to post there, especially from those who have been certified as PBSP therapists, supervisors, and or trainers (see **[Certified in PBSP](#)** for more information). We are also looking to post the names (and contact information if desired) of all the people who have been in certified PBSP Training Programs. If you are one of them, please call or send an email to the PBSP International Office.

We are happy to report that the co-founders of PBSP, Albert Pesso and Diane Boyden-Pesso are both in great shape and will be celebrating their 78th birthdays in a few months. Diane has never stopped dancing, Al moves like a dancer again, now that he's got his new hip. You can see a short video clip of Al Pesso improvising in the Great Room at Strolling Woods at:

http://www.pbsp.com/whoswho/AP_DBP/APdance07.htm . Also the poet in Al is coming out.

Scroll to the end of this email to read his recent May 17th poem.

Sign up now for Albert Pessa's Experiential and Training Workshops at Strolling Woods in Franklin, NH, USA or One to One Sessions with Albert Pessa (by phone, in person or by video conferencing)



Here is the schedule of upcoming **Experiential Workshops** with Albert Pessa at **Strolling Woods** in Franklin, NH. Each 3 day workshop has a fee of \$425 (deposit \$170); the non-structure participant fee is \$212 (deposit \$105). Early bird discounts apply when workshop fees are fully paid in advance. You can sign up on the website or just call the International Office or send an email.

Jun 15-17, Fri - Sun, 2007
Jun 25-27, Mon - Wed, 2007
July 29-31, Sun- Tue, 2007
Aug 1-3, Wed - Fri, 2007
Sept 24-26 Mon-Wed, 2007
Dec 14-16 Fri-Sun, 2007

Here is the schedule of upcoming **Training Workshops** with Albert Pessa at Strolling Woods in Franklin, NH. Each 6 day workshop has a fee of \$850 (deposit \$375). Early bird discounts apply when workshop fees are fully paid in advance. You can sign up on the website or just call the International Office or send an email.

Introductory Training Week I, Sun-Fri, July 1-6, 2007
Intermediate Training Week II, Sun-Fri, July 8-13, 2007
Advanced Training Week III, Sun-Fri, July 15-20, 2007

Albert Pessa is also available while traveling and/or at Strolling Woods for **one to one sessions**, by phone, in person, or by videoconferencing. Please call (603) 934-5548 or write contact@pbsp.com if you are interested in more information about this or scheduling an appointment.

It is now possible to schedule individual and group retreats at Strolling Woods. Please call the office for details.

We receive many words of gratitude for PBS P and the work of Albert Pessa. Here is an email response from recent Experiential Workshop attendee:

“... Well I've been sitting here at the computer trying to find words adequate to describe the work, my reactions to it, and what it means to me, and am filled with gratitude for the richness of the experience.. still with words inadequate to the task.. you would see me with eyes brimming with tears of gratitude.. feel free to pass this on to [Albert Pessa].. thank you.”

Additional Basic Information about Experiential and Training Workshops at Strolling Woods in New Hampshire USA

Yes, you can stay onsite if you sign up for a Strolling Woods Workshop, however, at present there are a limited number of rooms. Here is a link to photos of Strolling woods:

<http://www.pbsp.com/Strolling/woods.htm>

Here's a direct link to photos of the guest rooms here at the Main House at Strolling Woods:

<http://www.pbsp.com/Strolling/guestrms.htm> . The single room rates for the rooms: N1 - \$99/night, N2 - \$90/night, N3 - \$85/night. Each room has a view of the lake and its own private bathroom. There is also a shared kitchenette available for those who stay in this house and the provide some breakfast food items such as bread, eggs, milk, orange juice, and fruit for those who stay here. The other place people can stay is at our 1750 Farmhouse at the other end of our 240 acre grounds (a nice walk along Lake Shore Drive).

Here is a link to the Farmhouse: <http://www.pbsp.com/SunFarm.htm> - as it is currently for sale there might be a walk through by a potential buyer. The rates are between \$40 - \$57/night pending on the room you want. Each room is different; we can describe what they are like when you call. There are two shared bathrooms and two kitchens in this house. You can also enjoy the sandy beach on this property in addition to the one at Strolling Woods.

If you choose to or need to stay elsewhere, here is a list of other Local Inns:

<http://www.pbsp.com/accomoinns.htm> .

We are located 90miles north of Boston's Logan Airprt and 50 miles north of Manchester, NH International Airport. This is the link to our Travel Page <http://www.pbsp.com/travel/franklin.htm> . It has loads of information about all the different ways to get to Strolling Woods. Please note that to use a web directions tool you need our full street address **230 Lake Shore Drive, Franklin, NH 03235**. If you are driving here from the South up Interstate 93, our own driving directions are better; here they are: <http://www.pbsp.com/travel/Strolling.htm> . If you are flying in to Manchester, NH airport, here's a link for driving directions from the airport to Interstate 93: <http://www.pbsp.com/travel/MHTto93.htm> .

Want to know what to bring? Here's a link to weather in Franklin: <http://www.city-data.com/forecast/w-Franklin-New-Hampshire.html> . The temperature varies from day to day and day to evening, so we suggest you bring comfortable layers of clothing.

A final note about shoes. We have gravel walkways outside and marble and wood floors inside that we want to protect from grit and scratches, so be prepared to go shoe-less, or wear shoe covers (we provide), slippers or socks once inside.

Please do not hesitate to contact us with any further questions, concerns or comments you may have.

*Poem by Albert Pessa
May 17, 2007*

*So I looked Existence in the eye
and asked:
"What do you want of me?"*

*"What have you pulsed
into my being?"
"What rhyme, rhythm, or reason
have you installed in me?"*

*"What song
shall I sing,
what dance
shall I bring
to light?"*

*Existence didn't blink
but its constancy
made me think
that its eye
was an I
with an aye.*

*Yes, my heart leaped,
seeing the harvest
that would be reaped
for the multitude of I's
with an aye for all eyes*

*"Yes, Yes!" I cried.
"We come to be,
fit to be tied
with those with an aye
for our I's"*

*What a world this can be
when all I's are a we
that say "Aye " to all I's
with their eyes.*

If you want to sign up or sign someone else up to be on our emailing list, please contact us by phone mail or email with that information (see contact info at the top of this page), or fill out the [emailing form](#) online.

