



*Integration in Manner of Use*

## BPP Candidates' Information

Ron Dennis, Ed.D.

Thank you for your interest in BPP Certification, here is information about prerequisite study preparation and logistics of the process. The certification session of 6 hours in one day, regular tuition \$350, is currently available at no charge at my studio in Atlanta, 2961 Appling Circle, Chamblee, GA 30341, or at your location if expenses paid.

1. All study materials with the exception of my book (see 3. below) are available for reading and download at the *Society for Breath as Postural Process™* webpage, [www.asbpp.org](http://www.asbpp.org).
2. You should be prepared to identify and discuss relationships among the starred items at [www.asbpp.org](http://www.asbpp.org) > Resources, specifically, to enumerate the major points of each (best to make notes) together with questions, concerns, and/or disagreements. Hint: the key to FMA is in his insistence on "control in expanding and contracting the chest"; physiologically, the only way to produce this coordination is by the process detailed in Chapter 7 of my book, and your task is to understand how that works as well as to learn what FMA does and *doesn't* say about it.
3. From my book *The Posturality of the Person*, Chapter 7. E-book @ [www.posturality.com](http://www.posturality.com), \$10.95. Specify epub or pdf format, pdf allows printing from Acrobat Reader, etc. (recommended for study of Chap. 7). Print copy (US only) @ <https://shop.lightningsource.com/b/085?params=S3sGOLXtOuObDVDCIMU53ix0JcsB4dxWKSNeURdjxwI>). Be ready to explain all diagrams as if to a student, as well as to discuss the text. Suggestion: Read it first straight through for overall sense. On subsequent reading(s), STOP immediately if you don't precisely understand, go back and figure it out. This process is different from "normal" reading but necessary for sufficient *comprehension* (Latin: com=together, prehendere=grasp). Be prepared to stick with it as your reward is great, finally being able to say, "I *get* it!" (Spencer Chandler, M.AmSAT, the first BPP certificatee, *strongly* recommends the entire book, as do I, for that matter.)
4. On the full day we will go Dutch for lunch and dinner; breakfast free at the hotel (five minutes from me, reserve very nice Quality Inn at 404-301-8028) .
5. If flying in, I will mail a round trip train pass (billed @ \$7 postpaid) to save you the problem of figuring out the vending machine. You'll be boarding the MARTA train for Doraville or North Point. If Doraville, get off at Brookhaven; if North Point, transfer at Lindbergh across the platform to Doraville. I provide *all* transportation to and from rail station and hotel.
7. You will need to have practiced the BPP coordination to the point of basic ability; it is completely natural and completely possible but not particularly intuitive after a likely lifetime of more or less other-breathing. So practice, practice, and we'll practice some more together.
8. Finally, as our in-person time is limited, please take whatever time you need *before* our together time that BPP substantially conveys FMA's 1907 teaching on breath—everything necessary for understanding is there in the texts, but there is always the possibility of missing something. If at all unsure, then perhaps a phone conversation might help.

I'm always available by phone or email. 678-612-8095   [rondennis@joimail.com](mailto:rondennis@joimail.com)