

School for
Self-Healing



October 26, 1998

Mr. Robert Passmore
Zoning Administrator
San Francisco Planning Dept.
1660 Mission St., 5th Fl.
San Francisco, CA 94103

Re: Abbreviated Institutional Master Plan
Project Address: 2218 48th Avenue
Case No. 98-538C *I*

Dear Mr. Passmore,

Enclosed please find the Abbreviated IMP regarding the relocation of the School for Self-Healing to the above address.

The School for Self-Healing is a subsidiary entity of the Self-Healing Research Foundation (SHRF), a California nonprofit, public benefit corporation dedicated to health education. There are no members. The Board of Directors of SHRF is in full support of this application and the proposed relocation of the School.

The members of the Board of Directors of SHRF are:

Kathy McTernan
Instructional assistant, financial manager, Self-Healing Practitioner/Educator, member of the disabled community (multiple sclerosis); became a student 20 years ago to improve her health, function and quality of life
26 Grove Lane
San Anselmo, CA 94960
(415) 485-5921

Karen Myers
Fundraiser, member of the disabled community (muscular dystrophy); became involved with the School three years ago in a research project on the effects of the Meir Schneider Self-Healing Method on muscular dystrophy
1739 45th Avenue
San Francisco, CA 94122
753-2242

James H. Sharps, N.D.
President of Board of Directors (on leave of absence)
Naturopath, advanced Self-Healing student, became a student nine years ago to improve his eyesight and enhance his career as a health care professional
6195 Llanfair Dr.
Columbia, MD 21044
(410) 884-9191

1718 Taraval Street
San Francisco, CA 94116
Tel: (415) 665-9574 • Fax: (415) 665-1318

Meir Schneider, PhD, LMT
Treasurer of Board of Directors
Creator of the Meir Schneider Self-Healing Method and founder of SHRF
1718 Taraval St.
San Francisco, CA 94116
(415) 665-9574

Mitch Sink
Vice President of Board of Directors
Computer consultant, became student 10 years ago to improve his own eyesight
P.O. Box 203
Woodacre, CA 94973
(415) 488-1244

David Hirsch
Vintner (owns Sonoma County vinyard), became student 11 years ago to enhance his personal growth
45075 Bohan-Dillan Road
Cazadero, CA 95421
(707) 847-3409

Larry Scoville
Computer systems analyst, Self-Healing Practitioner/Educator, became student six years ago to improve his eyesight, now has a massage therapy practice
3909 Irving St., Apt. 3
San Francisco, CA 94122
(415) 759-8780

Bella Schneider
Acting President of Board of Directors
Owner of La Belle Day Spas in San Francisco, Palo Alto, and Stanford
The Penthouse, 233 Grant Avenue
San Francisco, CA 94108
(415) 433-7644

Michael Moffat, Pharm. D.
Pharmacologist, advanced Self-Healing student, member of the disabled community (muscular dystrophy); became a student 10 years ago to improve his health, function, and quality of life
239 Villa Road
Forestville, CA 95436
(707) 887-0760

Any questions may be referred to me.

Very truly yours,



Dror R. Schneider

**Additional Information in Support of the Abbreviated Institutional Master Plan
(Guidelines for Applications for Institutional Master Plans, VI. A.)**

1. Filing fee is pending.
2. The School for Self-Healing has no currently filed and currently adopted IMPs.
3. The School's community outreach process during development of the IMP was as follows:
 - We consulted with two neighborhood advocacy groups, SPEAK and the Parkside District Improvement Club, and we are still consulting with SPEAK
 - We consulted with Vince Huang of RCH, Inc.(formerly Recreation Center for the Handicapped), a facility on Skyline Blvd. which serves the disabled community
 - We spoke with the president of the Taraval Merchant's Association
 - We contacted all neighbors and homeowners within 300 feet of the proposed site
 - We shared our plans with people within the Sunset-Parkside neighborhood who are on our mailing list, and solicited their input
4. The School plans to distribute copies of the IMP to:
 - Parkside District Improvement Club
 - SPEAK
 - RCH, Inc.
5. A letter is attached showing the status of the IMP with the School's Board of Directors.

The School's contact persons are:

Dror R. Schneider

Director, School for Self-Healing

Carol Gallup, M.A.

Admissions Officer, School for Self-Healing

Both Ms. Schneider and Ms. Gallup can be reached at:

Phone (415) 665-9574, Fax 665-1318, E-mail school@self-healing.org

The School will file a building permit once the conditional use permit is granted.

School for Self-Healing

Abbreviated Institutional Master Plan

Project Address: 2218 48th Ave.

Assessor's Block/Lot 2302-48

October 13, 1998

1. A description of the institution's physical plant and a statement that the institution does not anticipate any future expansion.

The physical plant of the School for Self-Healing will be a two-story building in the Sunset District, comprised of a 1,852-square-foot house and a ~~1,292.5~~¹²⁴⁵-square-foot addition (also two stories) to the rear of the building.

The ground floor will include a garage, a disabled-accessible reception area with one desk and appropriate seating, a full disabled-accessible bathroom, two additional toilets, and a sink, for students, and a moderate-sized classroom/lecture hall of 690 square feet. This classroom will provide the 50 square feet per student that is necessary to perform the Self-Healing movement exercises they are taught; it will feature movable partitions which can be used to divide it into several massage therapy/exercise rooms, for supervised massage practice sessions during trainings and seminars, and for the use of instructors or advanced students working with disabled clients who need ground-floor therapy rooms.

The yard will be attractively landscaped, with shrubs and a fountain. A hot tub, sheltered by a second-story deck, will be located in the back yard.

The portion of the second floor overlooking the street will include a main office, with three desks and other appropriate office furniture, and an exercise/massage therapy room. Behind this are a kitchen for daytime use of the staff, a full bathroom, two closets (for office and massage therapy supplies), and a second exercise/massage therapy room. These two therapy rooms will allow apprentice sessions to go on concurrently with training classes, as is the School's practice.

The second-story portion of the addition includes a director's office/conference room/Board of Directors meeting room with a desk, and conference room furniture; an exercise room for overflow from the main classroom (with closed-circuit TV from the main classroom), for use when more exercise space is needed for a client in the upstairs therapy rooms, and which will also serve as the School library; a corridor providing access to the deck from second-story rooms; a light well; and an outdoor deck to the rear for vision improvement exercises and student rest and recreation during breaks.

The appearance of the façade will be similar to that of the surrounding residences, with only a small sign, unlit, flush with the building, to identify the School. When the school moves, the building will be appropriate for residential use with few, if any, modifications necessary before residents move in, and the addition will make the house suitable for a larger family or more residents than previously. The ground floor will be entirely wheelchair/disabled-accessible. This will constitute a helpful addition to the housing market, since disabled-accessible housing is extremely rare in San Francisco.

The School for Self-Healing will not expand the physical plant once the proposed construction has been completed. If it becomes appropriate at some point for the School to increase in size, it will relocate, and the building will become a residence again.

2. A description of the services provided and the service population

The School for Self-Healing provides the following services:

A. Free services offered to the general public:

1. The School distributes articles and newsletters on self-care and on movement and massage techniques to people inquiring about Self-Healing therapy, and to people requesting advice on improving their well-being, function, and quality of life.
2. The staff of the School respond to inquiries from people locally and around the world who request information on ways they can use the Self-Healing method to help themselves. The School also offers referrals to Self-Healing practitioners or students.
3. The School offers quarterly open houses that include a lecture and demonstration of Self-Healing techniques.
4. The School hosts lectures by School staff or by outside professionals. For example, the School is about to host a series of free vision improvement classes with instructor Dror Schneider beginning in November. Earlier this year, the School hosted one lecture by nutritionist Jim Sharps and another by the co-authors of *Living Joyfully with Children*, Bill and Win Sweet.
5. From time to time, the School hosts a weekly support group on Self-Healing movement and eye exercises, led by a student or another volunteer. The support group members use the books and tapes on the premises free of charge.
6. The Schools sponsors free lectures by instructors at other sites and with other organizations within and outside of the City

B. Free or reduced rate services offered to clients with vision problems or degenerative illnesses:

1. Students in the two-week long Level II training class bring clients and friends with various conditions (including muscular dystrophy, multiple sclerosis, ALS, back problems, arthritis and vision problems) to receive free massage, movement and vision improvement sessions with advanced students, under the supervision of the instructor.
2. Students and graduates of the Self-Healing program are permitted to consult with the instructors free of charge if they need advice on working with a client.

3. Occasionally instructors or students offer free or low-cost sessions to low-income clients, especially those with disabilities, on the School premises.

C. Services the School for Self-Healing charges for:

1. The School offers a three-part, 860-hour Practitioner/Educator Training Program in massage, movement and vision improvement.

Level I, in two Segments, each an eight-day, 80-hour intensive class, is offered three to four times a year. These classes are taken by students wishing to become massage therapists, by health-care professionals and by students who want to improve their own health and well-being.

Level II classes are usually offered every 18 months to students who have completed the Level I classes. This class gives the students the opportunity to work on clients with a group of other students with supervision by an instructor.

Apprenticeship is ongoing and allows just a few students at a time to work on clients with the instructor, and learn by watching the instructor at work.

2. The School offers short workshops (1-3 days) to the general public on specific topics such as *Yoga for the Eyes* and *Preventing and Overcoming Repetitive Strain Disorders*.
3. The School sells books, tapes and videos on Self-Healing through the mail order department.
4. The School helps organize training programs and lectures in other parts of the United States and abroad to massage therapists, health care professionals, and the general public.
5. Sessions of massage with instructors accompanied by apprentices, and sessions by students.

3. **A description of the institution's employment characteristics and Affirmative Action Program:**

The School for Self-Healing retains one full-time employee and several part-time employees, including several residents of the outer Sunset district, the proposed site.

Because of the small size of our staff, we are not legally required to have an affirmative action program. We would like to note, though, that one of the School's two instructors is racially mixed and disabled. Three staff members are foreign-born, with English as

their second language. Two staff members are over fifty years old (this age group is often discriminated against in employment). As an employer, the School considers racial diversity a plus, and does not discriminate on the basis of race, ethnicity, national origin, gender, sexual orientation, gender identification, age, or disability.

The following is the statement in our School Catalog regarding our non-discrimination policy:

The School for Self-Healing welcomes and encourages applications from people with diverse backgrounds, and does not turn away anyone for reasons of race, ethnicity, national origin, age, gender, sexual orientation or physical impairment. The School takes particular pride in the many graduates who came to it with genetic and auto-immune diseases, vision impairments and other serious health problems, and the large proportion of these students who have continued with the work. Prospective students with disabilities are advised to discuss with the instructor how they can be helped to improve enough to enroll and how they can be accommodated during training. Vision impaired students are encouraged to buy their texts ahead of time. Some audiotapes on anatomy and physiology are available to those students.

4. A list of all properties within the City owned by the institution

The School for Self-Healing owns no properties within the City or elsewhere.

5. A description of parking availability on-site and within the vicinity

Parking on the immediate block of the proposed site, and within 1 ½ blocks thereof, was surveyed on several occasions during weekdays at different times of day. A copy of the survey is attached. On the immediate block, (48th Ave. between Rivera and Santiago) on five separate occasions, the following numbers of available parking spaces were counted: 31, 28, 32, 32, and 27. Within 1 ½ blocks (on Great Highway between Santiago and Quintara and on 48th Avenue between Rivera and Quintara), the following numbers of additional available parking spaces were counted: 105, 116, 124, 99, and 105. This represented an undercount, since the survey did not include Santiago and Rivera Streets between Great Highway and 47th Avenues, which are also within 1 ½ blocks of the proposed site. Two surveys of these streets found a further addition of 21 available parking spaces on one occasion and 23 on a second occasion.

6. Any other relevant general information pertaining to the institution and its services

The non-profit School for Self-Healing is approved by the California Council for Private Postsecondary and Vocational Education and has been in operation at its current site since 1984. The School teaches the Meir Schneider Self-Healing Method. With a group of students and supporters, Meir Schneider, PhD, LMT, founded the School with the mission to help people everywhere, and especially people with degenerative conditions,

achieve a personal transformation – a deepened kinesthetic awareness that he believes is the key to accessing the body’s own inner resources for creating and optimizing health and wellbeing.

Graduates of the Level One course are eligible for license certificates in massage therapy in San Francisco; graduates of the full program are recognized as Self-Healing Practitioner/Educators. The School has a strong national and international reputation.

Classes are kept small, to provide a high level of individual attention; the average class size is 12 students.

During a typical class day, in an atmosphere of quiet meditation on body awareness, students practice gentle exercises in movement, breathing, and imagery/visualization.

During vision improvement instruction, the class practices eye exercises designed to reduce eyestrain, and facial massage. During massage instruction, massage techniques are demonstrated, and students pair off to practice them. At least once a day, movement and vision improvement exercises are performed offsite, often at the beach, and sometimes at parks or in the Herbst Pool at RCH, Inc. (formerly the Recreational Center for the Handicapped). The day often ends with a guided meditation.



A training class practices a vision improvement exercise in the park

The School is a unique San Francisco institution. Many of its graduates are people with disabilities who began studying Self-Healing in order to enhance their own health and went on to careers as Self-Healing Practitioner/Educators. Many, as self-employed massage therapists, they set their own schedules and work part-time if they wish, offering their clients massage, movement and vision therapy, and teaching and lecturing; others find part time or full time employment.

Many other students are health care professionals; the School is a continuing education provider for nurses and massage therapists.

The School also offers seminars and training classes in other states and in Canada, Mexico, England, Brazil, Israel, and Hungary. Foreign students can come to San Francisco for training on student visas. Many students come to the San Francisco trainings from other states and abroad.

Students coming from outside the San Francisco Bay Area stay in motels and rented rooms, usually in the Sunset district. They tend to take public transportation or carpool to the School.

7. How the IMP would address the Eight Priority Policies of Section 101.1 of the Planning code.

- 1. That existing neighborhood-serving retail uses be preserved and enhanced and future opportunities for resident employment in and ownership of such businesses enhanced.**

Students of seminars and trainings tend to patronize neighborhood restaurants and cafes, since time does not permit going outside of the neighborhood to dine. Students coming to these events from outside the San Francisco Bay Area stay in motels and rented rooms, usually in the Sunset district.

More importantly, the School prepares students to enter careers in massage therapy or to enhance existing careers in that field and in other health care professions.

- 2. That existing housing and neighborhood character be conserved and protected in order to preserve the cultural and economic diversity of our neighborhoods.**

The neighborhood character will be unchanged by this move – the School is already located in the Sunset-Parkside district of San Francisco, and proposes to move within that neighborhood. The immediate area will indeed experience a change, but we believe that its cultural and economic diversity will be enhanced by this project. At our present site, people in the area benefit from our free classes, lectures, support groups and materials, as well as from our paid activities. This opportunity will open up for the immediate area of 2218 48th Avenue, as they become aware of what we have to offer.

It is a beach area; the School already makes use of the beach for therapeutic exercises, and will use it more frequently after the move. Our use of the beach is respectful. Members of the School staff have participated in beach clean-ups, and the School is very committed to preserving its functionality and natural beauty by such activities.

Our students are mature, responsible citizens; many are health care professionals, and some are trained in CPR (lifesaving) techniques. They are dedicated to their studies; many come from other cities, states and countries to take our trainings. We believe that the presence of our students on the beach, and in the area, will enhance public safety.

Our operation is very quiet, and therefore will fit with the quiet character of the neighborhood. Our students are trained in breathing, meditation, visualization, gentle movement and soothing massage techniques. These activities belong in a quiet setting – residential rather than the noise and bustle of a commercial street; this is a primary reason why the School needs this move.

The School is a unique San Francisco institution – of, by, and for disabled people, who have played a predominant role in developing its work. We have a reputation for being very helpful with limited movement problems and chronic eyestrain; thus, many of our students are disabled and others have chronic health problems.

We make a special effort to accommodate disabled students. They often enroll in order to enhance their own health and function, and then continue on to become massage therapists. Their training, and that of normally abled local students, contributes to the economic diversity of the Sunset-Parkside area.

There is nothing like the School anywhere in the world; it could only have come out of a city that celebrates diversity and independent living. It provides unique, important services to disabled people in the neighborhood and the City, and, in a much more limited way, in other parts of the world. Our continuing availability to local disabled people is very important to them; we are an irreplaceable resource. If this application is denied, and the School is forced to move away because of the unavailability of a suitable site in San Francisco, these students will suffer an irreplaceable loss.

3. That the City's supply of affordable housing be preserved and enhanced.

The project does not delete housing. One unit of housing, not within the affordable range (monthly rent of \$2,200), will be removed from the market. The proposed construction will create handicapped/wheelchair access on the ground floor; when the School outgrows the site and moves away, this will result in the addition of a large unit of disabled-accessible housing, which is presently very scarce.

4. That commuter traffic not impede Muni transit service or overburden our streets or neighborhood parking.

The neighborhood of the proposed site has an unusual abundance of available parking. We surveyed parking availability on the immediate block and adjacent streets at various daytime hours on weekdays. We found an average of 30 available parking spaces on the immediate block (48th Avenue between Santiago and Rivera). We found an average of 110 parking spaces within 1 ½ blocks (on Great Highway between Santiago and Quintara plus 48th Avenue between Rivera and Quintara); and on surveys on two other occasions found even more nearby available parking that was also within 1 ½ blocks of the proposed site -- an average of 22 additional parking spaces on Santiago and Rivera between Great Highway and 47th Avenues (we had neglected to include these streets in the earlier surveys).

Our students usually occupy a total of about three parking places at our present site. We estimate that, at our largest events, about eight parking spaces in the neighborhood will be occupied by our students and staff, and most of those will park on the Great Highway. Most of our staff live in the neighborhood and plan to walk or bicycle to work. We presently encourage our students to take public transportation or carpool, and most of them do, especially since many of them come to our trainings from other cities, states and

countries. We will continue this policy. We intend to publish in our flyers and other materials a notice advising all able-bodied students to either take public transportation or park on Great Highway. Thus, neighborhood streets and parking will not be overburdened, and Muni transit service will not be impeded. Most of our students have always carpooled and taken public transportation. Public transportation in the area is convenient -- L-Taraval trolley, #18 Crosstown 46th Avenue bus and #48 Quintara bus (partial service, 3 hours in the morning, 3 hours in the afternoon) – and therefore we expect many of our students will use it.

- 5. That a diverse economic base be maintained by protecting our industrial and service sectors from displacement due to commercial office development, and that future opportunities for resident employment and ownership in these sectors be enhanced.**

The project does not involve commercial office development. The vocational school that is proposed for relocation into this site creates employment and self-employment opportunities in the massage therapy field for residents of the neighborhood and the City, including students with disabilities whose employment prospects may otherwise be limited.

- 6. That the City achieve the greatest possible preparedness to protect against injury and loss of life in an earthquake.**

The new addition will comply with current seismic standards.

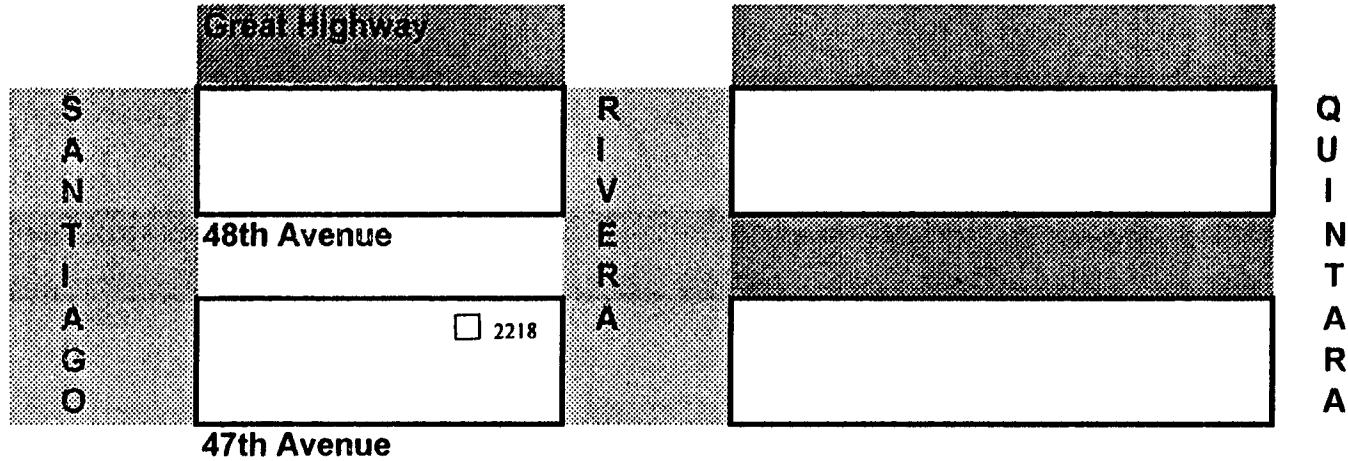
- 7. That landmarks and historic buildings be preserved.**

No historic buildings or landmarks are involved in this project.

- 8. That our parks and open spaces and their access to sunlight and vistas be protected from development.**

No impingement on parks or open spaces is planned here.

PARKING SURVEY NEAR 2218 48TH AVENUE



Day	Date	Time	Available parking spaces on 48th between Rivera & Santiago Sts.	Additional spaces available within 1 1/2 blocks of 2218 48th Ave.
Thursday	8/20/98	12.30pm	31 (of total 43)	105 (of total 150)
Friday	8/21/98	9.30am	28	116
Tuesday	8/25/98	12.00pm	32	124
Monday	8/31/98	5.45pm	32	99
Tuesday	9/1/98	8.00am	27	105

Other Spaces Available on Santiago and Rivera				
Monday	9/14/98	6:30 PM		21 (of total 40)
Tuesday	9/15/98	8:00 AM		23