



# SOMA PATH

## Development Plan for The SOMA PATH Sanctuary

This comprehensive development plan outlines the vision, infrastructure, programs, and operational strategies for The SOMA PATH Sanctuary. Located in Southern Ontario, this sanctuary aims to address the mental health crisis and promote sustainable living through Soma teachings and Somatic practices. The plan covers core principles, physical development, programs and activities, economic model, governance, marketing, and sustainability measures, providing a roadmap for creating a thriving community centred on holistic well-being and ecological harmony.

# Core Principles and Vision

## Vision and Philosophy

The SOMA PATH Sanctuary will focus on addressing the mental health crisis and fostering sustainable living by integrating Soma teachings. It will develop a privatized, serene environment for self-discovery, community support, and the practice of Somatic Yoga and Meditations. These teachings use a body-centered approach to personal and community transformation, grounded in scientific principles.

## Key Objectives

- Serve as an **"island of peace"** for inner and global transformation.
- Advocate **science-based somatic practices** for mental, physical, and spiritual well-being.
- Promote **sustainability**, aligning with ecological and community harmony.
- Be the **Hub for SOMA teachings**, connecting the Global SOMA Community.
- Provide **land for families** to live and thrive in alignment with SOMA principles, nurturing a community of shared values.
- Establish **schooling for children** rooted in SOMA teachings, cultivating wisdom, creativity, and resilience for the next generation.
- **Care for our elderly** through family sharing and communal living, preserving their wisdom and integrating it into the collective growth of the community.
- Create a **center for retreats**, festivals, and Soma Trainings, offering opportunities for deep learning, celebration, and community-building.



# Physical Development: Location and Land Use

## Location

- **Southern Ontario:** Optimal for its lush environment, accessible transport, and proximity to diverse populations.
- **Land Use:** A mix of agricultural land, wooded areas, water access and open space for buildings and events.

## Suitable Land for Agriculture

- **Organic Farming:** Including vegetable gardens, orchards, and livestock facilities to ensure a fresh, healthy food supply for the sanctuary community. Southern Ontario has a diverse agricultural landscape with fertile soil suitable for various crops.
- **Land Availability and Cost:** While Southern Ontario offers suitable land, availability and cost can be significant considerations. Areas further from major urban centers may offer larger parcels of land at more affordable prices.
- **Climate and Growing Season:** Southern Ontario's climate supports a relatively long growing season, crucial for self-sufficiency. However, winters can be harsh, requiring careful planning for food storage and potential use of greenhouses.



# Physical Development: Accessibility and Additional Considerations

## Accessibility to a Large Population

- **Outreach and Community Building:** One of the core principles of the SOMA PATH Sanctuary is community, emphasizing the importance of fostering a supportive environment and connecting with others. Easy access to a larger population can facilitate outreach efforts, attract potential residents and participants for programs, and foster a sense of connection with the surrounding community.

- **Transportation:** Accessibility to major highways and public transportation networks is essential for residents, visitors, and the transportation of goods.

- **Proximity to Urban Amenities:** While seeking a degree of seclusion, proximity to urban centers can provide access to essential services like healthcare, education, and cultural activities.

## Additional Considerations Based on the Sources

- **Renewable Energy:** Utilizing renewable energy sources like solar, wind, or geothermal to minimize environmental impact and promote self-sufficiency. The chosen location should have the potential to support these technologies.

- **Water Resources:** A reliable source of clean water is crucial for drinking, sanitation, and irrigation. The location should have access to wells, springs, or a sustainable water management system.

- **Operating as an Unincorporated Association, Working with Legal and Regulatory Compliance:** Setting the land up in a Private Trust and operate with our own regulations, bylaws and constitution then working in partnership with local zoning regulations, and environmental permits. Seeking legal counsel to navigate these aspects is essential.

- **Community Harmony:** The sanctuary's presence should be welcomed and integrated into the surrounding community. Engaging in dialogue with local residents and addressing potential concerns can foster a harmonious relationship.

# Infrastructure



## Housing

- **Eco-friendly homes** with solar panels for residents, retreat attendees, and teachers.

- **Dormitories** for short-term stays and workshops.

- **Retreat Centers.** Purpose-built facilities designed to host immersive retreats, complete with private rooms, group lodging options, and serene common areas that support reflection, learning, and deep connection with Soma teachings.



## Energy Systems

- **Solar panels** and wind turbines to achieve renewable energy goals.

- **Geothermal Heating and Cooling.** Installing geothermal systems to provide sustainable heating and cooling for the sanctuary's buildings, reducing reliance on non-renewable energy sources and maintaining year-round comfort.

- **Methane Digesters.** Converting organic waste, including food and livestock byproducts, into biogas through methane digesters, creating an additional renewable energy source while reducing waste and carbon emissions.



## Farm and Food Systems

- **Organic farming** spaces for vegetables, herbs, and fruits.

- **Livestock** farming for sustainable dairy and egg production.

- Integration of traditional and regenerative farming methods.



## Activity Centers

- **Meditation and yoga halls** based on Somatic practices.

- A community dining hall using locally grown food.

## Natural Features

- **Filtered Pond System:** A thoughtfully designed pond system that naturally filters and provides fresh water, supporting the sanctuary's sustainability goals and offering a resource for the community.

- **Natural Pool:** A swimming pool using natural organisms and ecological filtration to create a chemical-free, sustainable aquatic environment for relaxation and connection with nature.

# Programs, Activities, and Economic Model

## Core Offerings

1. **Daily Somatic Practices:** - Public offerings for visitors and the greater local community
2. **Somatic Yoga Teacher Training:** - Certification program covering somatic meditation, poses, breathwork, and SOMA practices.
3. **Somatic Healing Workshops:** - In person workshops for visitors and the greater local community
4. **Sustainability Workshops:** - Teach attendees regenerative farming, renewable energy solutions, and eco-conscious living.
5. **Online Programs:** - Extend global reach through digital offerings on mindfulness, somatic awareness, and emotional intelligence. - Daily global somatic practices

## Specialized Experiences

- Community bonding events, performances, guest speakers.
- Annual SOMA festival
- Eco-retreats to promote deep reconnection with the environment.

## Revenue Streams

1. **Residency Contributions:** - Residents contribute via farming, teaching, or administration.
2. **Workshops and Retreats:** - Premium programs tailored for urban professionals and wellness seekers.
3. **Grants and Donations:** - Seek funding aligned with global sustainability and mental health missions.
4. **Product Sales:** - Offer produce, organic goods, and Soma teaching manuals to visitors and online buyers. - Roadside Market: selling food, handmade items - B2B sales with local markets

## Cost Optimization

- **Renewable Energy:** Leverage solar panels, wind turbines, geothermal systems, and methane digesters to minimize energy expenses and ensure long-term operational sustainability.
- **Voluntary Contributions:** Foster a culture of community participation by encouraging residents, retreat participants, and visitors to contribute their labor, skills, and services to support the sanctuary's daily operations and projects, reducing external labor costs.
- **Self-Sufficiency in Food and Water:** Source food and water directly from the sanctuary's land through organic farming, livestock care, and filtered pond systems, significantly reducing reliance on external resources.
- **Equal Income for Residents:** Establish a system where residents earn the same income, promoting equality, financial competition, and fostering a

# Governance, Marketing, and Outreach

## Governance and Decision-Making

### Community Leadership

- **Council System:** Include diverse voices from residents and leadership to make decisions on the Sanctuary's growth.
- **Transparency and Consensus-Building:** Align decision-making processes with the Soma values of harmony and oneness.

## Marketing and Outreach

### Digital Presence

1. **Website:** - Comprehensive portal with Soma teachings, event schedules, and registration forms.
2. **Social Media Campaigns:** - Highlight sustainability efforts, testimonials, and upcoming programs.

## Collaborations

- Build partnerships with yoga centers, sustainability initiatives, and mental health organizations in Canada and beyond.



# Sustainability and Legal Compliance

1

## Regulatory Compliance

Obtain necessary permits for zoning, farming, and renewable energy operations.

2

## Environmental Practices

Commit to a net-zero carbon footprint within 5 years through renewable energy and regenerative farming practices.

3

## Sustainable Building

Building with local resources

The SOMA PATH Sanctuary development plan provides a comprehensive framework for establishing a sustainable, holistic community centred on Soma teachings and somatic practices. By integrating eco-friendly infrastructure, innovative programs, and a sustainable economic model, the sanctuary aims to create a transformative space for personal growth and community well-being. The focus on regulatory compliance and environmental stewardship ensures that the sanctuary will be a responsible and harmonious addition to the Southern Ontario landscape. As the project moves forward, ongoing community engagement and adaptability will be key to realizing the vision of an "island of peace" that fosters inner and global transformation.

