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SFSH

School For Self-Healing



Course Descriptions

June 2024 - May 2025

School For Self-Healing

School for Self-Healing Training Courses 2024-2025

Programs of Instruction in the Meir Schneider Method of Self-Healing
through bodywork, movement, kinesthetic awareness, and natural vision improvement

June 1, 2024, through May 31, 2025

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The 2024-2025 catalog is available to prospective students and the general public by:

- Downloading the .pdf file from our website at self-healing.org,
- Calling the office manager at (415) 665-9574 to request on through the mail, or
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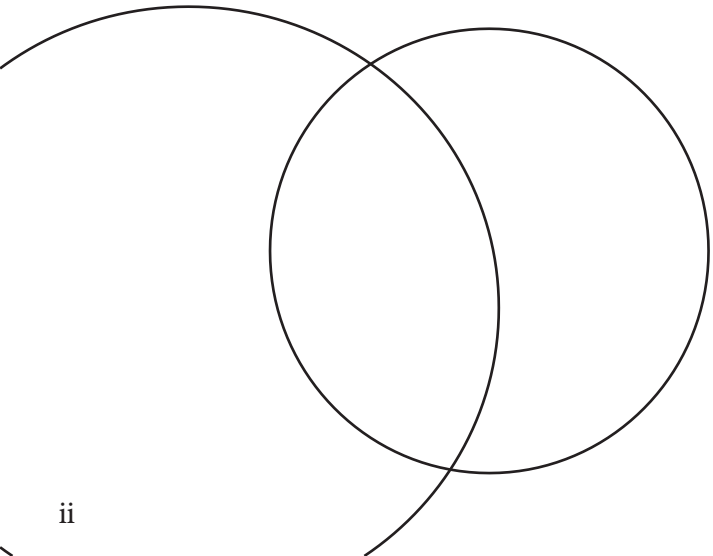


This first step towards making the world a better place to live must be to improve everyone's health. The only way to rid humanity of disease is for each person to become healthy. That process involves becoming our own healers. When we are free from preoccupation with painful or ailing bodies, we can focus our attention on deepening the awareness of our own strength. From this foundation of inner knowledge and each individual's learning to care for one's own health, we can create a new world. We need to free the mind, so that it will not inhibit the body from realizing its true potential.

- Meir Schneider, Ph.D., LMT

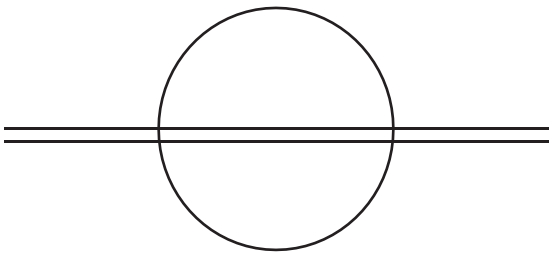


Mission Statement

In 1984, Meir Schneider, Ph.D., LMT founded the non-profit School for Self-Healing (SFSH) under its parent entity, the Self-Healing Research Center. Since then, we have been offering students a warm and nurturing environment for the study of Self-Healing through bodywork, movement, kinesthetic awareness, and natural vision improvement. We have a strong commitment to empower everyone to take charge of their own healing process through daily practice programs, movements, and supporting your creativity and inventive abilities. The Meir Schneider Method of Self-Healing through Bodywork, Movement, Kinesthetic Awareness, and Natural Vision Improvement, prepares students to improve and overcome their own health, injuries, degenerative conditions, stress levels and/or repetitive occupational activities.

Our mission is to create awareness of responsibility for our own health, and to teach others how to create balance in their bodies and lives. By teaching you how to tap into your body's innate ability to heal itself, you can teach the world that vision can and does improve with commitment to practice.

To accomplish these goals, we offer hands-on training courses. Through bodywork, movement, kinesthetic awareness, and natural vision improvement, the trainings are reflected in Awakening Your Power of Self-Healing by Meir Schneider (Self-Healing Press).



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Meir Schneider's Method of Self-Healing Through Bodywork and Movement

Founder of the School for Self-Healing, Meir Schneider self-rehabilitated from a diagnosis of legal blindness to functional vision. He incrementally (starting 1% to 5%, 20%, 50%, and up to 70%) achieved this success by incorporating concepts and exercises he developed while working with others to improve their vision. With a Ph.D. for his successful work helping people with muscular dystrophy, Meir has dedicated over fifty-two years expanding his knowledge and sharing it with students. Students of this work (such as Beatriz Nascimento, who overcame muscular dystrophy and produced the DVD Healing Neuromuscular Conditions), continue to shape Meir's ideology.

"We are a small community, and students develop lifetime friendships after participating in our courses."

- Meir Schneider, Ph.D., LMT

The School for Self-Healing Practitioner/Educator Training Programs

Through our full training program, you will learn the Meir Schneider Method of Self-Healing through Bodywork, Movement, Kinesthetic Awareness, and Natural Vision Improvement. Many other specialized and advanced classes are available based on interest.

Basic Training, (100 total hours) Students will gain a basic understanding of the Self-Healing Method, including bodywork, movement, kinesthetic awareness, and Natural Vision Improvement, as well as some basic anatomy and advanced physiology. After successful completion of this course, they will receive a certificate of completion stating that the holder is an Entry-Level Practitioner of the Meir Schneider Method. This certificate indicates you can begin practicing the method on yourself, your loved ones, and relatively healthy clients.

Those who wish to deepen their knowledge and be helpful to more people, including those with more serious disabilities should take **Advanced Training.**

If **Advanced Training** is not available shortly after completing **Basic Training**, students with good promise may begin their **Internship** and develop more advanced knowledge right away. There will be a few hours of preparation needed before starting the Internship hours. If it is available during your Internship period, we strongly recommend taking the Advanced Training course when it is provided to ensure your work has a strong academic background.

Advanced Training, (48 total hours). After successfully completing the **Basic Training**, students are certified as Internship-Level Practitioners / Educators. Those wish to develop special skills in bodywork and learn to help people with more severe disabilities using the Meir Schneider Method can begin by successfully completing this intensive course.

Basic Internship, (250 total hours). After successfully completing Basic Training, the Internship program allows the student to begin a hands-on clinic in bodywork and natural vision improvement. Here they will deepen their knowledge and gain invaluable experience with actual clients. It is the application of the knowledge taught in Basic Training and Advanced Training.

Advanced Internship, (250 hours). After successfully completing Advanced Training, the Internship program allows the student to continue a hands-on clinic in bodywork and natural vision improvement. Here they will deepen their knowledge and gain invaluable experience with actual clients. It is the application of the knowledge taught in Basic Training and Advanced Training.

On completing Basic and Advanced Training courses and the 500 hours of Internship, students receive a certificate of completion as a Practitioner/Educator of the Meir Schneider Method of Self-Healing and are armed to help people with various forms of disabilities. They can also use their skills to be build a new career.

The institution and its programs are not accredited by an accrediting agency recognized by the United States Department of Education.

Your Instructor

Meir Schneider, Ph.D., LMT was born with cataracts and other severe eye pathologies that affected his vision. After five unsuccessful surgeries, his prognosis was poor, and he was expected to be blind for life. Still, he never gave up his dream of gaining sight.

Though he read only braille, he learned the Bates Method at age 17 and diligently practiced the eye exercises. As a result, Meir succeeded in developing his vision from 1% of the normal value to 70%. He has held an unrestricted California Driver's License for over 40 years.

Next came his breakthrough. In his quest for self-improvement, Meir realized that the same principles he used to overcome his eye problems could also be applied to the entire body. Meir used bodywork and movement to complement the visual exercises, and this system of complimentary treatments led him to develop a new pathway to overall health. This system became the basis for the Meir Schneider Method of Self-Healing through Bodywork, Movement, Kinesthetic Awareness, and Natural Vision Improvement. This method focuses on holistic health rehabilitation and is also a prevention practice that trains us to use our muscles and joints by isolating muscle groups, relaxing chronically overused muscles, stimulating brain-body neural connections, and, most importantly, enhancing circulation.

Meir has applied his method of Self-Healing to help others who suffer from a wide range of degenerative conditions of and/or injury to the muscular and nervous systems, including cases like polio, muscular dystrophy, and multiple sclerosis. Conventional specialists have praised his techniques after seeing results that far exceeded expectations. Through therapy, educational programs, and publications, Meir's innovative holistic approach to optimal wellness for the body and eyes continues to improve the lives of millions world- wide.

A globally respected pioneer, therapist, and educator, Meir is the author of Vision for Life: Ten Steps to Natural Eyesight Improvement (published by North Atlantic Books and distributed by Penguin Random House, second edition). He is also the best-selling author of The Natural Vision Improvement Kit, Yoga for Your Eyes (video), Meir Schneider's Miracle Eyesight Method (all published by Sounds True), Self-Healing: My Life and Vision, The Handbook of Self-Healing, Movement for Self-Healing, and Awakening Your Power of Self-Healing (to name a few).

Meir received his bachelor's degree from the University of San Francisco and later earned his Ph.D. from Golden State University in the Healing Arts for his work with muscular dystrophy. Meir received the Certificate of Honor from then San Francisco Mayor, now Governor, Gavin Newsom for his tireless efforts dedicated to improving the quality of life for countless individuals with both visual and physical limitations.

Since founding the School in 1984, Meir has trained teachers and practitioners who have opened their own schools. Notable practitioners maintain and operate schools in Israel and Brazil.

During more than 130,000 clinical hours over the past fifty-two years, Meir has helped countless people prevent conditions like glaucoma and cataracts, as well as heal paralysis, injuries, and other degenerative conditions. He's shown clients and students how to live with improved mobility and, often, without the use of a wheelchair. Through ongoing lectures, courses, and workshops Meir continues to teach students how to activate the powerful forces of nature within the bodies for improved mobility and recovery, as well as how to improve vision by connecting to those forces through light, movement, and relaxation.

School Philosophy

We promote individual responsibility and empowerment of health via a comprehensive holistic method.

The courses mentioned in this class list encompass the prevention and rehabilitation of the body and eyes through education, training, integrated movement, therapeutic bodywork, and Natural Vision Improvement therapies.

Our support system and holistic approach maximizes each individual's potential for recovery and health, instilling confidence and resources for an enriched quality of life.

In an unprecedented act, a special permit was given to us by the San Francisco Board of Supervisors to allow our school to function in a residential neighborhood near the beach, creating a new generation of students and practitioners who are willing to do the work necessary to heal themselves and others. We use the beach for a large portion of our activities. The beach and ocean air are very conducive to our work in self-healing.

The Meir Schneider Method of Self-Healing doesn't only help people heal, it helps raise awareness, inspire people to help themselves, and affect global change in perspective concerning our body's power to self-heal and advance itself.

Students from all over the world attend so they can return to their communities to teach the Meir Schneider method. Our students continue to teach others the power of self-healing worldwide.

Our hope is that after studying the Meir Schneider method, you will return to your community and connect with others who are interested in the power of self-healing and become part of this world-wide transformation.

Our Graduates

Graduates of our program are people from all over the world who diligently work with Meir Schneider's books or attend his seminars, including students from outside of the medical or healing professions, medical doctors, professors of medicine, physicians, nurses, chiropractors, physical therapists, occupational therapists, practitioners of many other schools of bodywork, psychologists, yoga teachers, aerobics instructors, personal trainers, homemakers, army officers, computer programmers, administrators, musicians, and many more. Ages have ranged from nineteen to eighty-three-years-old.

Notable students who continue to make Meir very proud include:

Fernanda Leite Ribeiro, who is in high demand as an optometrist and self-healing practitioner in Brazil.

Sônia Cristina Tinós Carrocine, who has helped many legally blind people overcome blindness and continues to inspire many to study Meir's unique work. You can find Sônia on Facebook.

Learning Objectives

Meir's experience has led him to the conclusion that most illnesses are linked to a lack of movement in the body.

Our goal is to reverse that. You will learn how to strategically increase movement in every part of your body, increase circulation, improve recovery, and strengthen your senses. Students that continue to advanced training learn special techniques to work with people with serious disabilities, illnesses, and injuries.

Our objectives are to teach you how:

- To create better connection between the brain and body and use that connection to improve your healing
- To greatly deepen your awareness of movement throughout the body; particularly movement of the breath. This awareness is a vehicle for accessing the body-mind link and one's innate self-healing powers.
- To nurture and improve function of the body's systems. Limited movement patterns can contribute to diseases and vision problems of all kinds.
- To teach practitioners how to maintain a consistent level of body awareness, flexibility, mobility, and general high-level of functionality with which to inspire their clients.
- To prevent and overcome common occupational hazards of bodyworkers, musicians, and artists, such as repetitive strain injuries.

What is a Self-Healing Practitioner?

A self-healing practitioner is someone who mentors and helps clients learn to heal themselves. Our philosophy is developing freedom in the body and the mind. We use imagery and novel ways of thinking to form new connections between our brains and every muscle of our bodies.

We live those principles daily in our practice and enthusiastically teach this way of life to our students. The goal of our training is to show how to transform ourselves and others, and to reach our potential. By doing that we will help them reach their potential in their specific condition.

We specify exercises for different people in different situations. We work hard to develop the ability to find the exact exercise and touch that each person needs.

Our Bodywork

Our bodywork penetrates deeply into every cell of the person we work with and penetrates deeply to the joints and bones. We study anatomy to understand the body and physiology to help us understand how to create the changes. We combine movement with our bodywork. We create significant outcomes and are able to help people with diseases for which there is limited medical help.

We can explain in some ways, but in others we can only demonstrate. Our demonstration is powerful.

Teaching Concept

You will learn to move and move others in a whole new way. This program teaches a way of being that improves circulation, balances the use of our muscles, and stimulates positive changes throughout the body through a daily practice of tailored exercises.

Due to the internal changes, you undergo through this study, you will learn not to just apply new techniques, but to become the technique itself.

Our intuition can lead to new scientific concepts through testing over time. In our courses, we unite intuition and science. Our training includes review of some anatomy and physiology, as well as review of the wonderful work of overcoming paralysis, vision problems, injuries, and prevention of illness.

This will help you round out and utilize your knowledge in a very complete way.

As you develop intuition, we observe you, compliment you, and are enthused to help you develop this unique and inspiring self-healing method.

Studying with Us

You will initiate your knowledge by combining very powerful bodywork techniques that affect the central and peripheral nervous system. Our techniques help renew bones, regenerate muscles, and allow for more movement. The combination of movement and bodywork is very powerful. In our unique training, you will learn to combine them in a way that works for peoples' health. Some students go on to begin whole new careers in the field of helping others.

Our method is a wonderful way of creating nonverbal communication that helps a person's psyche and body in a way that they have never been shown before. The combination of bodywork, subtle kinesthetic inner movement, and the movement of the different cells in the body will make a difference for people that you treat for a lifetime.

If you already are a professional, this training gives you many tools to compliment your normal practice. You will be able to offer people movement, vision improvement, new forms of relaxation, and new forms of activity.

Please know that we also walk or run on the beach because the weather is moderate in San Francisco. We also work with a trampoline, several local pools, and a Jacuzzi/hot tub in different ways. This creates a whole new consciousness that we hope to transfer to other people with whom we work.

Who is This Program For?

This program can benefit anyone, especially those who want to learn and practice an effective alternative health discipline. The Meir Schneider Self-Healing Method provides a powerful tool in helping oneself and others overcome various problems, and the benefits apply to anyone that wishes to learn.

Our program satisfies requirements for continuing education credit with the California Board of Registered Nursing (provider number CEP 11868), the American Massage Therapy Association (AMTA), the American Bodywork and Massage Professionals (ABMP), and the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) and is licensed and in compliance with the California Bureau for Private Postsecondary Education (Institution code: 3803411) (www.bppe.ca.gov).

You will learn how to:

- Develop a deeper awareness of your body's needs
- Maintain your health and prevent disease
- Break ingrained habits and old patterns of movement
- Develop balance in your body and sight
- Work with yours and other disabilities and develop the potential to manage and overcome them
- Become observant of other people's needs and create tailor-made exercises for them
- Learn a whole new way of breathing, moving, and being

After completing Basic Training, Advanced Training, and 250 hours or more of Internship, you will be able to practice The Meir Schneider Method of Self-Healing through Bodywork, Movement, Kinesthetic Awareness, and Natural Vision Improvement on clients, loved ones, and yourself.

Basic Training
Total = 100 Hours

Prerequisites: To enroll you must have proof of high school graduation or equivalent and have some knowledge of the Meir Schneider Self-Healing Method and a desire to practice the method. You must obtain approval from a school official and supply two personal character references.

Objectives
This course is primarily focused on the needs of the participating students. The goal is for students to personally apply Self-Healing principles inwardly so that they become aware of their personal healing potential through experience, leading to:

1. Awareness of movement and innate healing potential
2. Improved health and well-being
3. The ability to use the knowledge learned to help clients
4. Growing intuition and inventiveness in the student's self-healing practice

This first course is based heavily on information contained in Vision for Life and Awakening Your Power of Self-Healing. Both books will be reviewed and should be read before the training course begins, as there will not be time to read both books thoroughly during the training. Take notes or highlight as you read and bring your questions to class.

The goal is to develop enough self-awareness and deep knowledge of our own movement that we can help expand the regenerative movement for the clients we work on. Thus, this initial course is popular with students who seek self-growth, and information on how to best meet their bodies' needs. Health care professionals also find Basic Training helpful for expanding their skills.

This course is taught over the course of eight or nine intensive nine to ten-hour days.

Developing Kinesthetic Awareness
2 hours lecture and 9 hours Practice
Within the first day, we begin to learn kinesthetic awareness. Kinesthetic awareness is a deep, powerful awareness of the body and its positions, and developing it is a foundational skill as a Self-Healing teacher.

Kinesthetic awareness comes with deep and slow breathing. Parts of us, like the lower back, move in a different way when we breathe deeply. Without kinesthetic awareness there is no deep intuition on how to help ourselves or others.

We will have lectures and movements in combination, so that you can learn the theory while engaging in actual practice. We will use a very wide range of exercises to develop kinesthetic awareness. We will walk and run near the beach. We will watch our shoulders and the way they tense and loosen in front of a mirror.

We will learn how to create better length of the spine and re-align the vertebrae, and we will learn how subtle movements can affect the body.

The combination of these exercises and the lectures around them are very informative and comprehensive and can lead to a positive life change.

Breathing/Respiratory System

2 hours lecture and 7 hours Practice

We will begin to work on our breathing in the first days of class. Breathing deeply and properly is the beginning of transformation. Proper breathing creates better sensation in the body. We will learn very practically how to allow the waist, back, ribs, and chest to expand while you breathe.

This will make a revolutionary difference for our bodies. The transformation that can happen to the body's circulatory system and lungs cannot be described, but they can be experienced in the class.

We will learn why exhalation is as important as inhalation, and how to help the breath become complete.

We learn why nose breathing is the best breathing there is. We will find out about difficulties like obstructive and restrictive breathing problems, like asthma and emphysema, and the difference between them. We will also show you how you to reduce breathing problems through bodywork and exercises. We will also discover how changes in temperature, touch, and movement can affect breathing and how specific bodywork can expand our breath and lungs.

We will learn how to increase space in the chest, ribs, and lower back so breathing can be full and complete. There will be some book study of anatomy and physiology, and we will learn how oxygen is carried to the cell with the blood. You will also see how to diagnose someone state by observing their breath.

The Circulatory System

4 hours lecture and 8 hours Practice

Nearly 50% of deaths are forty years before their time due to cardiovascular problems, and one in eight people suffer from irregular blood pressure, usually high. With good circulation we have a sense of well-being and relaxation. Without good circulation, we are more tense and more prone to illness and injury.

We'll learn the principles of improving blood flow and the sense of lightness it brings. Getting warm hands and feet is very important for this task.

We will learn how to prevent heart attacks, strokes, and other cardiovascular conditions by improving circulation and reducing immobility in the chest cavity. We will see how chronic tension in the hips and shoulders can diminish circulation and learn methods to release this tension. We will demonstrate bodywork techniques, practices, and exercises to increase mobility of the chest and to manage blood pressure to improve the overall condition of the heart. Lectures and demonstrations also cover the presence or absence of swelling. .

You will learn special bodywork to release the body's peripheral channel of circulation. A unique, pleasant aerobic dance with music is included to release blood to the periphery. Students will study the heart and entire cardiovascular system for knowledge on how to prevent disease and increase longevity.

We're going to have a discussion and quiz on the circulatory system. There will be open-book questions given in advance, discussion during the course, and then a quiz in class.

Bones, Joints & Spine

4 hours lecture and 9 hours Practice

We will learn how bones regenerate and how we can contribute to their regeneration and prevent or help overcome osteoporosis. We will talk about how arthritis can be prevented with movement.

You will learn how to help people with bone difficulties through special exercises on the bones. We will see how to prevent and reduce arthritis when it occurs and reduce or prevent the need for harmful medication.

We'll also learn how shoulders and elbows are interconnected, and see how our hands and fingers are connected to the shoulders and why it matters.

Digestive System

3 hours lecture and 8 hours Practice

As many as 65 million people in the United States and hundreds of millions worldwide suffer from various digestive problems, especially irritable bowel syndrome. By studying the digestive system, students learn that peristalsis, a wavelike motion in the digestive system, is the secret to healthy digestion. Students learn specialized exercises for improved digestion, and bodywork for improved peristalsis.

You will learn how to relax and open the digestive sphincter muscles through bodywork and awareness, which improves digestion and can relax the entire body. Healthy digestion brings a sense of ease and lightness and even makes studying easier because the digestive system affects our thinking. Students also see specific bodywork techniques to release tight digestive muscles, which can be effective in preventing surgeries and overcoming grave conditions.

Students learn and practice bodywork techniques for irritable bowel syndrome that can ease and potentially eliminate symptoms. Other topics include colitis and Crohn's disease.

You will learn how the autonomic nervous system can be affected with exercises and how the autonomic nervous system affects the digestive system and vice versa.

There will be discussion, book review, quizzes, and hands-on digestion activities.

Muscles

5 hours lecture and 7 hours Practice

Unevenness of the muscles leads to joint problems and pain. Lack of muscle balance causes the bones to be pulled in the wrong directions and is a leading cause of osteoarthritis. We will learn how that happens and how to prevent it, as well as how to stop it as quickly as possible with bodywork and many other techniques.

We will discuss joint movement patterns and learn how muscles and joints freeze and how to unfreeze them. We also learn the way that muscles contract on a cellular level, and we see how the muscles function as levers.

We will also see how evenness of the muscles helps circulation. We will learn to create more space between bones to alleviate pressure on the spinal nerves. This positively affects every part of our body, including breathing.

You will also learn to relax muscles with soft bodywork. We believe our bodywork can penetrate into the cell and affect the sub-cellular activity. It loosens strong muscles that commonly overwork to hold non-ideal postures, especially from over-sitting. We learn how we over-strain our muscles, both in exercise and in normal activity, and we learn how to reverse and prevent that. We also share special deep tissue bodywork that breaks adhesions and tension to release necrosis from the cells.

When we work on the muscles, we teach how to avoid straining through imbalanced motions. This leads to more efficient movement, which benefits our health and mindset. This renewed relationship with movement increases the benefits of our bodywork, and bodywork makes it possible to engage in movement that breaks bad postural habits.

At the same time, we also work with movements that help the cells remain loose. We go to the pool to learn

how to help ourselves and others with less gravitational resistance.

Learning to work with muscle disease is covered in the course, and we discuss how to work with a range of muscles from those of an athlete to the rigid back of an uptight airline passenger. Students also learn how to provide bodywork in water, which is especially helpful to clients living with different types of paralysis and joint restrictions.

In this course, there are two hours of hands-on work with muscular dystrophy. Students review the structure and function of muscles and participate in lectures and demonstrations on methods to enhance the quality of movement. A class discussion on the video, Self-Healing Techniques for Muscular Dystrophy, is included. Also, there will be sections on different types of muscular dystrophy, compensatory patterns for muscle weakness, and a sequence of self-healing therapy exercises for people living with muscular dystrophy and other muscle disease.

Visual System

5 hours lecture and 12 hours Practice

Meir's journey began with his eyes. For students with vision problems, we can discuss your situation, assess your challenges, and help you with them.

We will also learn the relationship between hearing, seeing, smelling, and posture, something that most people don't know. Meir always says, "You can never help someone with back pain before you work with their vision", and the details about why will be covered in this course.

This section will cover all of the nine principles of vision improvement, outlined in our book Vision for Life. When students focus on vision, they learn how harmonious the visual mechanism is and how different parts of the eyes work together. We teach how different parts of the retina work in harmony and how to strengthen the central part of the retina, called the macula, with specific exercises in shifting, or looking from detail to detail. This is what the macula was designed to do.

We will also learn how to prevent macular degeneration, a disease that has become a plague on modern eyes. We will see how to help somebody with macular degeneration with the shifting exercises and bodywork that helps to bring more blood to the head.

We also learn that most blinding diseases are a result of poor blood flow to the optic nerve, visual brain, and eyes, and how increasing blood flow can make a big difference in problems like glaucoma, wet macular degeneration, and neovascularization of the retina.

It will take some time to absorb the information from this part of the course, but it will be extremely exciting, comprehensive, and helpful to you, your neighbors, your friends, your clients, and humanity.

We also will learn to increase peripheral vision and prevent many eye problems, including glaucoma. We will discover how looking at a distance can prevent cataracts, and much more.

This class is not to be missed.

The Nervous System

2 hours lecture and 7 hours Practice

The nervous system governs our lives. In order to make our bodies strong, we need to know how to control our nervous system.

In this part of the course, we will discuss the potential we have to create better action in the nervous system

in order to prevent dementia and senility, prevent and overcome paralysis, and more.

We will divide work on the autonomic nervous system, which is affected by our emotions, and learn specific exercises to balance the activity of the autonomic nervous system. This affects every part of our body and can prevent most internal illnesses. We will also learn the evolution of the central nervous system and learn exercises like crawling and cross patterning. We will also learn coordination exercises, which can help prevent falls and other injuries.

Specific exercises for balancing the autonomic nervous system will be taught, as well as exercises for coordination.

We will also teach bodywork that can create better connection between muscles and the brain. We will also review parts of the video Bodywork for Self-Healing, which we would like you to obtain and work with. It describes a lot of our techniques.

Personal Sessions

Each student in our classes will get at least one personal session. We teach you to find your specific needs and give you the tools to address them.

In personal sessions, we use a pool, a hot tub, and trampoline to work on ourselves. Some people can be more vigorous and some more cautious, but we do our work according to your own capacity and needs.

Assignments

Upon acceptance to the Basic Training course, you will receive seven sets of preview questions with relevant handouts by email. These sets of questions are study guides designed to help you through materials that may be unfamiliar and to give you a background of how self-healing applies to the body's systems. For each question, you will find notes pointing out where the answers can be found in the provided materials.

You will need to complete the preview questions before classes begin. These materials and questions are for your enrichment and will enhance your class discussions. Please order your texts and materials shortly after being accepted as you will need them to answer the preview questions. Students are expected have their answers and be prepared to discuss them in class. Please call if you get stuck—we want you to succeed and are here to help you.

Students are also required to give a twenty-minute presentation on one of the following topics:

- A demonstration of another style of bodywork
- A demonstration of another form of vision improvement work
- An exercise or group of exercises that are based on self-healing concepts that you have developed and used successfully
- A demonstration or lecture of another holistic movement, or exercise system

Presentations will be scheduled throughout the course. Please plan your topic in advance with Meir to prevent duplications.

NOTE
The video and audio materials are not referred to in the preview questions. These materials contain guided exercises designed to provide a refreshing break from the preview questions, as well as to introduce you to the types of exercises we will be doing. We suggest you try them out before the first day of class.

Basic Training Outcome

Throughout this course, students learn how the range of their own body movement affects their health and their own capacity to give bodywork. So, the bodywork, visualization, and movement tools taught in Basic Training develop flexibility and strengthen one's body. Graduates of Basic Training will have the foundation required to teach these basic methods and principles and know how to use them to help people.

Students will develop a comprehensive understanding of anatomy and physiology. They will come to understand the importance of body movement and awareness of their own bodies' mobility. The importance of how the digestive system works is emphasized, and students learn correct bodywork and movement for digestive disorders. Students also learn the difference between soft and deep tissue bodywork to help energy flow in the body.

When you finish the course, you see how your own range of body movements has increased and how that affects your ability to understand clients' problems with their body movement and health. You will also come to understand the bodywork needed for the person you're working with. We develop that awareness by assessing real people, and you will have living examples to assess and work with during this training.

Our graduates learn a new way to move, develop better sensory awareness, better vision, and better hearing, and develop a capacity to inspire others to develop the same.

At the end of the class, you will be able to touch other people with confidence and help them move in a better, healthier way. You will also receive a certificate naming you Entry-Level Self-Healing Practitioner / Educator in the Meir Schneider Self-Healing Method. This allows you to work with relatively healthy people. It can also be used to adjunct other therapies when working with people with different disabilities through other modalities, or to help family members with special needs.

That ability is very profound and unique to our work. That's why it's so good for you to work continuously with the book, Awakening Your Power of Self-Healing, before you start to study, while studying in the course, and after the course. The practical knowledge in it is something that will start in the basic practitioner training and will continue throughout your career and your life. It will also prepare you for the Advanced Training course.

We hope our class leads to a big change for the better, with more vitality, strength, and openness. Many of our students develop a new sense of purpose in their life and go on to help others at home, nationally, and abroad.

NOTE:
Graduates of Basic Training are certified to work with relatively healthy clients who have issues with mobility, digestion, minor visual challenges, and other common minor problems. Graduates are not certified to work with clients suffering from chronic or life-threatening conditions (with the exception of students who come to Basic Training with a professional license). To work with clients who have chronic or life-threatening conditions, students are required to take Advanced Training.

Criteria for Satisfactory Performance in Basic Training
Grades are awarded on three levels, Pass with Excellence, Pass, and Fail. Grades are based on the program objectives for the course and are made on the basis of documented observations and answers to oral questions. In Basic Training and Advanced Training, grades include performance on written quizzes.

All late arrivals and absences are documented and must be for good cause. With permission from Meir, a student may be excused for a total of eight class hours per week. As substitution for the excused hours, a student may work on a project with pre-approval by Meir.

Meir's assessment of performance is based on observing the student's work, informal questioning, the student's presentation, and participation in class discussion, along with written answers to quizzes. If a student experiences difficulty with any part of the course work, they may work with Meir to develop a plan that better supports their learning.

Text and Materials for Basic Training

Required:

- Movement for Self-Healing, Schneider, M., & Schneider, M. (1987). *Movement for Self-Healing* (1st ed., p. 265). Kramer. (available in eBook and Audible)
- Vision for Life, by Meir Schneider (2nd ed., p. 235) North Atlantic (recommended as a paperback because it has eye charts, but is also available as an e-book and on Audible)
- Awakening Your Power of Self-Healing, Schneider, M. 2017, p. 23,
- Self-Healing Press. (also recommended as a paperback because it has illustrations, but is also available as an e-book and on Audible)
- 5 Pack CD set (also available on MP3) by Meir Schneider which includes:
    - Sensing Your Spine
    - Breath and Mobility of the Joints
    - Meir's Vision Exercises
    - Relaxation of the Eyes
    - Strengthening Your Central Nervous System
- The Natural Vision Improvement Kit, by Meir Schneider (audio)
- Yoga for Your Eyes, by Meir Schneider (DVD or downloadable – 62-page study guide included)
- Bodywork for Self-Healing, (DVD or downloadable)
- Miracle Eyesight Method, by Meir Schneider (audio)
- Healing Neuromuscular Conditions, by Beatriz Nascimento (DVD)

The following articles will be supplied upon enrollment:

- Complex and Hidden Brain in Gut Makes Stomachaches & Butterflies - New York Times
- An anatomy and physiology book of your choice, we often use Scanlon and Sanders
- The End of Night: Searching for Natural Darkness in an Age of Artificial Light, by Paul Bogard
- Muscular Dystrophy and the Self-Healing Method, by Carol Gallup (Dissertation)

Recommended Material (to be read before, after, or during the course):

- The Body Has Its Reasons, by Therese Bertherat
- Awareness through Movement, by Moshe Feldenkrais
- Body Learning (An Introduction to the Alexander Technique), by Michael Gelb
- What to Do About Your Brain-Injured Child, by Glenn Dornan
- The Art of Seeing, by Aldous Huxley
- The Bates Method for Better Eyesight without Glasses, by W.H. Bates
- The Healing Sun, by Richard Hobday
- The Body Electric, by Robert O. Becker

Advanced Training
Total = 50 hours

Prerequisites: To enroll in this training, you must have completed Basic Training within the last three years.

Objectives

This course provides advanced training in The Meir Schneider Method of Self-Healing through Bodywork, Movement, and Natural Vision Improvement, and is appropriate for students interested in working with family and friends as Self-Healing Method practitioners, working on people with more serious conditions, and for mainstream health professionals from all disciplines looking to expand the range of their practices. Students learn how to clinically apply the tools and insights taught in the Basic Training course by studying and working with small groups of clients every day (under supervision).

Clients are pre-selected to offer students experience addressing a range of health and functional problems.

Students are encouraged to develop and apply their intuition and invention. Evaluation of student and client movement patterns is emphasized. Discussion of personal clients and conditions is encouraged during the question-and-answer period.

Client sessions are offered at no charge. If you have a serious physical or visual condition, suffer from financial hardship, and would like to be a client for Advanced Training, please contact a member of the staff. Complimentary healing sessions are one of the contributions we provide to the community.

Training Outline

The first mornings of Advanced Training have a unique schedule. Generally, we review vision improvement concepts and discuss the preview questions, which is followed by a written quiz. Then we have a demonstration of evaluation and assessment procedures. For instance, students will learn to analyze one another's gait and find signs of restriction throughout the body. Diagnosing in this way will help students to work with live clients through the whole training course.

Restricted movement indicates muscle contraction and at times chronic contraction, which contributes to disease as covered in Basic Training. Students will learn which muscles are not contributing to proper movement, creating a "freeze" in the body, and utilize new techniques and reviewed knowledge to soften the freeze.

We also discuss contraindications. As an example, we talk about why people with multiple sclerosis should not get into a hot tub, even for therapeutic reasons. We also learn how to put people with muscular dystrophy and arthritis in the hot tub, and how to cool joints with cold water in order to take away inflammation.

These topics were introduced in the Basic Training and will be well repeated. We will also repeat many techniques studied during this initial training. From the second day, we start working with people with spine problems. Sometimes we also go to a pool for water therapy.

Working directly with clients is emphasized throughout Advanced Training. Days two through six involve small groups of students evaluating and treating four to eight clients per day. By the end of the course, each student will have performed and evaluated dozens of client sessions.

On the afternoon of day six we will have discussions and questions and answer opportunities.

Daily Schedule for Days Three Through Ten

- 9:00 a.m. - 10:00 a.m.
  Self-Healing movement exercises and discussion
- 10:00 a.m. - 1:00 p.m.
  Work with clients in small groups with two client sessions
- 1:00 p.m. – 1:45 p.m.
  Lunch break
- 1:45 p.m. - 3:00 p.m.
  Student discussion of clients while exchanging shoulder & foot bodywork
- 3:00 p.m. – 5:00 p.m.
  Work with clients in small groups with two client sessions
- 5:00 p.m. - 6:00 p.m.
  Student discussion of clients while exchanging bodywork

Client Session Information

Before each client is introduced, the class is given a brief history. Students are instructed to observe, and later discuss, the client's posture and movements. A group of three to four students work with each client on a specific aspect of their condition, (e.g., circulatory problems of a diabetic). Each group works for forty-five to fifty minutes under Meir's supervision. Students evaluate the client, design and provide a session of bodywork and movement education, and discuss long-range goals and plans. Throughout the session, Meir provides support, comments, and suggestions.

We make every effort to present students with the widest possible variety of issues. Accordingly, clients can (and do) include other students, athletes, musicians, and clients with conditions ranging from minor postural problems to serious limited mobility challenges. These problems may be caused by conditions such as multiple sclerosis, stroke, injuries, and/or muscular dystrophy.

We will see one group of people with vision problems, another group of people with paralysis or immobility, another group of people with joint problems, and another group of people for wellbeing. On the last half a day of the Advanced Training course, we will summarize the work that we did.

You will be able to meet as many as fifty people with different problems and challenges, and you will be ready to work with them for the 250 minimum hours required to graduate from Internship.

Our Clients

Clients are not charged for sessions with students. Some clients come to the school seeking affordable care, some are invited by Meir, and some are brought by students (who, after obtaining permission from Meir, are encouraged to bring clients to class). Some clients are invited for a single session; while others come for continuing care to give students experience with continuity of a treatment plan. Each student becomes a 'client' at least once.

Class Discussion

Classroom discussions center on issues related to sessions with clients. These issues include assessment, exercise selection and invention, design of short-term and long-term plans, pathologies, client communication, conducting a session, and many other topics. The discussion also provides feedback on

performance of the small groups. Some discussion periods include question-and-answer sessions.

Students can expect subject matter from Basic Training to reappear in Advanced Training in more practical ways, and in greater depth. Students will learn to assist clients with more advanced vision improvement techniques than those practiced during the first course.

Assignments

Upon acceptance to Advanced Training, you will receive a study guide by email. Assigned reading includes handouts on pathophysiology, as well as Awakening Your Power of Self-Healing, which provides specific bodywork and movement regimens for clients with pain, limited movement, or poor vision. Pathophysiology materials will give students a better understanding of health conditions typically seen in Advanced Training clients.

Students are expected to bring written answers to all the questions in the study guide to the first day of class. These materials and questions are for your enrichment and will enhance class discussions. Students are expected to be able to demonstrate exercises assigned in the study guide, as well as bodywork techniques learned in Basic Training. These materials will be reviewed on the first day of class.

Criteria for Satisfactory Performance

Grades are awarded on three levels, Pass with Excellence, Pass, and Fail. Grades are based on the program objectives for the course and are made based on documented observations and answers to oral questions. In Basic Training, and Advanced Training, grading includes performance on written quizzes.

All late arrivals and absences are documented. With permission from Meir based on the reason for the excuse, a student may be excused for a total of five class hours. As substitution for the hours, a student may work on a project pre-approved by Meir.

Students whose performance is judged satisfactory or better will be eligible to enroll in the Internship course. Meir's assessment of performance is based on observation, informal questioning, presentation and participation in class discussion and client sessions, along with written answers to quizzes.

If a student experiences difficulty with any part of the course work, they may work with Meir to develop a plan that better supports their learning.

Conclusion To the Course

After successfully completing Advanced Training, students receive a certificate naming them an Intern-Level Self-Healing Practitioner / Educator and may advance to Internship and student clinics. Enrolling in the next available internship helps students build on knowledge while it is fresh, and to continue their education with the group with which they have made connections.

After Advanced Training

Graduates are certified as Intern-level Practitioners / Educators of the Meir Schneider Method and are competent in helping people overcome common minor to moderate problems. When you finish the Advanced Training course, you have two options.

Some graduates are happy with the wealth of knowledge they learned in Basic and Advanced Training. Many have already undergone a major life change and look forward to a new way to live and interact with the world.

On the other hand, many students like to continue and deepen their knowledge and ability through formal **Internship.** Internship results in full certification in the Meir Schneider Method of Self-Healing and dramatically expands a graduate's capacity to help clients and loved ones with even serious disabilities.

250 or more hours of internship are required for the full certification in the Meir Schneider Method. We recommend 500 hours or more. Hours past the initial 250 are provided at a reduced rate with reduced fees.

Internship is not a guarantee, it depends how the student studied. If they’ve trained very well, passed all the quizzes, and shown great improvement in their capacity to touch, diagnose, and intuitively feel what a client needs, they are accepted immediately.

Not everyone who finishes the internship program is able to then become a bodyworker, and not everybody becomes a bodyworker can remain one. However, our method has produced wonderful bodyworkers and natural vision improvement instructors that have gone on to end up teaching many people how to reach their full potential, help them overcome paralysis, and improve their lives and mobility.

Internship: Basic & Advanced
Total = Minimum 250 hours

Dates: Scheduled as needed. Please contact the school for more information.

Prerequisites:
Internship is divided into two sections. After successfully completing the Basic Training within the last eighteen months, you are eligible to enroll in the initial 250 hours of internship. To enroll in Advanced Internship, you must have completed the Advanced Training within the last eighteen months, if it was available. With the approval of Meir, graduates who show great desire and promise may enroll early in the Internship before completing the Advanced Training if that course wasn't scheduled. Starting Internship this way allows the student to continue their momentum in learning the Meir Schneider Method of Self-Healing. Commitment to enroll in and complete Advanced Training is required for full certification.

Satisfactory Participation & Attendance
Any student whose performance is judged satisfactory or better in Advanced Training will be eligible to enroll in Internship. Promising students who completed only Basic may also enroll in Internship if Advanced Training is not yet scheduled. Meir's assessment of performance is based on observing the student's work, informal questioning, the student's presentation and participation in class discussions, and written answers to quizzes. If a student has trouble with any part of the course work, they can work with Meir to develop a plan that supports their learning.

Objectives
An intern directly learns to apply the Meir Schneider Method in a clinical in sophisticated way. By assisting a SFSH practitioner, you yourself become a qualified practitioner. In the Internship program, you will work with one of the practitioners at the school as they work with their clients, studying in-depth the day-to-day application of Self-Healing techniques on various conditions.

Some people we work with are not ill and come for well-being; others are very ill and have conditions that are not managed well by the medical establishment. You will keep a running log of hours, which the practitioner will sign off on. This log will include the type of clients and the number of hours you've accumulated. You must complete at least 250 hours of internship for full certification as a Meir Schneider Method Practitioner/Educator. Regardless of your age or background, you can learn how to teach eye and spine classes and become a trainer in this work upon completion of Basic Training, Advanced Training, and Internship training.

You must have, within your 250 hours, at least:

- 125 hours with clients with vision problems
- 25 hours with clients with limited movement
- 25 hours with clients with breathing and heart disease
- 25 hours with clients who suffer from pain and injury
- 15 hours with clients for well-being

We provide the type of experience that no one else can give you in working with the large variety of clients—from strokes to muscular dystrophy, to multiple sclerosis, to athletes and musicians who want to use their bodies well. With the external knowledge that you gain, you will learn how to follow a process and how to build strength from within. We hope you use that strength either to be the pride of your new employer or to start a large practice of your own. Internship will start your process of internal evolution, so that you can develop the proper techniques for different people.

Students may also gain Internship experience through assisting at a limited number of workshops, classes, and collaborative case studies.

Upon successful completion of Internship, the student can expect to have competence in the following skills:

- Evaluation and assessment of a client's condition and needs
- Teaching Self-Healing principles to clients
- Providing bodywork and movement education
- Demonstrating the right touch with each client, suitable to their needs at that moment.
- Helping design sessions and long-range programs
- Communicating realistic expectations and goals to clients
- Demonstrating relaxation and proper use in their own body

Logistics of Internship

Interns are given up to one year to complete the 250 minimum Internship hours. Students who require an extension must gain permission from the Director. Interns are expected to arrive ahead of the time scheduled for the client session. You may not join a session that is already in progress. If you come from another city or abroad for an intensive period of internship, please give the Director as much notice as possible about your plans.

The hours of Internship are exclusive of break time and accumulated mostly from sessions with practitioners and their clients. At least 250 hours must be hands-on or in discussion with a Self-Healing Instructor. Students are invited to schedule time with the Instructor or Self-Healing Practitioner Educator (SHPE) to discuss clients. Discussion time may be credited towards the 250 hours. The Internship schedule is variable. Students need to arrange in advance with the Director to intern in client sessions, since there are limits to the number of interns in any session.

If possible, the student should intern with several Instructors to become familiar with different styles of Self-Healing, and a wider variety of clients. Each student is responsible for keeping their log of internship hours up to date. The log is signed by the Instructor or Director and turned into the school office. The originals are kept in the student's file at the school and the students retain a copy for themselves.

Interns who repeat Advanced Training courses are responsible for logging those hours. Except for the first and last day, they may log up to 6 hours per day in appropriate categories. The remaining 3 hours must be designated as elective hours.

After each 100 hours in an Internship, students will meet with an Instructor for a performance evaluation and counseling. This counseling is required, and no credit hours are given for this time.

Other Credited Internship Activities

- Repeat Advanced Training: Interns have the option of repeating Advanced Trainings as frequently as they wish, at a cost of half of the regular tuition for the course. Tuition is prorated when students take less than the full course. The cost of repeating this course is not deductible from Internship tuition. Up to three such repeats (a total of 20 days or 182 hours) can be credited as academic hours of Internship.
- Assisting at a Workshop or Training: Interns can earn a maximum of 100 Internship hours by attending advanced workshops on special topics taught by Self-Healing Instructors or, with the approval of the Director, by SHPE's who are not Instructors.

Interns are given up to a year to complete the minimum 250 Internship hours. Students who require an extension must gain permission from the Director.

Student Clinics
Students can earn some of their Internship hours from student clinics. In student clinics, one or two students take responsibility for one or more sessions with individual clients. The Instructor moves among the client sessions with individual clients and suggests courses of action. The Instructor selects the clients, assigns clients to students, and creates the schedule.

Didactic Sessions
Didactic sessions are client sessions in which the emphasis is primarily on teaching. An Instructor and a small group of students work with a client. The Instructor provides their evaluation, the treatment plan for the session, each technique they are using and the reasons why, and summarizes what outcome they notice in the client. Some didactic sessions may be videotaped with permission from the client. Further information is available from the Director.

Research or Published Material
The school may credit interns for research work on the Self-Healing Method, and/or for published material, or papers about the integration of Self-Healing with other forms of movement, bodywork, and natural vision improvement. The school will determine the amount of credit on an individual basis. This option is only available for advanced internship beyond the initial 250 hours.

Criteria for Satisfactory Performance
Students whose performance is judged satisfactory or better will be eligible to enroll in further Self-Healing Training depending on interest. Meir's assessment of performance is based on observation, informal questioning, and documentation of the student's performance according to Internship objectives.

If a student has trouble with any part of the course work, they can work with Meir to develop a plan that supports their learning. When Meir sees a student fall below a passing grade, Meir will notify the student, share documented evaluations, and make suggestions on how the student can bring their performance up to standard, including working more internship hours.

Conclusion to Internship
Students who successfully complete a minimum of 250 Intern hours, Basic Training, and Advanced Training will be certified as a full Self-Healing Practitioner / Educator and be prepared to help clients and loved ones along their healing journey in a very profound way.

Enrollment and Withdrawal

Enrollment Information
Call the School for Self-Healing at (415) 665-9574 to request a Registration Application and Enrollment Agreement. We love hosting visitors and recommend that you visit the school or talk with Meir Schneider to discuss your educational and occupational plans before enrolling. We make every effort to accommodate disabled students. To determine if a class is appropriate for you, please discuss your specific needs and reasons for enrolling in advance with Meir or the School's Director.

Complete and return the application with the $250 registration fee. Please note that the $100 application fee and registration fees are non-refundable (unless the class is canceled by the school, or the applicant is not accepted) and is not transferable to a future class. Books cannot be returned. Include a copy of your diploma or transcripts for highest degree you have been awarded (a high school degree, GED, or equivalent, is required). Applicants must be emotionally stable and behave professionally at all times.

You will be notified of the school's decision concerning your application in person, by letter, or telephone. Upon acceptance, please send in your Enrollment Agreement with your first payment to reserve your space in class, as space is limited. The Enrollment Agreement will be signed by both you and the School's Director; one copy will be given to you, and the other will be kept on file at the school.
Please read the Enrollment Agreement carefully.

Withdrawal
Registration and application fees, as well as relevant course material (books, audio, video, and related tools) expenses are non-refundable even when a student cancels before the first day of the class.

Cancellation and Refund
A student can cancel the Enrollment Agreement and obtain a refund of all fees paid (minus registration, application and material expenses), through attendance at the first session by the end of the first day of class. After the first day, the refund will be pro-rated based on the following formula:

(HOURS PAID) - (HOURS TAKEN, REGISTRATION, BOOKS & FEES) = AMOUNT OF YOUR REFUND

You have the right to cancel your agreement for a program of instruction, without any penalty or obligation, through attendance at the first class session or the seventh calendar day after enrollment, whichever is later. After the end of the cancellation period, you also have the right to stop school at any time; and you have the right to receive a pro rata refund if you have completed 60 percent or less of the scheduled days in the current payment period in your program through the last day of attendance.

Cancellation may occur when the student provides a written notice of cancellation at the following address: Office Manager, School for Self-Healing, 2218 48th Avenue, San Francisco California 94116. This can be done by mail or by hand delivery.

The written notice of cancellation, if sent by mail, is effective when deposited in the mail properly addressed with proper postage.

The written notice need not take any particular form and however expressed; it is effective if it shows that the student no longer wishes to be bound by the Enrollment Agreement. If the Enrollment Agreement is canceled, the school will refund the student any money they have paid, less a registration or administration fee not to exceed $250, and less any deduction for equipment not returned in good condition, within 45 days after the notice of cancellation is received.

The Student Tuition Recovery Fund

The State of California established the Student Tuition Recovery Fund (STRF) to relieve or mitigate economic loss suffered by a student in an educational program at a qualifying institution, who is or was a California resident while enrolled, or was enrolled in a residency program, if the student enrolled in the institution, prepaid tuition, and suffered an economic loss. Unless relieved of the obligation to do so, you must pay the state-imposed assessment for the STRF, or it must be paid on your behalf, if you are a student in an educational program, who is a California resident, or are enrolled in a residency program, and prepay all or part of your tuition.

You are not eligible for protection from the STRF, and you are not required to pay the STRF assessment, if you are not a California resident, or are not enrolled in a residency program.

It is important that you keep copies of your enrollment agreement, financial aid documents, receipts, or any other information that documents the amount paid to the school. Questions regarding the STRF may be directed to the Bureau for Private Postsecondary Education, 1747 N. Market Blvd. Ste 225, Sacramento, CA 95834, (916) 431-6959, or (888) 370-7589.

To be eligible for STRF, you must be a California resident or are enrolled in a residency program, prepaid tuition, paid or deemed to have paid the STRF assessment, and suffered an economic loss as a result of the following:

1. The institution, a location of the institution, or an educational program offered by the institution was closed or discontinued, and you did not choose to participate in a teach-out plan approved by the Bureau or did not complete a chosen teach-out plan approved by the Bureau.
2. You were enrolled at an institution or a location of the institution within the 120-day period before the closure of the institution or location of the institution, or were enrolled in an educational program within the 120 day period before the program was discontinued.
3. You were enrolled at an institution or a location of the institution more than 120 days before the closure of the institution or location of the institution, in an educational program offered by the institution as to which the Bureau determined there was a significant decline in the quality or value of the program more than 120 days before closure.
4. The institution has been ordered to pay a refund by the Bureau but has failed to do so.
5. The institution has failed to pay or reimburse loan proceeds under a federal student loan program as required by law or has failed to pay or reimburse proceeds received by the institution in excess of tuition and other costs.
6. You have been awarded restitution, a refund, or other monetary award by an arbitrator or court, based on a violation of this chapter by an institution or representative of an institution, but have been unable to collect the award from the institution.
7. You sought legal counsel that resulted in the cancellation of one or more of your student loans and have an invoice for services rendered and evidence of the cancellation of the student loan or loans.

To qualify for STRF reimbursement, the application must be received within four (4) years from the date of the action or event that made the student eligible for recovery from STRF.

A student whose loan is revived by a loan holder or debt collector after a period of non-collection may, at any time, file a written application for recovery from STRF for the debt that would have otherwise been eligible for recovery. If it has been more than four (4) years since the action or event that made the student eligible, the student must have filed a written application for recovery within the original four (4) year period, unless the period has been extended by another act of law.
However, no claim can be paid to any student without a social security number or a taxpayer identification number.

The School for Self-Healing does not participate in federal or state financial aid programs.

As of April 1, 2024, the STRF fee is $0.00 per $1,000 paid in tuition.

School Licensing and Approval
We are licensed to operate by the Bureau for Private Postsecondary and Vocational Education. This licensure means that the institution and its operations comply with minimum standards established under law for occupational instruction by private postsecondary educational institutions. It does not imply any endorsement by the State of California, or the Bureau.

Our program has been granted course approval from the Bureau for Private Postsecondary Education pursuant to California Education Code Section 94915. Course approval must be renewed annually and is subject to continuing review.

Courses taught at the School for Self-Healing satisfy continuing education requirements by the California Board of Registered Nursing (provider number CEP 11868), the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB), the American Massage Therapy Association (AMTA), and the American Bodywork and Massage Professional (ABMP) and will not lead to attaining a massage license. Examples of applicable Standard Occupational Classification (SOC) codes would be:

Broad Occupation: 31-9010 Massage Therapists
Minor Group: 31-9000 Other Healthcare Support Occupations
Major Group: 31-0000 Healthcare Support Occupations

We are required by law to tell you that convicted felons may have difficulty in getting a massage license. As such, please check with local authorities where you plan to practice before applying.

We are required by law to inform all potential students that our program is not, and never has been, operating as a debtor in possession, filed a petition within the preceding five years or has had a petition in bankruptcy filed against it within the preceding five years resulting in reorganization under Chapter 11 of the United States Bankruptcy Code (11 U.S.C. Sec. 1101 et seq.). While we are a small school, we have been a responsible and solvent business since 1984.

This catalog is updated every academic year; the last update was August 23, 2024, for the period covering June 1, 2024, through May 31, 2025.

Admissions Policy

To enroll in the training courses, a prospective student must:

- Have proof of high school graduation or equivalent
- Have interest in and a desire to practice the Meir Schneider Self-Healing Method from his books, in-person/online workshops, lectures, or other events
- Obtain approval from the instructor, Meir
- Pay total tuition as outlined in this course description

The School for Self-Healing is a private institution and has been approved to operate since 1982 by the Bureau for Private Postsecondary Education (BPPE). We are owned and operated by the Self-Healing Research Center, a non-profit benefit corporation under code 501c(3) dedicated to health education. Approval to operate from the BPPE means the institution is compliant with the minimum standards contained in the California BPPE Act of 2009 (as amended) and Division 7.5 of Title 5 of the California Code of Regulations. As a prospective student, you are encouraged to review this catalog prior to signing an enrollment agreement. You are also encouraged to review the School Performance Fact Sheet, which must be provided to you prior to signing an enrollment agreement.

NOTICE CONCERNING TRANSFERABILITY OF CREDITS & CREDENTIALS EARNED AT OUR INSTITUTION

The transferability of credits you earn at The School for Self-Healing is at the complete discretion of an institution to which you may seek to transfer. Acceptance of the certificate that you earn in the educational program is also at the complete discretion of the institution to which you may seek to transfer. If the certificate that you earn at this institution is not accepted at the institution to which you seek to transfer, you may be required to repeat some or all of your coursework at the institution. For this reason, you should make certain that your attendance at this institution will meet your educational goals. This may include contacting an institution to which you may seek to transfer after attending The School for Self-Healing to determine if your certificate will transfer.

We teach a very unique program that doesn't allow us to take credit from other institutions.

Any questions a student may have regarding this catalog that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 1747 North Market Blvd., Suite 225 Sacramento, CA 95834 or P.O. Box 980818, West Sacramento, CA 95798-0818, Website: www.bppe.ca.gov, (888) 370-7589 (916) 574-8900 or by fax (916) 263-1897.

We are required by law to inform potential students that our program does not currently have a pending petition in bankruptcy, is NOT, and never has been, operating as a debtor in possession, filed a petition within the preceding five years, or has had a petition in bankruptcy filed against it within the preceding five years that resulted in reorganization under Chapter 11 of the United States Bankruptcy Code (11 U.S.C. Sec. 1101 et seq.). While we are a small school, we have been a responsible and solvent business since 1982.

Prior Learning Policy

Our Basic programs are unique and therefore, we have not entered into any articulation or transfer agreement with any other college or university. For this reason, credits and certificates earned at other learning institutions and schools are welcomed but not transferable. The award of credit for experiential and prior learning is given at the discretion of the instructor for those who have a deep understanding of the methods through their study of Meir's books, Awakening Your Power of Self-Healing and Vision for Life and then proving this deep understanding through in-depth discussions with Meir Schneider, plus challenging examinations and achievement tests, if deemed necessary.

Anyone wishing to appeal this decision may do so by making an appointment with the Director. See the Office Manager, Monday through Friday 10am to 6pm, or call at 415-665-9574 to make arrangements.

The school does not accept ability to benefit (ATB) students as described by the BPPE.

International Students

Because we are authorized under federal law to enroll non-immigrant alien students, we require all international students obtain a student visa. There are no additional charges for students enrolling from countries outside the United States. While we are happy to assist you in any way, we can on a volunteer basis, we are not responsible for your legal immigration status. Our staff will petition for an I-20 form from the Student and Exchange Information System (SEVIS) to begin the process of application for you to study in the United States. Please contact your country's embassy or U.S. Immigration for more information. We are approved by SEVIS.

Once your visa is approved, be aware that our program is obliged to inform immigration of any changes in the student's association with the school.

English as a second language services (ESL) are not provided through the school. Because all courses are taught in English, we require international students be proficient in English.
The SFSH accepts the following documentation:

Test of English as a Foreign Language (TOEFL) with a score of 500,
United States Foreign Service Language Rating System, and
University Academic Transcripts.

Facilities & Resources

We are located a few steps away from Ocean Beach at:

School for Self-Healing
2218 48th Avenue
San Francisco California, 94116
415-665-9574

Instruction is conducted in a 3,200 square foot house with a 690 square foot wheelchair-accessible classroom on the ground floor, equipped with chairs, mats, bodywork tables, and supplies. The library/ student lounge is located upstairs, with two therapy rooms, school offices, and a full-size kitchen. Upon arrival, please check in with one of our office staff and they will get you started.

In the backyard we have a large trampoline and a hot tub that seats seven. Classes frequently take advantage of the mild San Francisco weather and go outdoors for vision and movement exercises at nearby parks or the beach. If weather allows, we use the beach very frequently.

Reliable and accessible parking is available for all students, with easy access to the beach (including to those with disabilities).

Housing and Transportation Expenses

We do not have dormitories or in-school housing. Although we are not responsible for finding housing for students or providing transportation, our staff will be happy to help you as best we can and provide a list of good places to stay. Costs vary widely with season and student preference but are generally affordable. Rates for rooms rented in private homes in the neighborhood start as low as $50/night, while local motels start at $100/night. Some offer student discounts, and monthly stays are often awarded better rates.

San Francisco is a very transportation-friendly city with many options to get around for very little money. Check out San Francisco's travel site (http://www.sftravel.com/article/how-get-around-san-francisco-transportation-basics) for details - bus stops are right around the corner from our location and can take you almost anywhere in the city.

Days & Hours of Operation

The office is open Monday through Friday, from 9am to 6pm Pacific Standard Time. Please visit us online at www.self-healing.org or contact us at 415-665-9574 during normal business hours.

Library & Computer Resources

Our school has many dozens of books in our library, and all the recommended course materials can be found there. On the first day of class, you will sign for a key that gives you access to the grounds before and after business hours. You can use the library and student lounge between 7:00 a.m. and 10:00 p.m. as a rule, but if you would like more hours, it can be arranged.

A computer loaded with basic programs and internet access is available in the student lounge for all students to use. Ask the office staffer for instructions on using the computer or WIFI and checking out materials from the library.

Dress Code

Bodywork involves working on skin and carefully observing posture and movement. Furthermore, oils, lotions, and creams are often applied, and these can leave grease marks. Thus, there are many parts of the school's program in which street clothes are inappropriate. Some bodywork schools are very liberal, and some require draping, others demand full clothing. Our School's policy is fairly middle-of-the-road, and we respect everyone's preferences and comfort levels.

When bodywork is being performed or a student is being evaluated for posture and movement, students are asked to wear bathing suits, or modest underwear. For female students, bathing suits should be two piece. Another acceptable option for female students is exercise bras and shorts. Draping is optional. Any student receiving bodywork may request draping. Nudity is NOT acceptable.

Clients who come to training classes will be asked to abide by the same dress code.

We ask that you observe good taste when going outside in the yard so as not to offend the neighbors. Minimum requirements for men are shorts. Women are required to wear shorts and a halter, or tank, top. Bathing suits are required when using the hot tub.

During movement exercises, please wear loose, comfortable clothing for easy movement. Our San Francisco weather varies. Because class is frequently held outside, we recommend that you dress in layers; warm jackets may be desirable, even during summer when the weather may turn foggy.

Rules of Conduct, Suspension & Probation Or Dismissal

Students are expected to maintain standards of academic honesty at all times, and treat school equipment, facilities, the physical and emotional treatment of clients, school staff and instructors, and other students with respect.

Grounds for suspension and dismissal are egregious rudeness, profanity, obscenity, disrespect of others, verbal or physical aggression, vandalism and cheating on assignments and quizzes, and, during Internship, a pattern of non-cooperativeness and non-collegiality. Students violating these standards will be

given a warning and will have an opportunity to meet with Meir to discuss the issues and how to correct them. At that time the student will be considered on probation until the problem is resolved.

Attendance & Grading Policies

Unless you have a dire emergency, you must telephone the Office Staffer when you are too sick to attend class. Students are allowed up to eight hours of excused absences in each of those courses. Excused absences may not exceed one day. For planned absences, please discuss your plans well in advance with the instructor. In case of excused absences, you must get permission from the instructor and complete an assigned make-up project. For Basic & Advanced Training courses, if your absences exceed the numbers of hours that may be excused, you must make arrangements with the instructor for a leave of absence.

Grades are awarded on three levels: Pass with Excellence, Pass, and Fail. Grades are based on the program objectives for the course and are made on the basis of documented observations and answers to oral questions. In Basic Training and Advanced Training, grades include performance on written quizzes. During each course, the instructor will be available for student conferences. If a student's performance is not acceptable, the instructor will initiate a student-teacher conference to discuss what the student can do to improve.

A student will fail if they: (i) have clearly made little or no effort to prepare assignments, and (ii) does not meet the program objectives for the course. Students who fail a course may not continue to the next level of training, nor will they be granted a certificate of completion. The Instructor or Director will notify students whether they may repeat a course they have failed. Permission will be denied if the student has failed because of a violation of a rule of conduct; or if, in the instructor's opinion, they are unable to or unwilling to improve significantly, or to grasp and apply the material.

Student Rights, Sexual Harassment or Other Discrimination:
Sexual harassment and discrimination of any kind are not tolerated at our program. Please ask the Office Staffer for a complete copy of our policy.

Grievance Procedure & Complaints

Students who wish to express dissatisfaction concerning any aspect of the program, the conduct of fellow students or instructor are encouraged to first speak with Meir. If Meir is unable to resolve the issue, or if the problem needs further resolution, students can bring their complaint to the school's Complaint Officer. In twenty years, there has never been a complaint against the school. The student has the right to cancel the agreement for a program of instruction, without any penalty or obligations, through attendance of the first-class session or the seventh calendar day after enrollment, whichever is later. After the end of the cancellation period, the student also has the right to stop attendance at any time: and the right to receive a pro rata refund if you have completed sixty percent or less of the scheduled days in the current payment period in the program through the last day of attendance. However, this is not required. A student or any member of the public may file a complaint about this institution with the Bureau for Private Postsecondary Education by calling (888) 370-7589 or by completing a complaint form, which can be obtained on the bureau's internet website www.bppe.ca.gov.

The Office of Student Assistance and Relief is available to support prospective students, current students, or past students of private postsecondary educational institutions in making informed decisions, understanding their rights, and navigating available services and relief options. The office may be reached by calling 415-665-9574 or by visiting www.self-healing.org.

Cancellation may occur when the student provides a written notice of cancellation at the following address: School for Self-Healing 2218 48th Avenue, San Francisco, CA 94116. This can be done by mail or hand delivery. The written notice of cancellation, if sent by mail, is effective when deposited in the mail properly addressed with proper postage. The written notice of cancellation need not take any particular form and however expressed; it is effective if it shows that the student no longer wishes to be bound by the Enrollment Agreement.

If the Enrollment Agreement is canceled, the school will refund the student any money they paid, less a registration fee not to exceed $250.00, and less any deduction for equipment not returned in good condition, within 45 days after the notice of cancellation is received.

Any questions a student may have regarding training courses that have not been satisfactorily answered by the institution may be directed to the Bureau for Private Postsecondary Education at 1747 N. Market Blvd. Ste 225, Sacramento, CA 95834 or P.O. Box 980818, West Sacramento, CA 95798-0818, www.bppe.ca.gov, (888) 370-7589 or by fax (916) 263-1897.

Equal Opportunity

We welcome and encourage applications from people with diverse backgrounds. We do not turn away anyone for reasons of race, ethnicity, national origin, age, gender, or sexual orientation. The School encourages applications from people with disabilities and makes every effort to accommodate them. However, please discuss your circumstances and needs with us in advance. Some audio taped and digital materials are available for vision impaired students.

Student Services

Supporting our students is a number one priority. We are a small school, and we are here to support you every step of the way, from suggesting housing and transportation to understanding the curriculum. Ask any staff member and they will be happy to help guide you.

Tuition Costs

Basic Training

Dates	Application Fee	Registration[1]	STRF[2]	Materials[3]	Tuition[4]	Total[5]
March 9 – 21, 2025	$100.00	$250.00	$0.00	$165.00	$2,800.00	$3,315.00

Advanced Training

Dates	Application Fee	Registration[1]	STRF[2]	Materials[3]	Tuition[4]	Total[5]
TBD	$0.00	$250.00	$0.00	$0.00	$1,800.00	$2,050.00

Basic Internship 250 Hours

Dates	Application Fee	Registration[1]	STRF[2]	Materials[3]	Tuition[4]	Total[5]
TBD	$0.00	$200.00	$0.00	$0.00	$1,800.00	$2,000.00

Advanced Internship 250 Hours[6]

Dates	Application Fee	Registration[1]	STRF[2]	Materials[3]	Tuition[4]	Total[5]
TBD	$0.00	$100.00	$0.00	$0.00	$1,300.00	$1,400.00

1. Non-refundable and non-transferable unless we cancel the course, or the student is not accepted.

2. Fees vary each year. The rate for the 2024/2025 academic year is $0.00 per $1,000 paid in tuition for California residents. See page 24 of this catalog.

3. Materials for the course can be purchased through the school or other resources such as Amazon. The costs listed here are estimated based on purchasing course materials through the school.

4. You will be discounted $90 dollars from the total cost if you pay tuition up front. Otherwise, tuition can be made in payments, please contact the school for details.

5. The schedule of total charges for a period of attendance and an estimated schedule of total charges for the entire educational program are the same.

6. After the first 250 hours, we recommend (but do not require for certification) an additional 250 hours of internship to truly excel. Please note the drastically reduced cost of Internship following the first required 250 hours.

Your Responsibility About Health Conditions You May Have
Students with health problems and/or disabilities must discuss with the instructor well in advance of the course any medical contraindications (what your doctor has told you not to do) for activities such as bodywork, movement, vision improvement exercises or any other activities in the course. The class sometimes jumps on the trampoline or exercises at parks, the beach, or a warm pool. If you cannot participate in any activity, or do not feel comfortable participating, please join the class at that time as an observer, since there is much you can learn from watching. If someone is massaging you and you find it unpleasant, we urge you to tell them to stop immediately.

Your Responsibility About Student Loans
IF A STUDENT GETS A STUDENT LOAN, THEY ARE RESPONSIBLE FOR REPAYING THE LOAN AMOUNT PLUS ANY INTEREST, LESS THE AMOUNT OF ANY REFUND. IF A STUDENT RECEIVES FEDERAL STUDENT FINANCIAL AID FUNDS, THE STUDENT IS ENTITLED TO A REFUND OF THE MONEYS NOT PAID FROM FEDERAL FINANCIAL AID FUNDS.

Leave of Absence and Course Completion Requirements
Tuition refund policy for leave of absence is identical to that for withdrawal. Upon return, tuition for the remaining days will be prorated. If a student plans to return soon and finish the course, they have the option of applying the tuition they have already paid toward the academic session at which they will complete the course. Leave of absence is granted only for good cause, such as personal or family illness.

If a Basic Training student is granted a leave of absence, they have up to 1 year to complete the Week 1 or 2 course they dropped out of. To enroll in Week 2, a student must have completed Week 1 within the past year or have permission of the Director. To enroll in Advanced Training, a student must have completed Basic Training within the past 2 years. Advanced Training students are given up to 18 months to complete the course. To enroll in Internship, a student must have completed Advanced Training within the past 18 months. Interns are given 2 years to complete their Internship, but, if necessary, they may request an extension.

Placement, Dropout Rates
We do not offer placement services. Prospective students will receive reports on completion and dropout rates for the previous year.

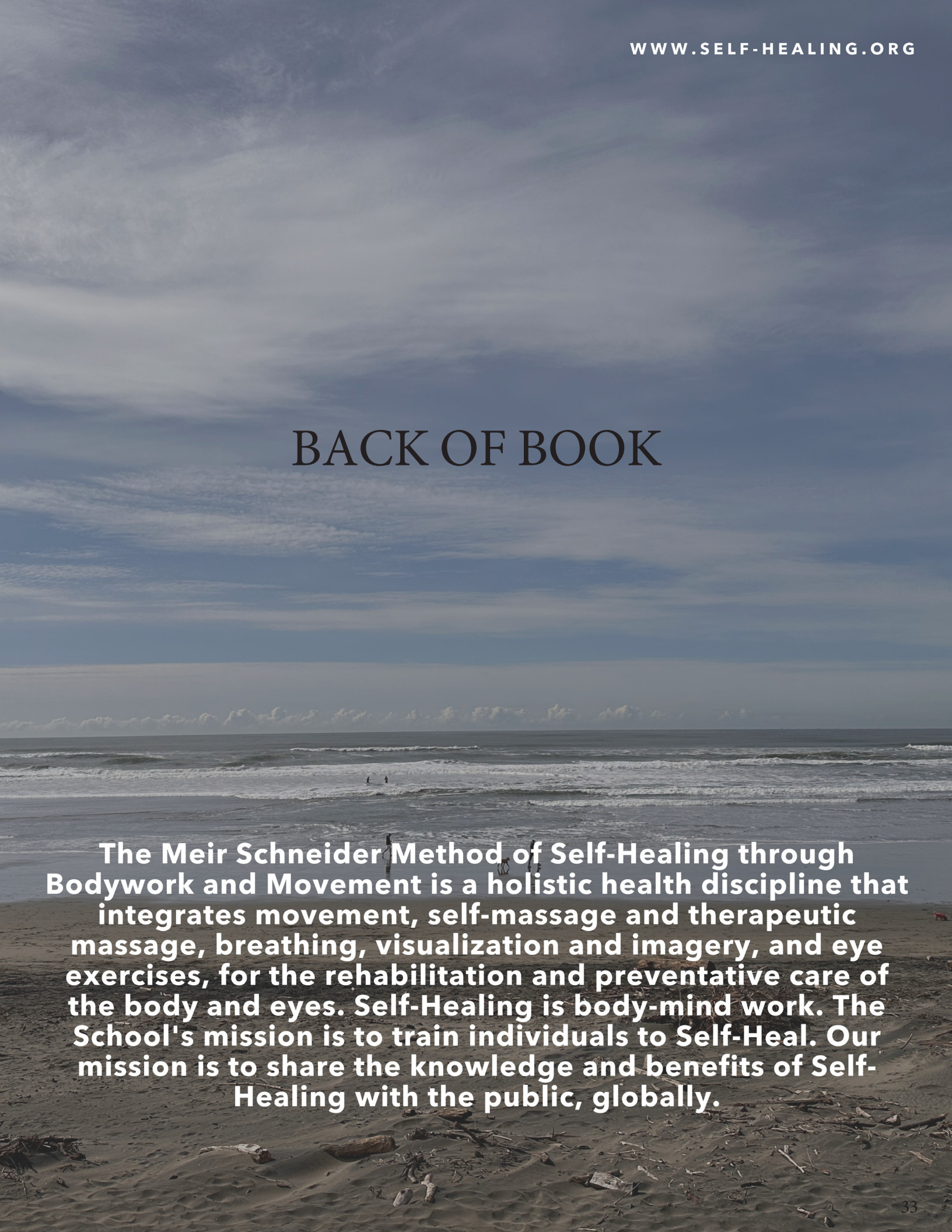
Student Records
Student academic records are retained at the school for a minimum of five years after graduation. Student transcripts are kept permanently and are available for free upon request.

You will find our schedule of tuition and fees on the following page.

Cost

Other courses may be available. For example, we have Teachers of Natural Vision Improvement, which is a five-day course where we learn how to work with classes and individuals and discover great analysis for individuals. Class availability is based on demand, so there is always something to learn depending on what people are asking for.

BACK OF BOOK



The Meir Schneider Method of Self-Healing through Bodywork and Movement is a holistic health discipline that integrates movement, self-massage and therapeutic massage, breathing, visualization and imagery, and eye exercises, for the rehabilitation and preventative care of the body and eyes. Self-Healing is body-mind work. The School's mission is to train individuals to Self-Heal. Our mission is to share the knowledge and benefits of Self-Healing with the public, globally.