

BODHI

Frequency & Somatic Healing Wellness Sanctuary

Stonegate Gardens Property | Lincoln, MA

STATEMENT OF USE AND PROPOSED OPERATIONS

Submitted in Support of Special Permit Application

Town of Lincoln Zoning Board of Appeals

I. Project Overview and Vision

BODHI is a community-centered, science-backed wellness sanctuary dedicated to somatic healing, frequency-based therapies, and the restoration of whole-person health. The proposed facility will be located at the former Stonegate Gardens property in Lincoln, Massachusetts, and will serve as an integrative healing destination for residents of Lincoln and the greater MetroWest Boston region.

The mission of BODHI is to provide accessible, practitioner-led and technology-supported healing modalities that address the nervous system, the body's biofield, and the emotional and spiritual dimensions of wellbeing. BODHI is not a medical facility and will not provide licensed medical diagnoses or treatments. All offerings are wellness-oriented and complementary in nature.

The property's existing structures allow for a thoughtful, multi-use layout without requiring significant structural alteration. BODHI will steward the property with care and intention, consistent with Lincoln's values around land preservation, community wellbeing, and environmental responsibility.

II. Site Layout and Use by Building

The property is organized into four primary zones, each serving a defined purpose:

A. Practitioner Building (West Side of Property)

Located on the west side of the property, this building will house private treatment rooms for licensed and certified holistic health practitioners offering appointment-based, one-on-one healing sessions.

B. Central Building — Cafe and Retail

The central building will house the BODHI cafe, offering teas, coffees, wellness beverages, and light fare, as well as a curated retail area offering wellness and healing products.

C. Greenhouse Building — Studio

The greenhouse building will be converted into the BODHI studio, housing group movement classes, educational programming, sound healing sessions, and ceremonial gatherings.

D. Basement — Wellness Equipment Center

The basement level will house BODHI's holistic frequency and detoxification technology suite, including individual wellness equipment rooms for appointment-based sessions.

III. Maximum Simultaneous Occupancy by Zone

The following maximum occupancy figures are general guesstimates based on current operational planning and are subject to refinement through Board review and final site planning.

Zone / Building	Persons (All Combined)	Breakdown
Practitioner Building (West side)	6 persons	Up to 3 practitioners + 3 clients (one client per practitioner at all times)
Central Building (Cafe + Retail)	11 persons	Up to 10 guests + 1 barista on duty
Greenhouse Building (Studio)	26 persons	Up to 25 participants + 1 instructor or facilitator
Basement (Wellness Equipment — 10 rooms; max 5 occupied simultaneously)	7 persons	Up to 5 guests in active sessions + up to 2 facilitators on duty
TOTAL — Maximum Simultaneous All Buildings Combined	50 persons	Full-property peak capacity

IV. Parking — Existing Capacity and Proposed Expansion

The Stonegate Gardens property includes an existing unpaved parking area surfaced with gravel and compacted material. BODHI proposes to expand this existing parking area by adding approximately 20 additional spaces using the same permeable gravel material already in place. No paving, no new impervious surface, and no redirection of water or stormwater drainage is proposed. The expanded lot will remain fully permeable and consistent with the character of the existing surface.

Existing and Proposed Parking Capacity:

- Existing parking area capacity: approximately 25–30 vehicles

- Proposed additional spaces: approximately 20 vehicles (same permeable gravel material)
- Total parking capacity after expansion: approximately 45–50 vehicles
- No paving or impervious surface — existing permeable material extended in kind
- No stormwater management, drainage, or grading changes proposed
- Parking spaces will be delineated using posts or non-permanent markers consistent with the property's natural character
- A designated accessible parking space will be established in compliance with ADA requirements
- Bicycle racks will be installed near the main entrance

Parking Demand Analysis:

Based on maximum simultaneous occupancy across all buildings, BODHI's peak parking demand is estimated at up to 50 vehicles. The following breakdown reflects each building at full capacity:

- Practitioner Building: up to 3 practitioners + 3 clients = 6 vehicles
- Central Building (Cafe + Retail): up to 10 guests + 1 staff = up to 11 vehicles
- Greenhouse Studio: up to 25 participants + 1 instructor = up to 26 vehicles
- Basement Technology Wing: up to 5 clients + 2 facilitators = up to 7 vehicles

The proposed expanded parking area of 45–50 spaces meets the estimated peak demand of 50 vehicles. No overflow or off-site parking is anticipated.

Because BODHI proposes only the re-use and expansion of the existing unpaved parking area using the same permeable material, no new stormwater management, drainage, or grading work is required. The fully permeable surface will be retained, consistent with Lincoln's environmental and conservation values.

V. Detailed Description of Operations by Building

A. Practitioner Building — Holistic Health Services

The practitioner building will house private treatment rooms for licensed and certified holistic health practitioners. Two anchor practitioners will form the foundation of BODHI's practitioner offerings: a dedicated Ayurvedic Practitioner and a certified Hyperbaric Chamber Therapist. BODHI will serve as the facility operator; individual practitioners carry their own professional licensure and liability coverage. Maximum occupancy at any time is 6 persons — practitioners and their clients combined.

Practitioner Modalities Planned:

- **Ayurvedic Practitioner (Anchor):** Personalized Ayurvedic consultations, constitutional assessments, and wellness protocols; anchor practitioner on staff
- **Hyperbaric Chamber Therapist (Anchor):** Supervised hyperbaric oxygen therapy sessions; certified therapist on staff full-time
- **Internal Family Systems (IFS):** Individual and group trauma-processing sessions by a licensed IFS therapist
- **EMDR:** Trauma-informed eye movement therapy by a certified EMDR practitioner
- **Reiki:** Hands-on energy healing sessions; individual appointments
- **Somatic Therapy:** Body-based trauma integration and nervous system regulation
- **Additional Rotating Practitioners:** Additional certified wellness practitioners as the practitioner community grows

Operational Details:

- Simultaneous persons in building: 6 (practitioners + clients combined)
- Appointment model: by reservation only; no walk-in services
- Session length: 50–75 minutes per appointment
- Estimated daily appointments across all rooms: 10-15
- Hours: Monday–Friday 8:00 AM–7:00 PM; Saturday 9:00 AM–5:00 PM

B. Central Building — Cafe and Retail

The central building will house the BODHI cafe and a curated retail area. The cafe will offer teas, coffees, wellness beverages, and light fare. There will be no commercial kitchen on-site — all food is sourced from a licensed outside restaurant or catering partner operating under their own Board of Health permits. Anticipated occupancy is 11 persons: 10 guests and 1 barista.

Cafe Operational Details:

- Simultaneous guests: 10 + 1 barista = 11 persons total
- No commercial kitchen buildout; no on-site food preparation beyond hot beverages
- Food (pastries, light fare) brought in daily by licensed outside vendor
- Hours: aligned with facility hours, approximately 8:00 AM–4:00 PM
- No alcohol service
- Outside catering partner will obtain all applicable Board of Health permits independently

Retail Details:

A small curated retail section (approximately 250–300 sq ft) integrated within the central building will offer wellness and healing products including supplements, frequency tools, somatic aids, and educational materials. Retail is an ancillary and accessory use with no separate entrance.

C. Greenhouse Building — Studio

The greenhouse building will serve as BODHI's primary group programming and community education space. Anticipated occupancy is 26 persons total — 25 participants plus 1 instructor or facilitator. All programming is pre-registered; no walk-in overflow beyond stated class limits will be permitted.

Programming Categories:

- **Movement & Somatic Classes:** Somatic yoga, trauma-informed movement, breathwork — 3 to 5 classes per day, 45–75 min, max 25 persons per class
- **Educational Workshops & Seminars:** Guest speakers, practitioner-led education, wellness intensives — 2 to 4 times per month, max 25 persons, typically held in the evening 6:00–8:30 PM
- **Community Programs:** Collective healing and support groups — 2 times per month, max 25 persons
- **Seasonal & Ceremonial Gatherings:** New/Full Moon gatherings, solstice and equinox events, seasonal ceremonial programming — 1 time per month, max 25 persons, typically held in the evening 6:00–9:00 PM
- **Sound Healing:** Group sound baths using singing bowls, gongs, and tuning forks — 1 time per week, 45–75 min, max 25 persons

Studio Operational Summary:

- Simultaneous occupancy: 26 persons (25 participants + 1 instructor/facilitator)
- Estimated weekly group programming hours: 25–40 hours
- Evening ceremony programming ends by 9:00 PM; all other evening programming ends by 8:30 PM
- No amplified outdoor music; all sound healing conducted indoors

D. Basement — Frequency Technology and Detoxification Center

The basement will contain up to 10 individual wellness equipment rooms. Under normal operations, no more than 5 rooms will be occupied simultaneously. Anticipated occupancy for this area is 7 persons: up to 5 clients in active sessions plus up to 2 facilitators on duty. All sessions are appointment-based and supervised by trained BODHI facilitators. These are wellness services, not medical treatments.

Technology Suite — Planned Equipment:

- **Infrared Sauna:** 2–3 units; individual use; 45–60 minute sessions
- **Ozone Therapy:** Individual sessions; 30–60 minutes
- **Holistic Frequency Devices:** Rasha, Theraphi, scalar field devices; 60–90 minute sessions
- **Cryotherapy / Cold Immersion:** Individual sessions; Contrast Therapy Suites

Operational Details:

- Maximum persons in basement at one time: 7 (clients + facilitators)
- All sessions by appointment only
- Trained BODHI facilitator present for all technology sessions
- Client wellness screening and intake conducted prior to first session

VI. Weekly Activity and Visitor Volume Summary

The table below reflects estimated weekly programming at full operations (12–18 months post-opening), consistent with the stated anticipated occupancy per building:

Service Category	Sessions per Week	Max Persons per Session	Est. Weekly Visitors
Practitioner Appointments	15–20/day	2 (client + practitioner)	75–100/week
Studio: Somatic / Yoga Classes	3–5x/day	26 (incl. instructor)	105–175/week
Studio: Sound Healing	1x/week	15 (incl. facilitator)	15/week
Studio: Workshops & Seminars	2–4x/month	25	50–100/month
Studio: Seasonal & Ceremonial	1x/month	25	25/month
Studio: Community Programs	2x/month	25	50/month
Basement Technology Sessions	20–35/day	1 client per room	100–175/week
Cafe Guests	Daily	10 max at once	50–80/day
TOTAL MAX SIMULTANEOUS ON-SITE	—	50 persons	—

VII. Hours of Operation

- Monday – Friday: 6:00 AM – 8:00 PM
- Saturday: 8:00 AM – 8:00 PM
- Sunday: 9:00 AM – 5:00 PM (limited programming)
- Workshops and seminars: up to 9:00 PM on designated evenings
- Seasonal & Ceremonial Gatherings: up to 9:00 PM, one designated evening per month

VIII. Community and Neighbor Considerations

- All outdoor lighting will be downward-directed; no flood lighting
- Sound healing and music conducted indoors only
- No outdoor amplified sound
- Existing natural landscaping maintained and enhanced
- Community programming offered to Lincoln residents at preferred pricing
- BODHI will engage in proactive neighbor outreach and welcomes dialogue with abutters

- No commercial kitchen; no grease traps or commercial exhaust venting
- No overnight stays; facility is day-use only

BODHI respectfully submits this Statement of Use to the Lincoln Zoning Board of Appeals in support of its Special Permit application. The applicant welcomes dialogue with the Board and neighboring property owners and is committed to a thorough and transparent permitting process. Additional materials, plans, and supporting documentation will be provided as requested.

Submitted by:

Ali Zook, Founder & CEO, BODHI

Stonegate Gardens Property, Lincoln, MA