The project is about exploring SOLITUDE by amplifying the user’s integration with the natural environment, through the medium of EXPERIENTIAL ARCHITECTURE along with a focus on the interior spaces that affect human mind.

in our technology driven world with computers, televisions, cell phones, and gaming units there certainly has been a shift in the lack of maintaining a healthy state of mind-body. To add, our daily lifestyle constitutes of demands, deadlines, hectic schedules and responsibilities leading to stress and increased health risks.

CITY & STRESS - URBAN LIFESTYLE

70 % POPULATION - LIVING IN CITY BY 2050 - UN projections

35-40 HRS / WEEK - INDIVIDUAL ONLINE - AD AGE Survey

62% - SMARTPHONES

20% - 3 TVs / household

LIFESTYLE change . . .

How their lives have changed in the past ten years?

Answers :

64% - “infused with technology” “more complicated,” “more stressful” and “focused on finding ways to do more with less”

28% - “more fun” or “easier.”

CONCLUSION - As people of means acquire more technological devices to simplify their lives, their lives have actually become more complicated. At least in the short-term, expect both trends to continue -- enthusiastic adoption of new technology, and the increasing complication of everyday life.

It has been proven that by practicing YOGA AND MEDITATION, one feels more ENERGIZED, gains SELF CONFIDENCE and achieves a HEALTHIER state of mind-body. Additionally, medical experts agree that yoga can help lower cholesterol, ease depression, speed healing, curb insomnia, boost the immune system, and control anxiety.

With these benefits in mind, I strongly believe in the NEED AND IMPORTANCE of yoga retreat in the city.
PROPOSAL

A center for YOGA, MEDITATION AND SPA

ARCHITECTURE - - - a space for an overall holistic experience.

Harmony - Architecture and Nature
The ethereal qualities in nature and their ability to tranquilize a person’s state of mind.
The temporality of natural phenomena appeals to our senses and therefore draws one to engage with his/her surroundings through ever changing spatial experiences, at the same time allowing one to venture into a liberating journey of imagination, thought and discoveries.

INTERIOR - - - Space and qualities of COLOR, LIGHT AND TEXTURE of materials in a way that they affect a person’s mind.
SITE

LOCATION: EAST 95TH & KREITER AVENUE, NEAR CALUMET PARK

The location of the site on the Lakefront makes it an ideal location for creating a holistic center for yoga and spa. Close proximity to the city at the same time allowing people to get away from the daily surroundings.

'REJUVENATION' CENTER -

FOR THE CITY

FOR THE NEIGHBORHOOD

FOR THE PEOPLE
SITE PICTURES

NEAR CALUMET PARK

EDWARD BARRON DRIVE

APPROACHING THE SITE FROM EAST FOREMAN DRIVE

LAKE MICHIGAN FROM THE EDGE OF THE SITE
INSPIRATION

HIERARCHY OF SPACES

INTEGRATION OF ARCHITECTURE AND NATURE

EVOLUTION
INTEGRATION...

ARCHITECTURE + NATURE
CIRCULATION:
GRID PATTERN
COMBINATION
OF RAMPS AND
PATHWAYS
PROPORTION = b : 2a
YOGA, SPA, MEDITATION, THERMAL BATHS

CAFETERIA AT THE TOP LEVEL - 10'

VILLA 2

VILLA 1

HOTEL
MATERIALS & TEXTURES
ENVIRONMENTAL STRATEGIES

SUMMER CONDITION

- SLIDING GLASS PANELS
- WOODEN LOUVERS
- WATER CHANNEL
- GROUND HEATING

WINTER CONDITION

- WALL HEATING
- WATER FILM ON THE WALL HEATS UP

- ZEN LANDSCAPE
- WOODEN Pergolas
1. HEATING:
Desired temperature for Bikram yoga: 105°F
Solar heating is used inorder to heat the water channel outside the yoga space. The interior space would be then heated through convection and radiation with the heated water channel.

In addition to solar heating, ground heating would be used to achieve desired temperatures, especially in winter.

Use of sliding glass walls with louvered sliding doors make it possible to open up the space completely for cooling in case of excessive heating in summer.

2. USE OF LOCAL MATERIALS:
Local stone and gravel for outdoor landscaping
Recycled wood for the interior cladding and deck of the spa
Use of recycled steel

3. COST and ENERGY EFFICIENCY
Local materials and local labor
Single storey structures
Well ventilated and lit spaces ensure low electrical consumption
THANK YOU