CONCEPT

An Evolution: A Holistic Rejuvenation and Wellness Center is... a space for exploring SOLITUDE by simplifying 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.

REJUVENATION OF THE HUMAN BODY & MIND

Life infused with technology has resulted in increased stress levels affecting the overall health of individuals. With the practice of yoga and meditation, one feels more ENERGIZED, gains SELF CONFIDENCE and achieves a HEALTHIER state of mind.

REVITALIZATION OF THE CITY & THE NEIGHBORHOOD

Creating a space outside of the city yet close proximity of it so that it generates an impact not just on the surrounding neighborhood but reaches out to the city as well.

INTEGRATION OF ARCHITECTURE & NATURE

The concept is to capture ethereal qualities in nature and their ability to tranquilize a person’s state of mind. Temporality of nature phenomena appeals to our senses and therefore draws one to engage with his/her surroundings through ever changing spatial experiences, all the same time allowing one to venture into a liberating journey of imagination, thoughts and discoveries. Use of COLOR, LIGHT AND TEXTURE of materials to achieve the desired integrity.

YOGA STUDIO AND MEDITATION ZONE - B

EVOLUTION

MASSING

CIRCULATION

APPROACH TO THE SITE

FIGUREGROUND

SITE SURROUNDINGS

INDUSTRIAL ZONE

RESIDENTIAL ZONE

PARKS

REVITALIZATION OF THE CITY & THE NEIGHBORHOOD

REVITALIZATION OF THE CITIZENS
ENVIRONMENTAL STRATEGIES:

1. HEATING:
   Desired temperature for Bikram yoga: 105°F
   Solar heating is used in order 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 story structures
   Well-ventilated and lit spaces ensure low electrical consumption