body soul IN.habit

jill cayley.wieler
How is our relationship to our body affected by our surroundings?
In order for humans of western society to re-gain a conscious relationship with our bodies, there must be an unveiling of what pushed us into the comatose state we are currently in. The investigation of relevant contributing factors will help us to gain insight into how we can correct this issue going forward. Being aware of the human body and its proportions can form the basis for design that delivers beauty and comfort.
project justification

The fundamental relationship of the human body and its influence on spatial configuration is extremely relevant to western society today. Within the past few decades western culture has lost the conscious connection between their bodies and its surroundings. It has not been until recent that our culture has started to become mindful of how much our surroundings have impacted our bodies in such a negative manner. The human body can be analyzed in order to determine and develop the appropriate scale needed for human enlightenment and comfort.
process
process
midterm issues

a. site development—greenery and design
b. sprawl of site
c. parking/heat island effect
d. different unit sizes
e. flexible spaces
a. Site development/greenery design?

- Central courtyard space for gathering
- Covered areas to sit in smaller groups
- Open areas to sit in large groups or individually
- Privacy screen/green screens allow for enclosed visually private courtyard space
- Bike shelter for alternative commute methods
- Trees provide shade and create cross breezes

b. Sprawl of site?

- Four proposed building complexes that fill the site and enclose the site creating natural barrier from street

c. Parking/heat island effect?

- Underground parking is out of sight and ok if flooded
d. Different unit sizes?
3 unit sizes developed
Mini/ mod/ mega
640/800/1050sqft

e. Flexible spaces?
Open floor plans allows for rearranging of spaces to reflect needs of user
Spaces can be closed off with interior screen walls or opened depending on privacy needs
place
site: fargo, north dakota
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purpose
major project elements

• **galley**: a place to prepare food consciously and carefully consider meal choices.
• **bathe**: this is a place to cleanse the body.
• **reflection**: this room is for personal exercise, where reflection upon the way the body moves is essential.
• **contemplation**: this room can be used as a space for studying and meditation. It is a multi purpose room.
major project elements

- **grazing**: this space is for taking time to feed the body and to take in vital nourishment.

- **dormancy**: this space is designed for the client to suspend their consciousness, which is an integral part to overall body health.

- **sunbathing**: this is a sun room. this room can be designated for whatever the client needs. perhaps practicing music, sewing, painting, etc. it is a room that provides lots of lighting for tasks to be carried out with energy and joy.
space
form
poetics
tectonics
materials
stucco-on-wood
wood
concrete
steel
glazed glass
steel mesh
structure

timber columns
steel truss beam systems
steel and timber reinforced double glass window bays
steel reinforced concrete flooring
wide flange steel columns
steel framing
pre-cast concrete exterior walls
stucco-on-wood exterior walls
human comfort/well being
• **Alcoves:** eating area with alcove-less square footage but more shelter around activity and more comfort

• **Window bays:** personal sanctuary, inside–outside feel

• **Outdoor focus:** lots of large windows strengthen the connection between inside and out

• **Over and under:** ability to see second level from the main level of the unit allows for intrigue and open feel

• **Focal gathering place:** the grazing area is visible from many other places giving it vitality

• **Place of your own:** private retreat (contemplation space) is a space that can be used for anything from hobbies to meditation, isolated space for the individual
• Metal mesh screen dividers: located in the bathtub area and in the reflection room allows the client to close off a space when desired for personal use

• Large window bays: let in ample natural daylight any time of year. Operable windows allow user to let in breezes and use passive cooling and heating

• Textured wall or ceiling: creates pattern or light and shade from daylight or light fixture, soothing effect

• Outdoor space: every unit has access to either shared or private outdoor patio or balcony space. Also, year round access to sunlight is imperative to those who live in northern climate with less sun year round

• Variation of ceiling heights: allows for comfort in private personal spaces and open feel to public and shared spaces
detail
• Expressed structure: units have exposed interior structural systems, connections of materials easy to recognize
• Exposed steel beams: allow for playful shadows cast within each unit
• Order: private spaces located primarily on the upper level and public spaces are located on the lower entry level
• Connecting views: strong visual connection between sequence of places. Allows for the ability to see and hear what is happening in adjacent areas even when engaged in one activity area
• Plenty of interior storage: multiple closet areas located throughout open floor plan allow for storage of items out sight
• Unique bathe areas: bathe area is pushed outward to allow for a floating feeling while cleansing, personal sanctuary feel

• Flexible space: units have open floor plans so that spaces can be re-arranged and re-defined for user specific activities. Upper level contemplation rooms double as guest bedrooms when needed

• Partially hidden views: upper levels have partial mesh screen wall so that glimpse of room can be seen without seeing all of it, this engages the user and evokes exploration.

• Multiple unit sizes: allow for varying comfort and ability for client to choose best suitable unit for their daily needs, activities and family size