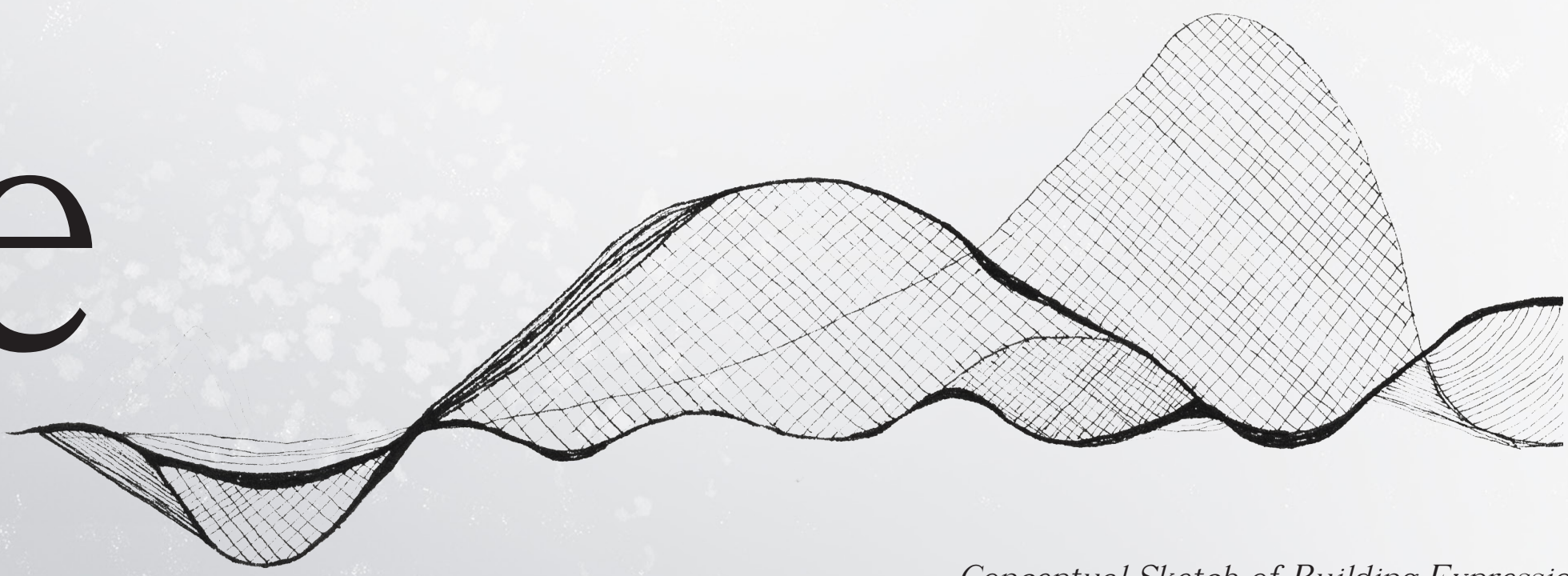


The Synthesis of Balance

Conscious Design Based on the Lived Experience



Conceptual Sketch of Building Expression

Architecture becomes harmonious when it is experienced as a triad of the lived reality, the perceived experience, and the impact it has on the memory of the soul.

As the triad of both architecture and balance evolve dependently and together, they are subjected to the same events and environmental conditions. They become inseparable, but preserve their individual characteristics.

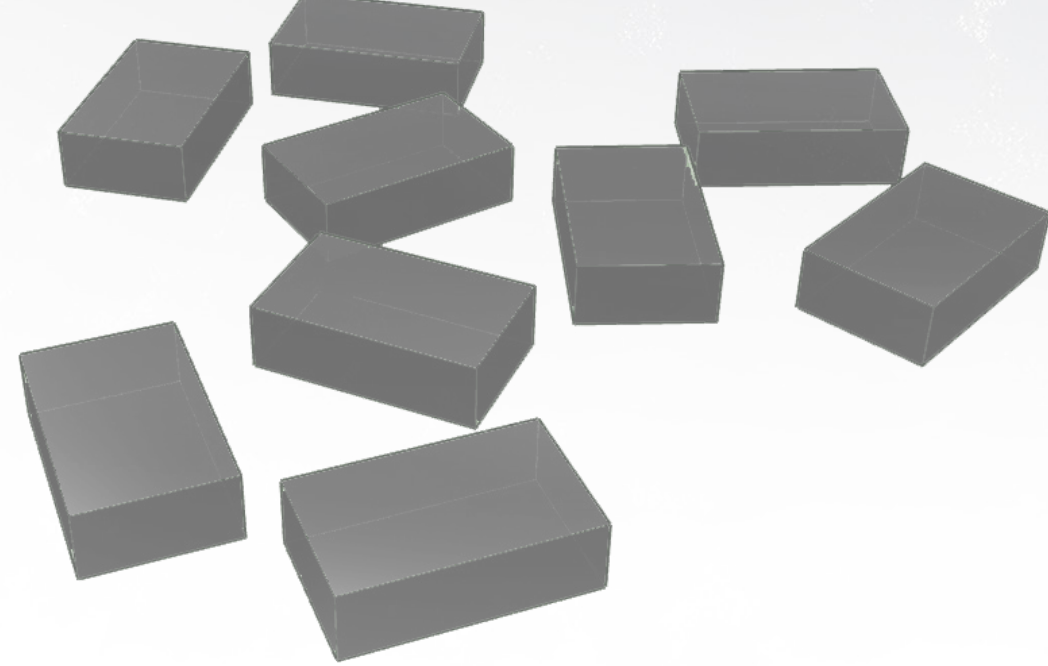
This intentional design is a practice of architectural discovery as it seeks to create a facilitator for balance between the triad, the built environment and the human user experience in Rochester, MN along Silver Lake.

MIND — BODY — SOUL

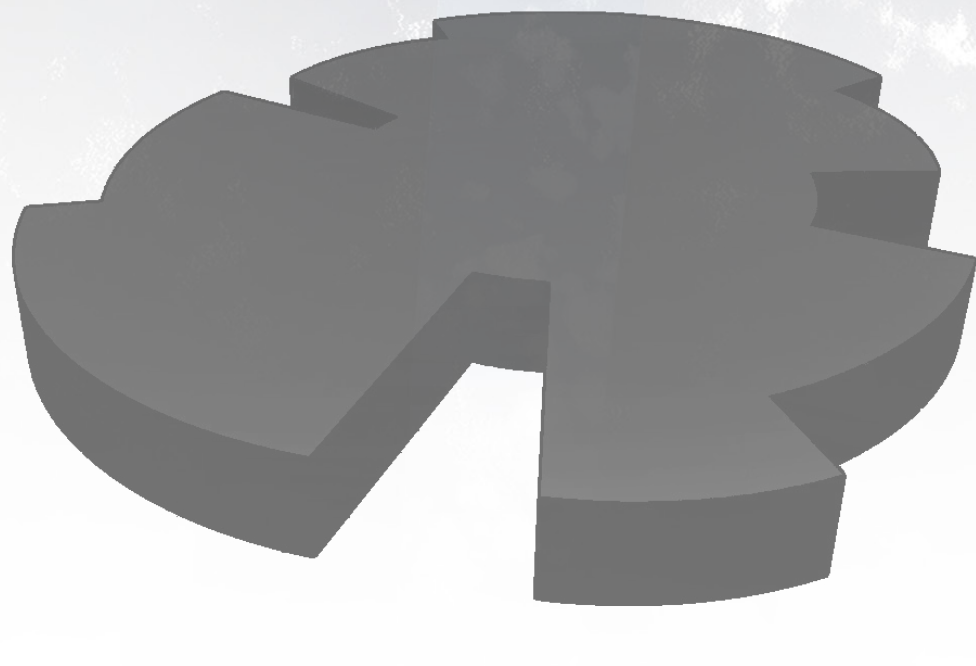
Evolution of Design: The meeting between space and form



Spaces organized around a central point



Repetition of functional clusters to inform spatial organization

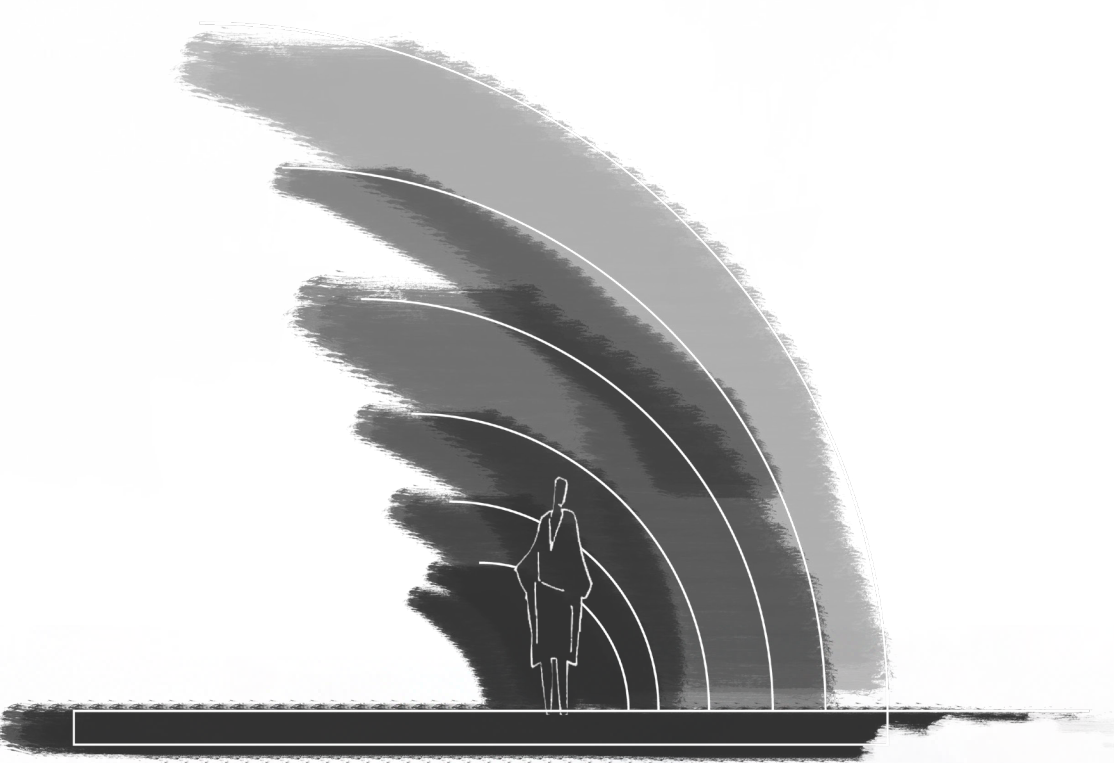


Building mass suggested by spatial layout



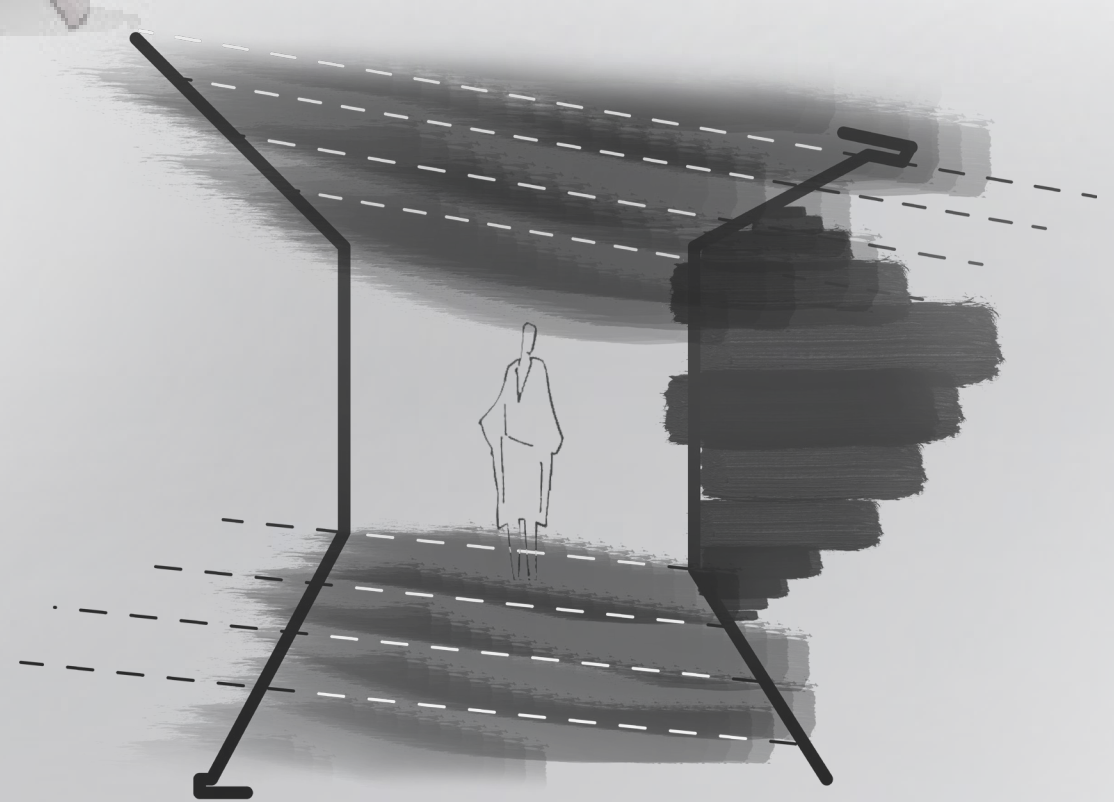
Building shell to convey design expression

The physical reality of the built environment can highly influence the subjective experience of a space. However, it is not solely dependent on it. Subdividing architecture into a trinity of the physical space, the mental space, and the spiritual space is what encourages a harmonious focus.



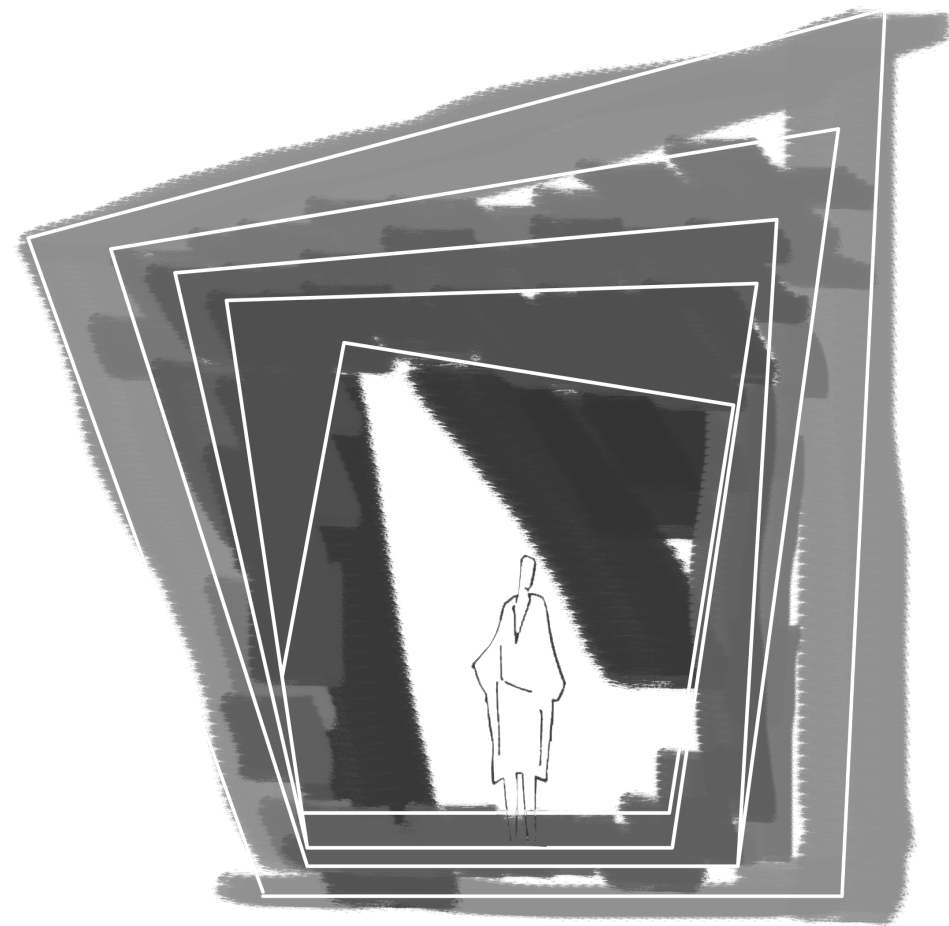
MIND — *BODY* — SOUL

Today, architecture is at the intersection of providing us physical habitation and fulfilling our deep desire for meaning that we has humans long for. Because we are developmental organisms raised within the environment it is important to understand our emotions and the way in which we broadly experience our built environment.



MIND — BODY — *SOUL*

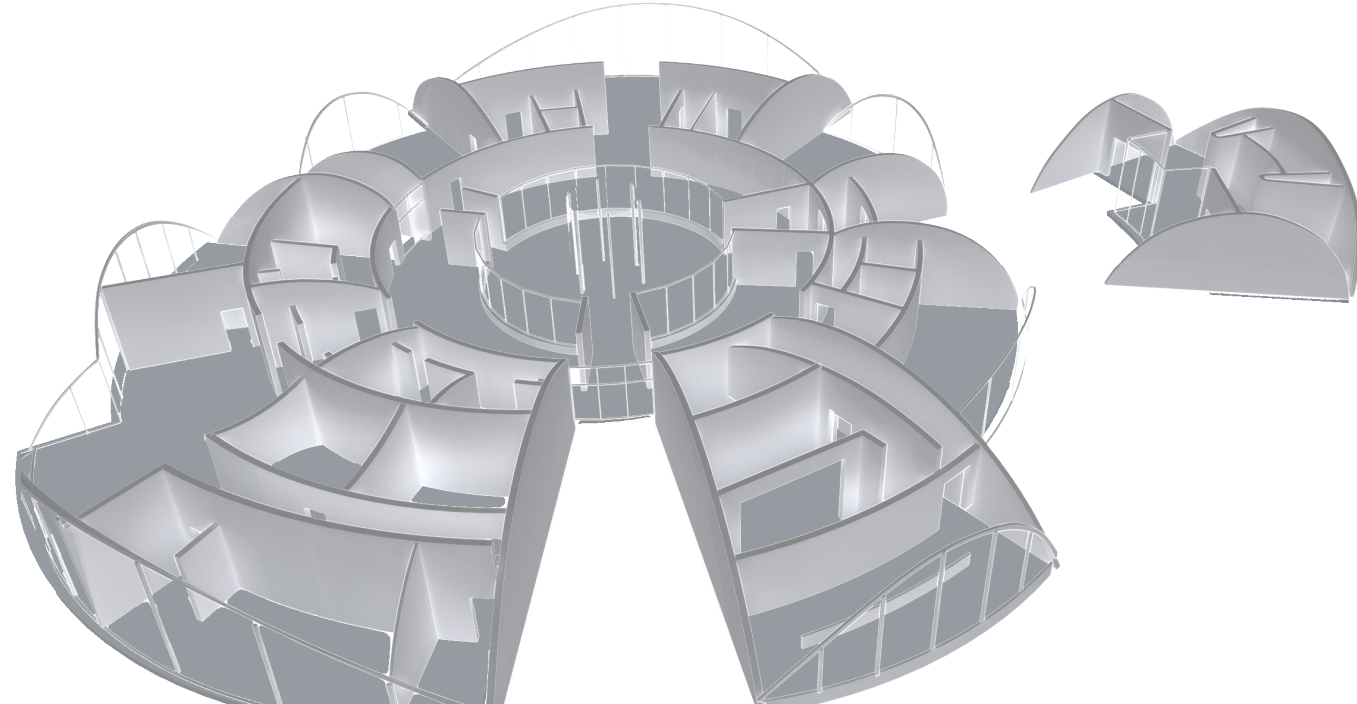
Architecture gathers richness and provides fulfillment when events and experiences are dispersed onto its surfaces. These movements, performances, and actions become mapped upon its surfaces. This dynamic performance and static permanence progresses to allow the built environment to develop to fullness.



Triad of Architectural Construction



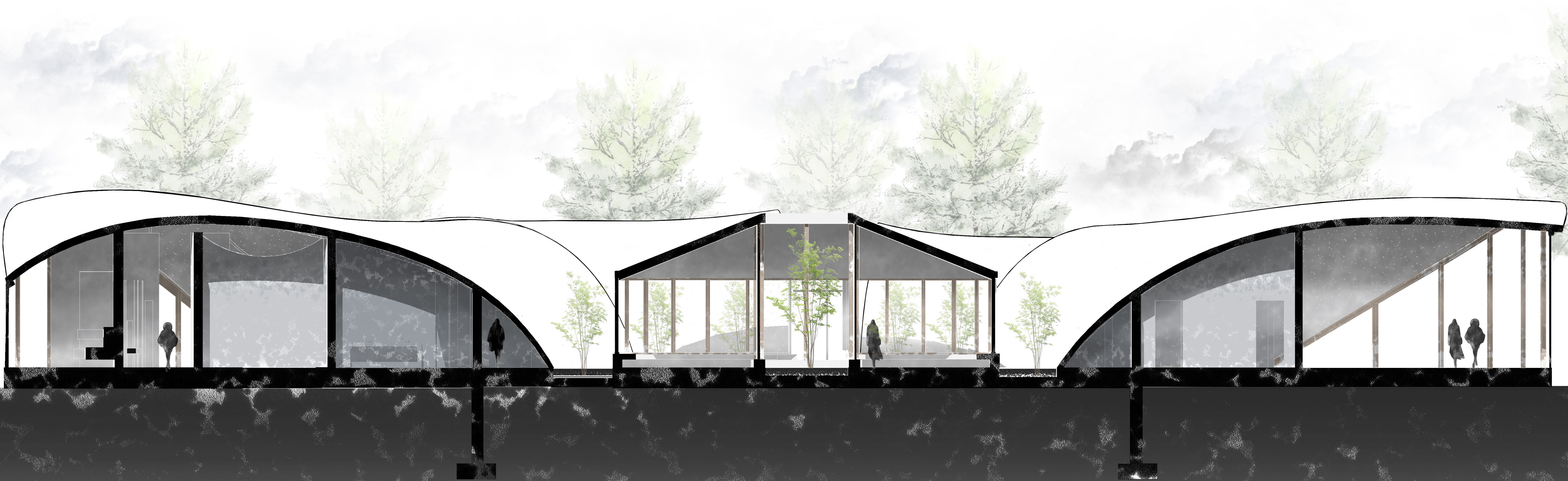
Floor plate defining area



Wall condition defining space

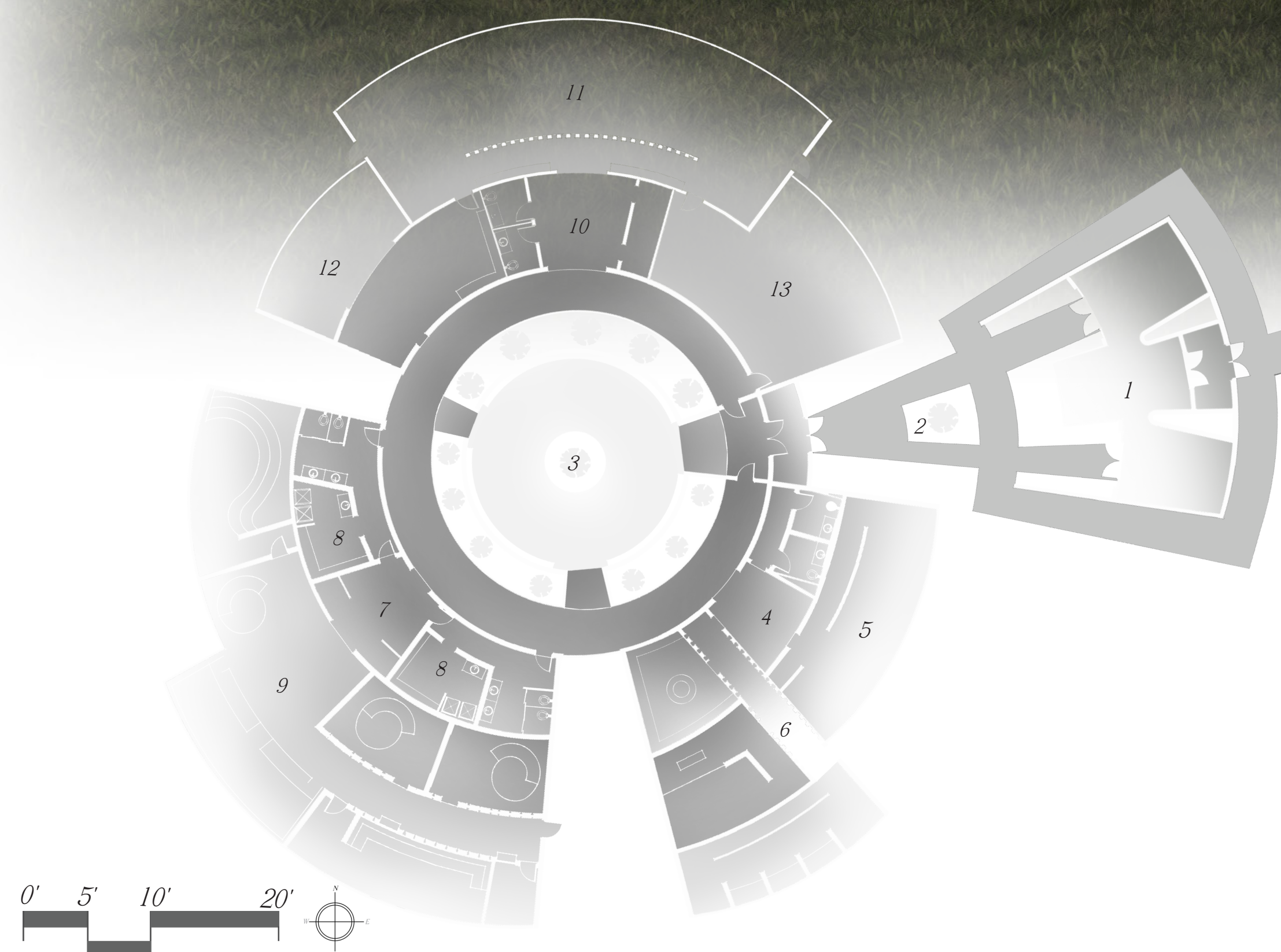
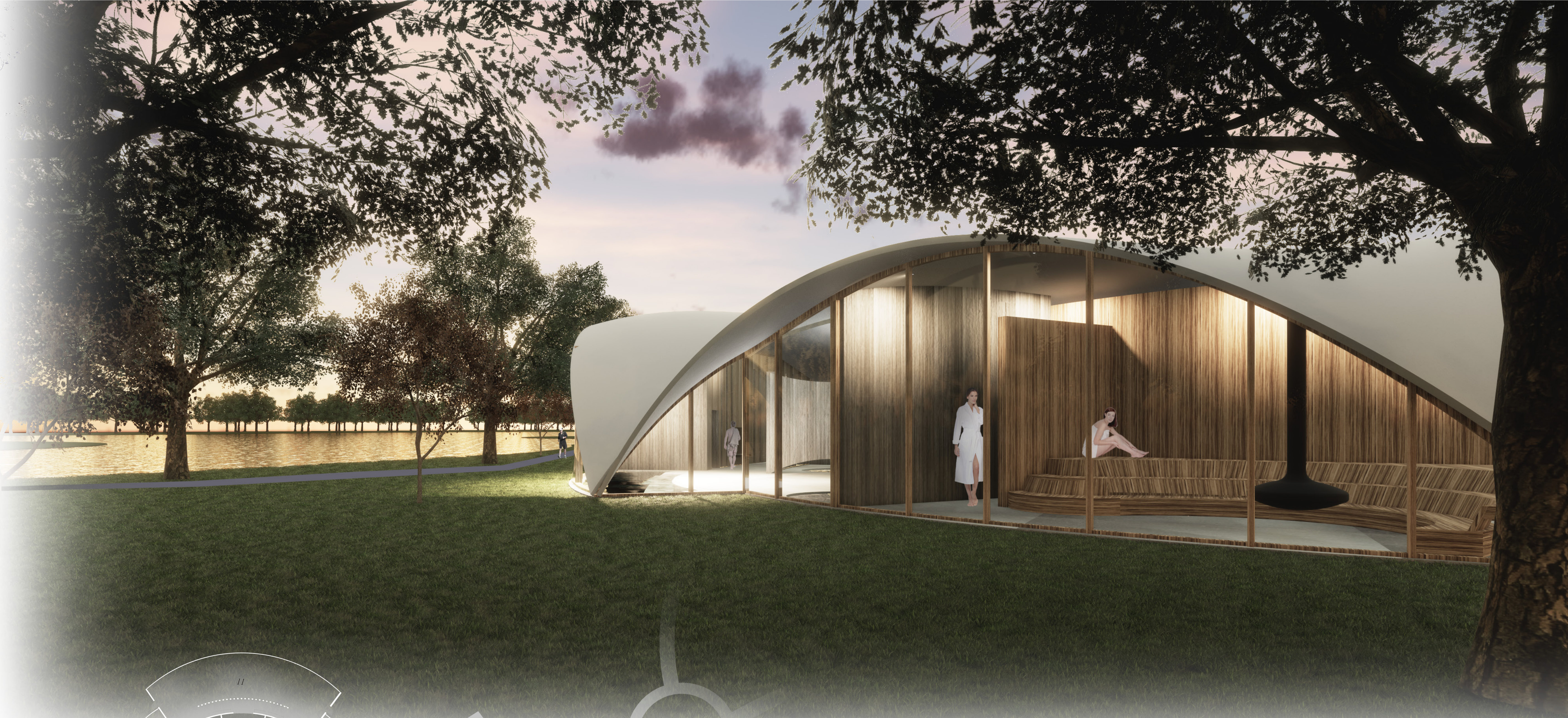


Building shell defining enclosure



North-South Building Section

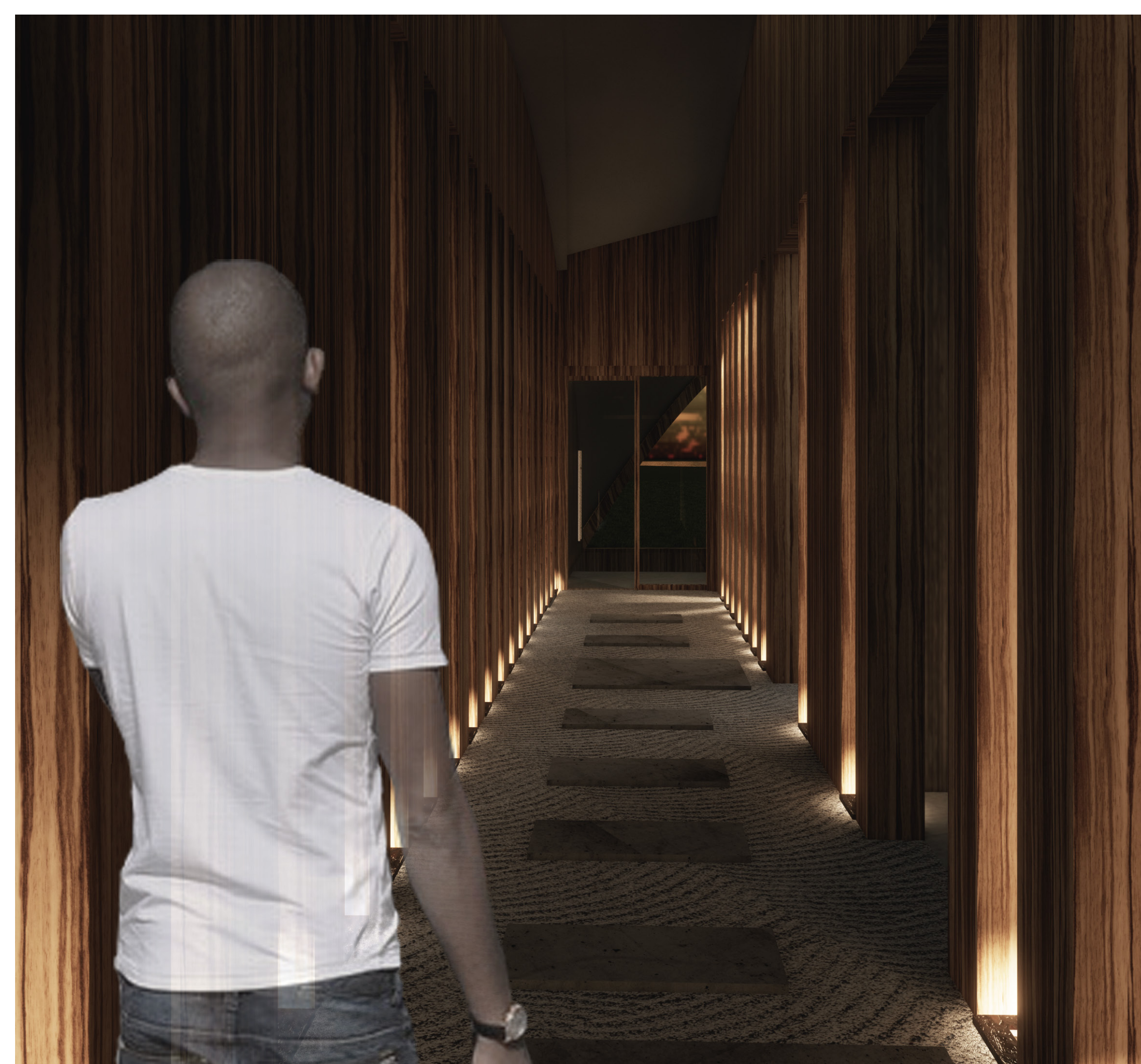




Rejuvenation Spaces

1. Information Vestibule
2. Entrance Garden
3. Interior Center
4. Mindfulness Grove
5. Studio Space
6. Contemplative Spaces
7. Body Grove
8. Changing Area
9. Thermal Cycle Activities
10. Soul Grove
11. Community Center
12. Community Workshop
13. Building Services

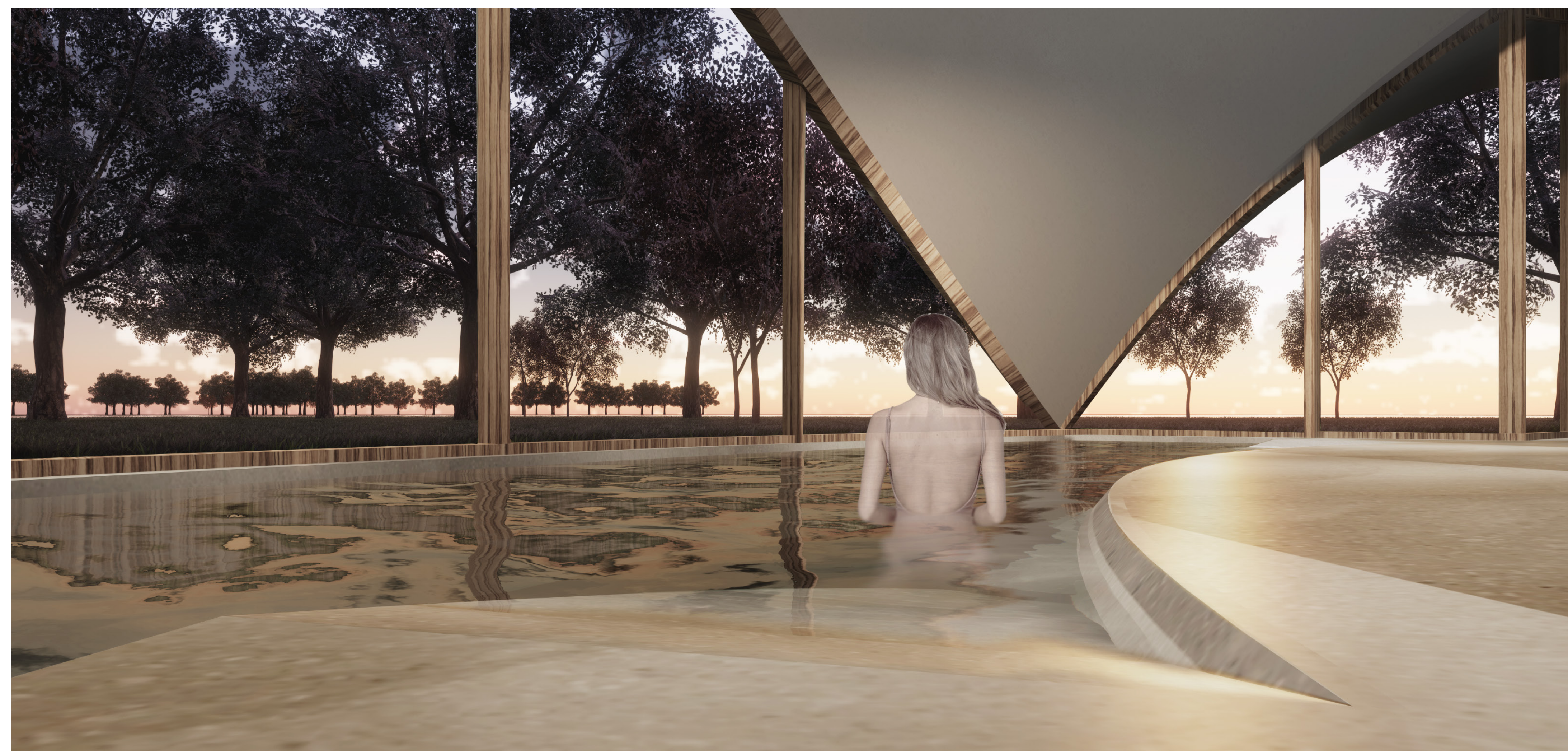
Compression and expansion is the experience of moving through small, narrow spaces to reach grand, open spaces. The journey around the narrow building center suddenly gives way to an explosion of volume and light. A carefully choreographed sequence of compression and expansion can produce complex and delightful effects. Represented in the floor plan, the compression and expansion of space is evident in a radial path from the center outwards. Both compression and expansion are desired to reach equilibrium.



Contemplative Hallway



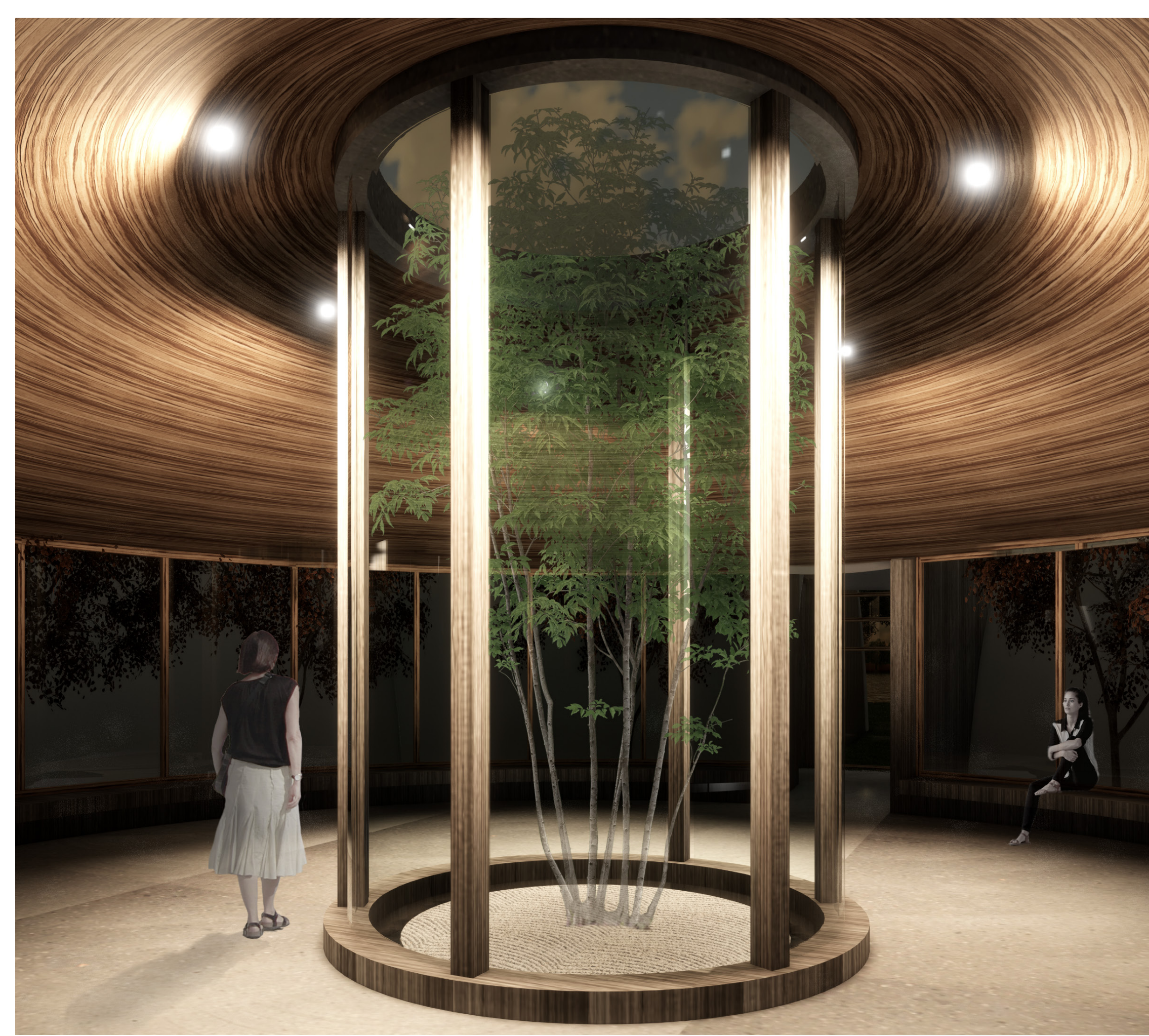
Meditation Platforms



Thermal Cycle



Dry Heat Cycle



Interior Center



Entry Vestibule

