CABINS

HEALTH CLUB

RESTAURANT

HOMEOSTASIS

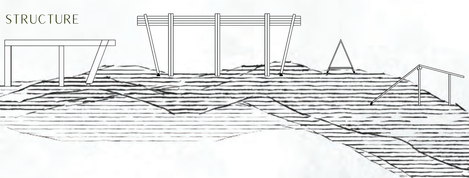
Lake Tahoe

WELLNESS RETREAT

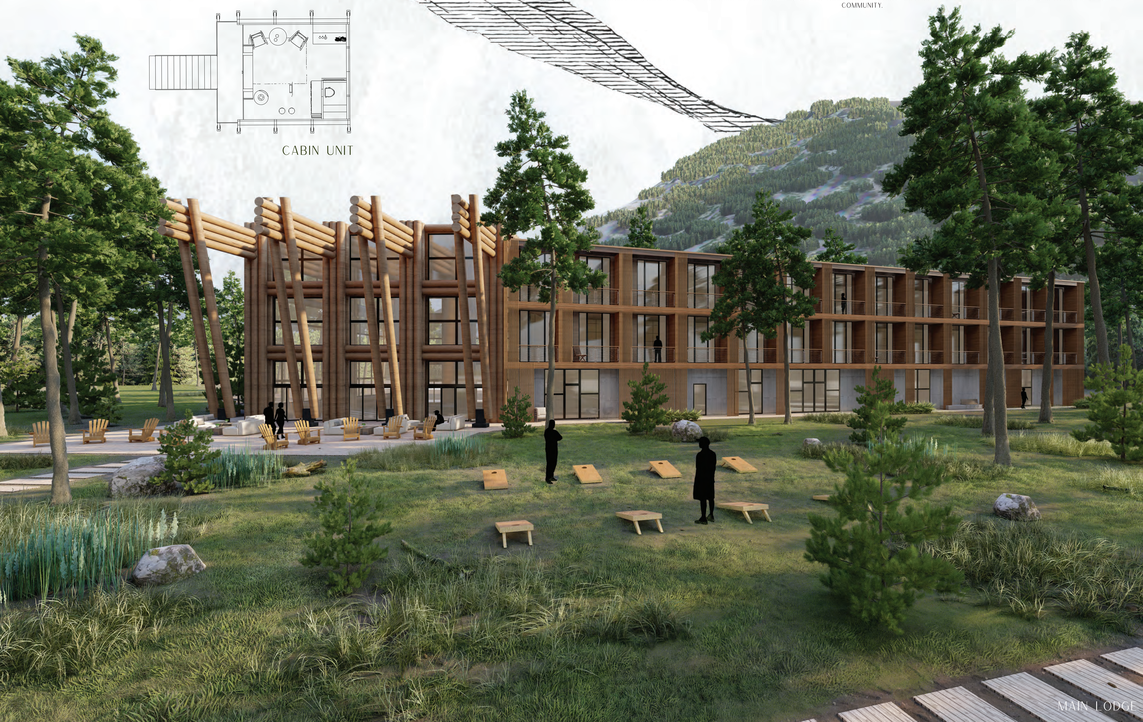
THE AMERICAN DREAM: THE BELIEF THAT ANYONE CAN ATTAIN THEIR HIGHEST ASPIRATIONS, GOALS, AND SUCCESS. THIS DREAM TENDS TO GIVE AMERICANS THE MINDSET THAT THE HARDER YOU WORK, THE MORE SUCCESSFUL YOU WILL BE. YET WE MUST QUESTION OURSELVES ABOUT WHAT SUCCESS LOOKS LIKE. STUDIES HAVE SHOWN THAT AMERICANS WORK LONGER HOURS THAN THEIR EUROPEAN AND JAPANESE COUNTERPARTS AND IN RETURN DEVELOP MORE STRESS-RELATED ILLNESSES. THESE EFFECTS COME IN THE FORM OF DEPRESSION, ANXIETY, A CHAOTIC OR UNBALANCED LIFE, AND A DISCONNECT FROM OURSELVES. THE ENVIRONMENT THAT WE LIVE IN ALSO HAS AN IMPACT ON HOW WE THINK AND FEEL. OUR PERSONAL DEFINITIONS OF SUCCESS INCLUDE GOALS FOR FINANCES, SOCIAL STATUS, HEALTH, AND WELLNESS. WE CAN DETERMINE THAT A BALANCE OF SOME KIND MUST BE MAINTAINED TO ACHIEVE THE COMPONENTS OF "SUCCESS."

HOMEOSTASIS IS "THE TENDENCY TOWARD A RELATIVELY STABLE EQUILIBRIUM BETWEEN INTERDEPENDENT ELEMENTS." IT CAN BE SEEN WITHIN OUR NATURAL AND BUILT ENVIRONMENT AND IS DEFINED DIFFERENTLY FOR EACH INDIVIDUAL PERSON. LAKE TAHOE WELLNESS RETREAT WAS DESIGNED TO HELP YOU ACHIEVE HOMEOSTASIS WITH YOUR HEALTH, WELLNESS, AND ENVIRONMENT. THE COMPONENTS OF WELLNESS CAN BE DESCRIBED THROUGH 10 CONCEPTS (FROM THE WELL BUILDING STANDARD): AIR, WATER, NOURISHMENT, LIGHT, MOVEMENT, THERMAL COMFORT, SOUND, MATERIALS, MIND, AND COMMUNITY.

STRUCTURE



CABIN UNIT



MAIN LODGE