Does a design have the ability to promote health and wellness in our personal choices about the way we live?
Hidden Lake

Does a design have the ability to promote health and wellness in our personal choices about the way we live?

The environment and its surroundings influence the choices made by individuals in the way they live their lives.
Hidden Lake

The Site

Alexandria, MN

Lake Carlos State Park
THE SITE

Alexandria, MN

Lake Carlos State Park
Hidden Lake

The Site
Alexandria, MN
Lake Carlos State Park
The Site
The Site
The Site
Wellness of Body, Mind & Spirit

Healing Power of Nature

Interaction between Humans & The Environment
Design Drivers

Physical

Mental

Spiritual

Relationships

Interactions
Design Drivers

Signs, Design Drivers

Physical

Human/Human

Mental

Human/Nature

Spiritual

Nature/Nature

Relationships

Interactions
Final Design

Mental

Physical

Spiritual

Support

Interaction

Healing
Mental
Physical
Spiritual
Support
Interaction
Healing
Spatial Elements

Mental

Physical

Spiritual

Support

Interaction

Healing
Mental
Physical
Spiritual
Support
Interaction
Healing
SPATIAL ELEMENTS

Mental

Physical

Spiritual

Support

Interaction

Healing

Floor Plans
1 Lobby
2 Healing Garden
3 Nurse’s Station
4 Classroom
5 Group Therapy
6 Presentation
7 Breakout Space
8 Exam Room
9 Therapy Room
10 Office
11 Yoga/Pilates
12 Weight Training
13 Pool
14 Outdoor Gathering
15 Chapel
16 Meditation/Reflection
17 Dining
18 Kitchen
19 Guest Suites

Level 1
Level 2
Cabins
Views
Section
20 Long Term Guest Cabins
FLOOR PLAN

Breakout Space
LONG-TERM GUEST CABINS
Hidden Gutter
Planted Roof
Mesh Planting Medium
Membrane
Sloped Rigid Insulation
6” Wood Decking
24” Glulam Beam
Cedar Siding
Curtain Wall System
MATERIALS

Stone  Glass  Copper  Permeable Paving

Wood Structure  Wood Siding