Midterm Reviews begin Monday, March 8th
- Development Finished

Interactions

What is complete healing?
Complete Healing

- Physical body cannot heal without mental + spiritual well being.
  - e.g., physical obesity can be changed through diet + exercise, but the problem will not be solved unless the mental condition is changed. (stress eating, etc.)
- Very difficult to have health in one aspect of life without the other
- Mind + body are closely related and one cannot be treated or healed without healing the other
- Healing power of nature
- Wellness of body, mind + spirit
- Emotional balance is vital to personal wellbeing + health of relationships, including with oneself.
- Physical problems sometimes result from emotional ones
Interactions

Nature-Nature

Human-Nature

Human-Human
Tire + Tree

Integrated for many years and have literally become one.
They cannot be separated without destroying one or the other.
• Stone, wood, glass & metal seem to emerge out of the earth and age gracefully with their surroundings.

• Natural daylight and views to the surrounding forest. Seamless between nature & built environment.

• Encourage solitude & reflection.

• Life changes, just like the seasons do.

• Emotions are linked to the element of water. They have a natural tendency toward movement & flow.
  - Honoring natural flow, not suppressing it, and accepting that what we feel is not who we are.
  - Ex. stages of grief?

• Develop awareness, consciousness & self acceptance.

"In discovering health, we discover ourselves."

• Internal & External Wellness
  - Medicine, nutrition, exercise, awareness & lifestyle advice.

• Goals are not only to look and feel better, but give foundations for longer, healthier + more vital life.
Empathy in Architecture:

- In order to provide an atmosphere that encourages self-realization and awareness, materials must be sympathetic to the environment and the individual.
- Materials that are warm and inviting, absence of cold, blank materials such as concrete or steel
- Wood, stone
- Pieces that are separate but interconnected, interlocking
* Fireplace
  - Warm + understanding
  - Pure
  - Process

* Clean air vs. dirty
  - Smoking

* Stairs vs. Elevator
* Better alternatives

4 Elements
* Earth
* Wind
* Water
* Fire

* Purity
* Simplicity
Every day we warm ourselves with fire,
Wash ourselves in water,
Feel the wind in our hair,
And walk upon the Earth.

Air = Thought
Fire = Desire
Water = Emotions
Earth = Stability

- Everything that has substance
  has Earth
- Everything that has energy has fire
- Everything that flows and/or has feelings has water
- Everything that involves sound, thinking, or communication
Physical
- Nurse's Station
- Exam + Treatment Room
- Hydrotherapy
- Chiropractic
- Message Therapy
- Acupuncture
- Yoga / Pilates
- Weight Training
- Pool (81' x 35', includes deck)
- Locker Rooms
- Equipment Rental + Storage

1,059 sq. ft.

Mental
- Classroom
- Presentation Room
- Small Group Therapy
- Breakout Spaces

240 sq. ft.

Spiritual
- Meditation Room / Chapel

120 sq. ft.

2,430 sq. ft.
Paul Rudolph
Bass House

Program
Wood section in Studio Companion
Cut Site + Plant
Guest Suites

- Guest Suites + Dining
- Living
- Breakout
- Spiritual
- Soul
- Body
- Physical
- Mental
- Entry

To Private <- Living (Long Term)
2.5.10

Neski

Jacobson, Hugh - send email
Wood book

Miller
Washington + Oregon Wood Structures

Grid - structure
Water Harvesting
Green Roofs
For Friday
- Lay structural grid over floor plan
- Sections
- Creeretory
- Larger enclosed garden

Look at:
- Wingspread
- Racine, WI
- Sidi Bass House
- Rudolph

FREE WORKSHOPS

renaissance hall, room 114
thursdays 3:30pm

Avenza -- Feb 4
SketchUp -- Feb 11
AutoCAD -- Feb 18
Adobe Interfaces -- Feb 25
Questions & Answers -- March 4
Revit -- March 11

Questions? Contact Ben Bernard
ben.bernard@nds.edu
Neski

Jackson, Hugh - send email
Wood book

Miller
Washington + Oregon Wood structures

Grid - structure

Water Harvesting
Green Roofs
Reflected Ceiling Plan
Structural Layout
Furniture in Common Spaces
Long-Term Living Units
2.17.10

12'' column, possibly glulam
12'' - 14'' in clerestory areas

24'' deep
3'' wide, > beams

Wood product in pool area
Sikkens

Friday
Materials
Mechanical

Mechanical
1340
-431
909
429