

CARRIE MEYER

Thesis Process | Spring 2010

1.13.10

Midterm Reviews begin Monday, March 9th
- Development Finished

1.15.10

Interactions

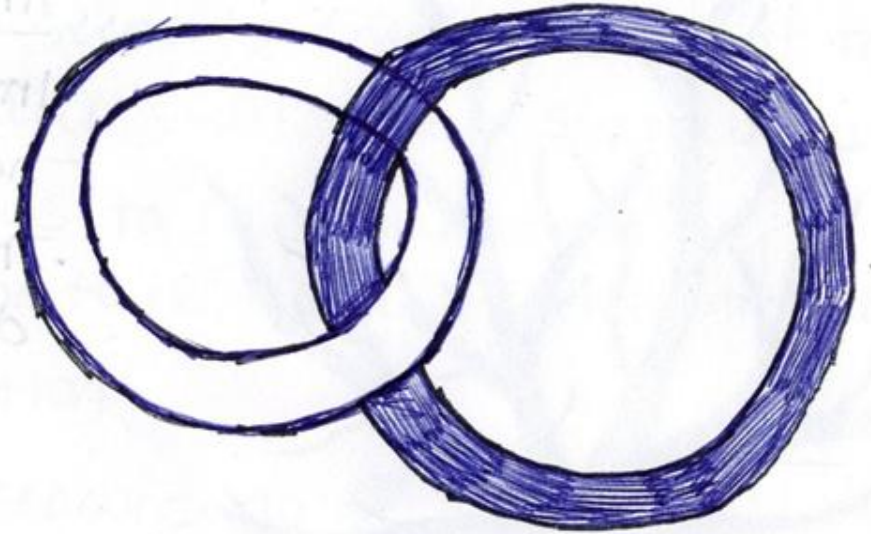
What is complete healing?

Complete Healing

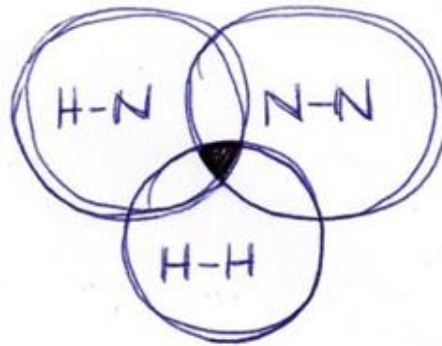
- Physical body cannot heal without mental + spiritual well being.
 - ex. physical ~~obesity~~ obesity can be changed through diet + exercise, but the problem will not be solved unless the mental condition is changed. (stress eating, etc.)
- Very difficult to have health in one aspect of life without 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:

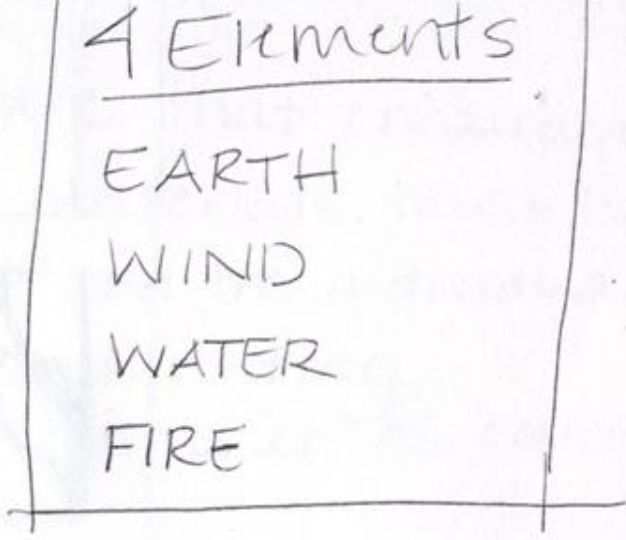
- In order to provide an atmosphere that encourages self-realization and awareness, materials must be sympathetic to the environment and the individual.
- materials that are warm and inviting, absence of cold, blank materials such as concrete or steel
- wood, stone
- pieces that are separate but interconnected; interlocking





• Fireplace

- warm & understanding
- pure
- process



• Clean air vs. dirty

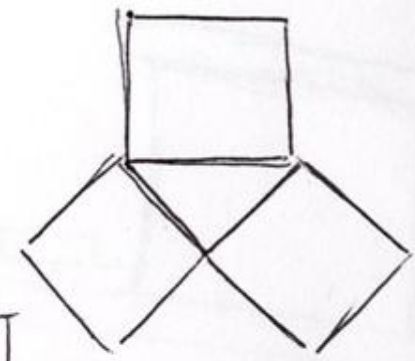
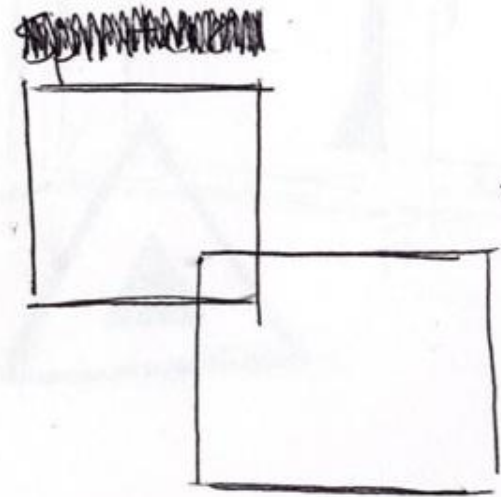
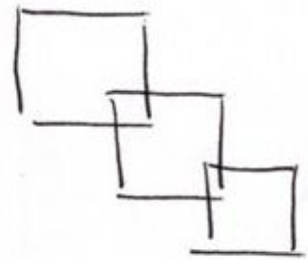
- smoking

• Stairs vs. Elevator

- Better alternatives

• purity

• simplicity



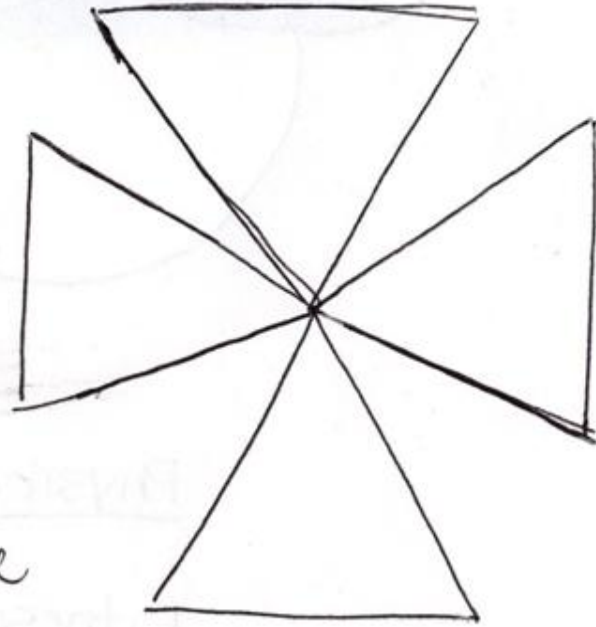
Every day we warm ourselves with fire,
Wash ourselves in water,
Feel the wind in our hair,
And walk upon the Earth.

Air = Thought

Fire = Desire

Water = Emotions

Earth = Stability



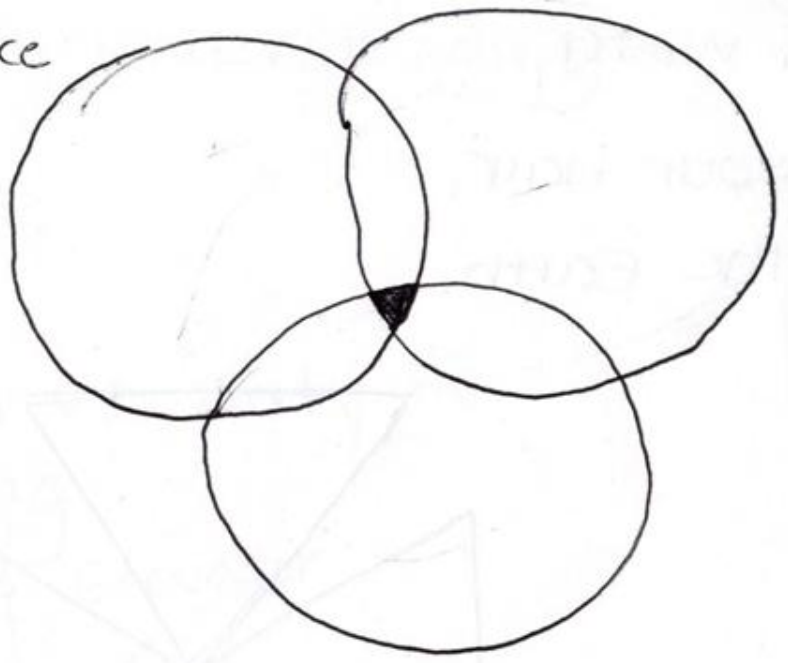
- Everything that has substance has Earth
- Everything that has energy has fire
- Everything that flows and/or has feelings has water
- Everything that involves sound, thinking or communication has air

Mental

▼ Intelligence

Spiritual

Therapy



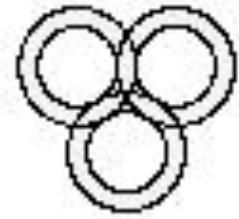
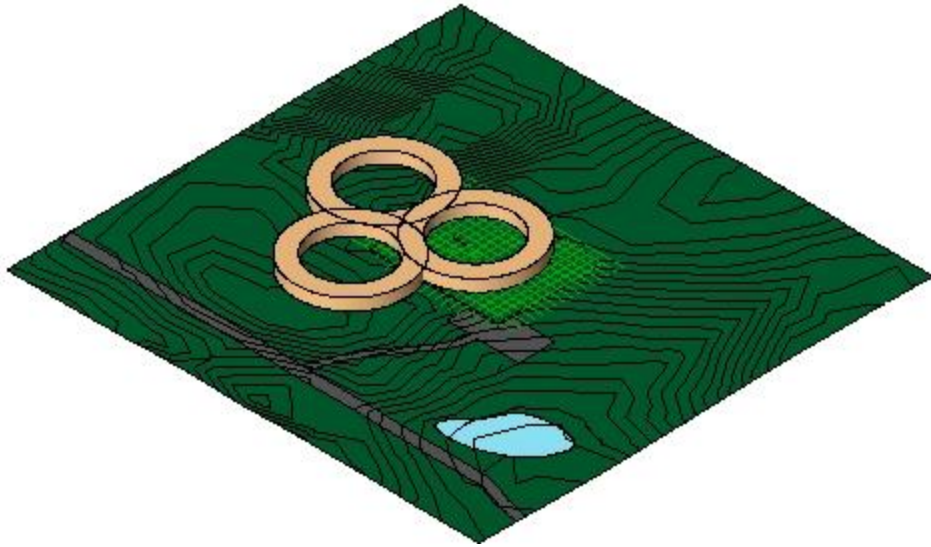
Physical

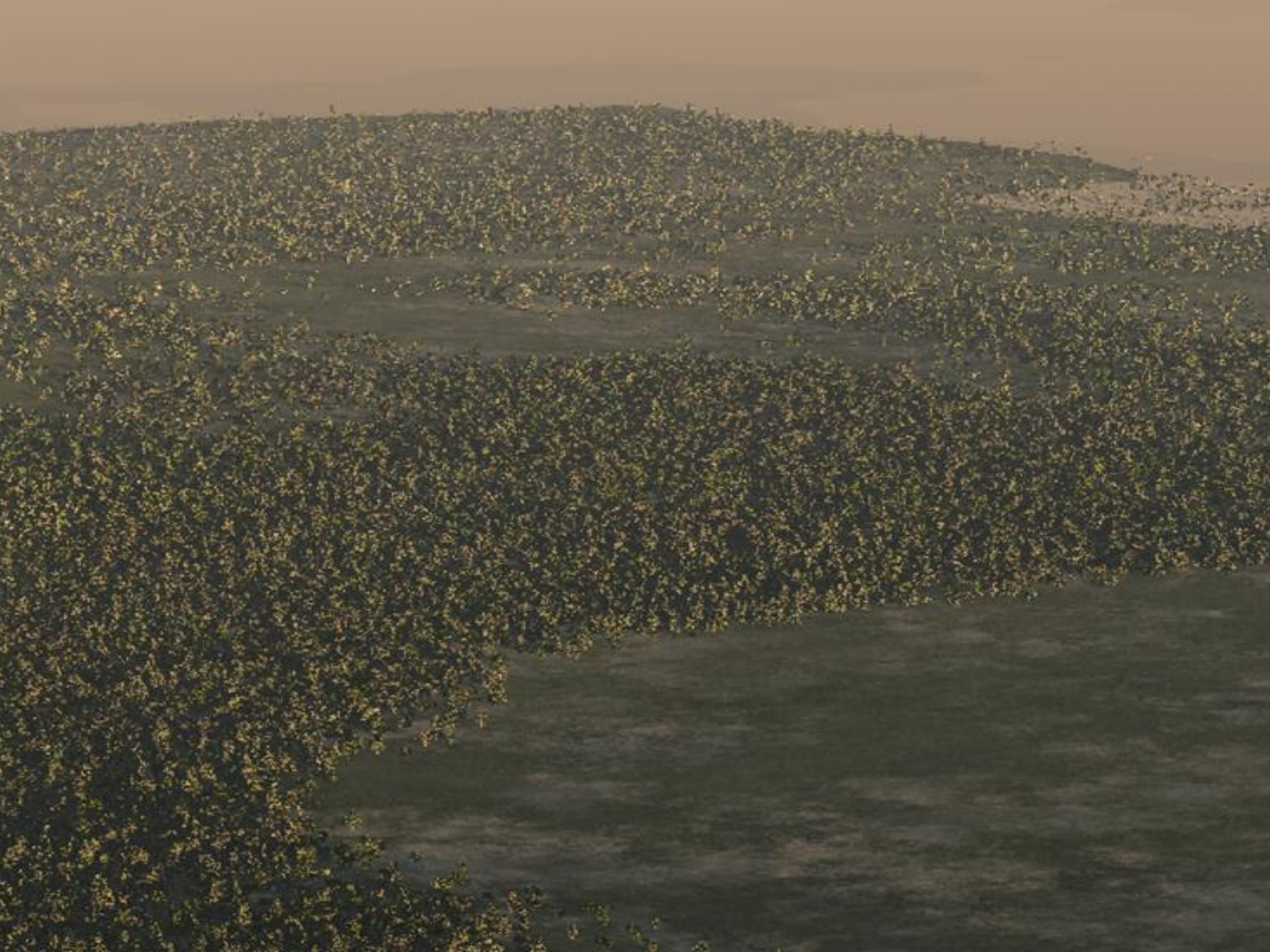
Fitness

Fitness

Intelligence

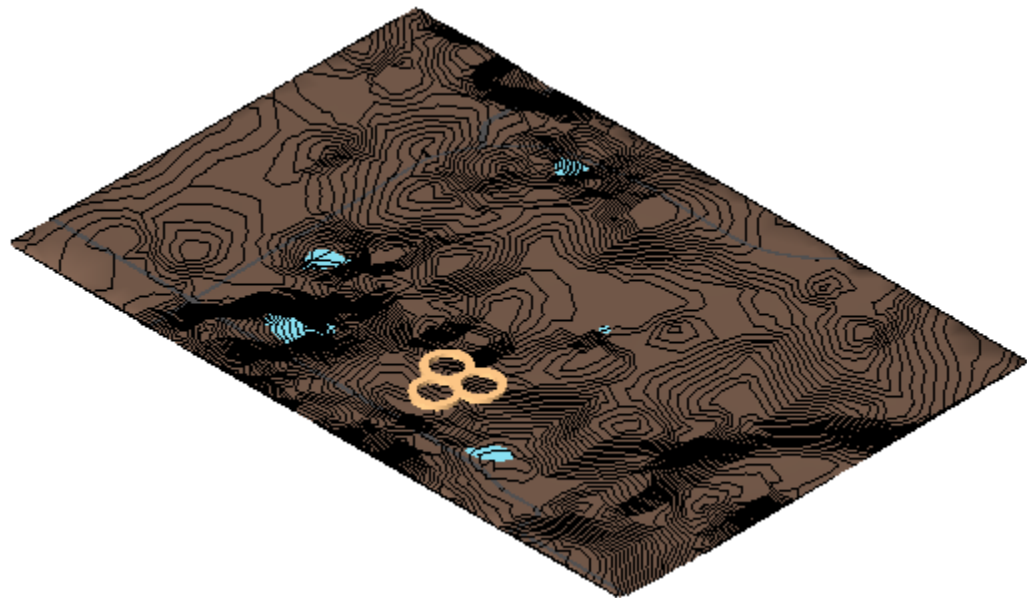
Therapy

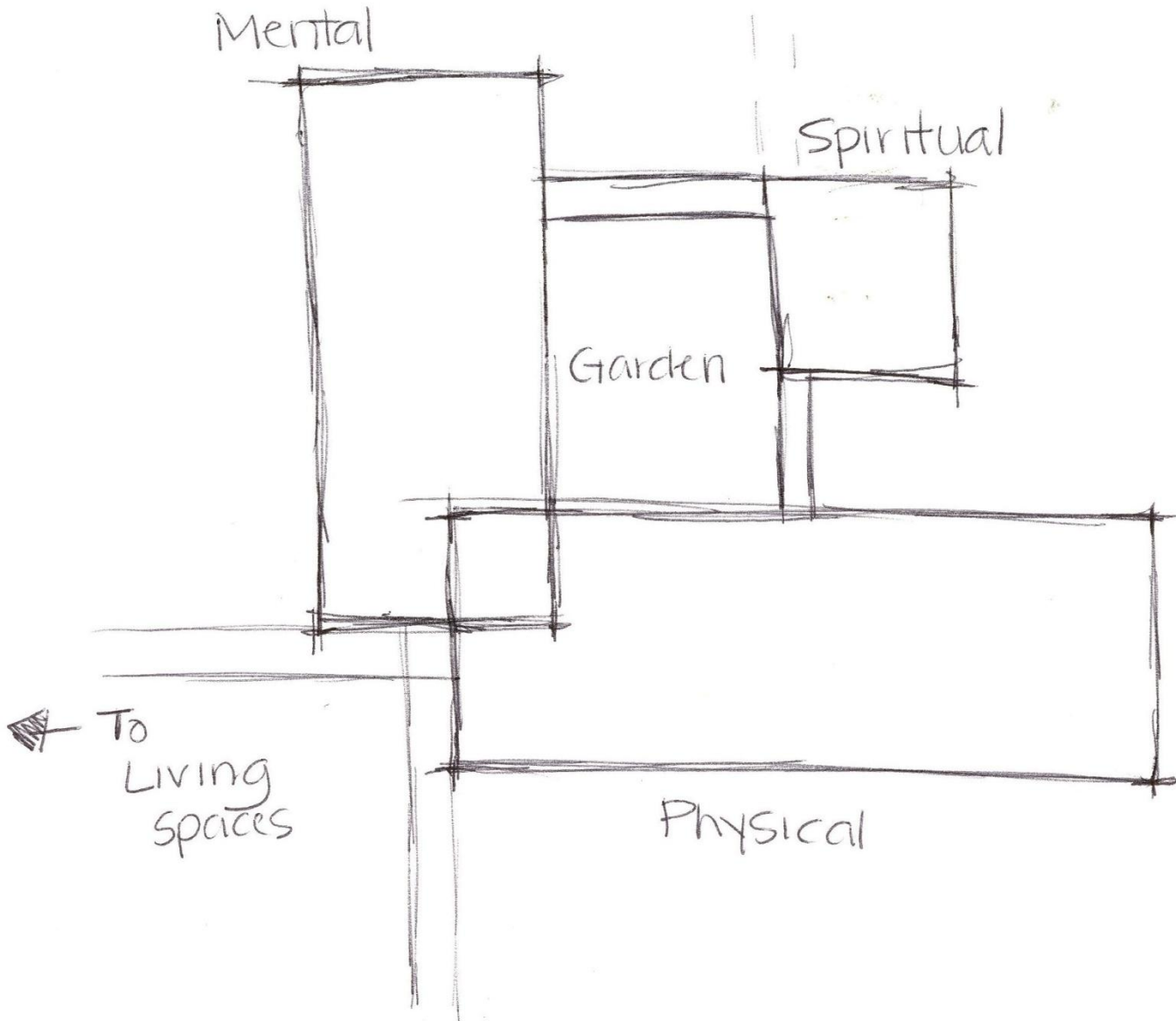












Physical

- Nurse's Station
- Exam + Treatment Room
- Hydrotherapy
- Chiropractic
- Massage Therapy
- Acupuncture
- Yoga / Pilates
- Weight Training
- Pool (81' x 35', includes deck)
- Locker Rooms
- Equipment Rental + Storage

10,590 sq. ft.

Mental

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

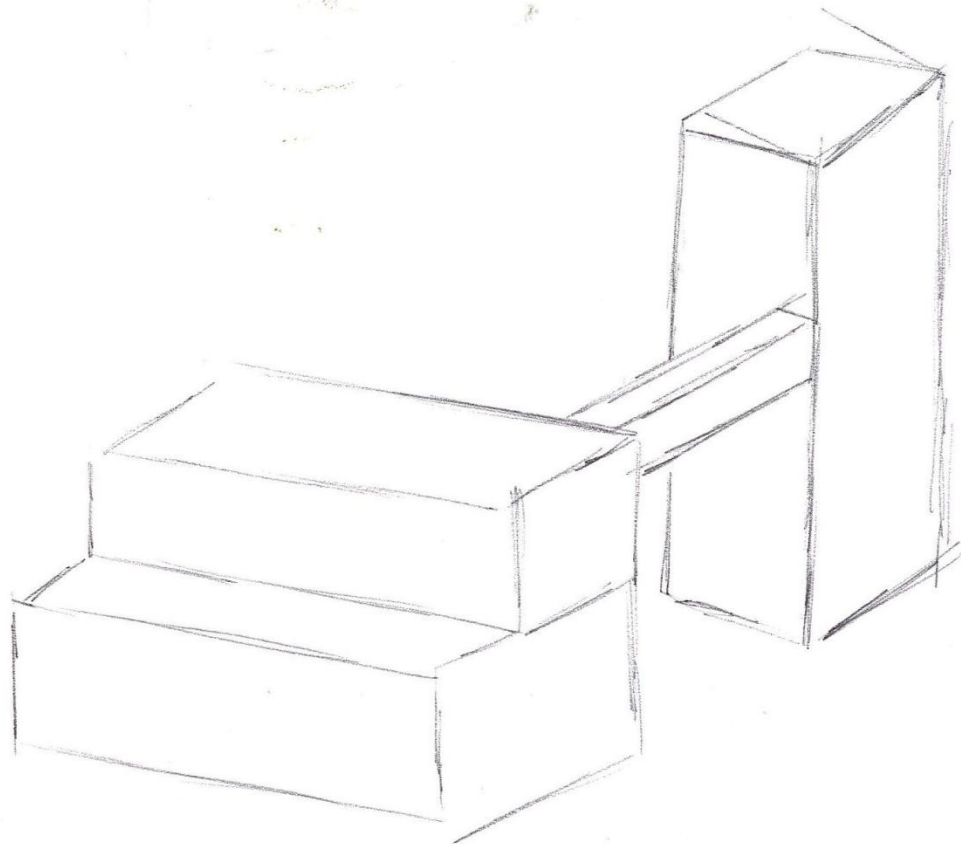
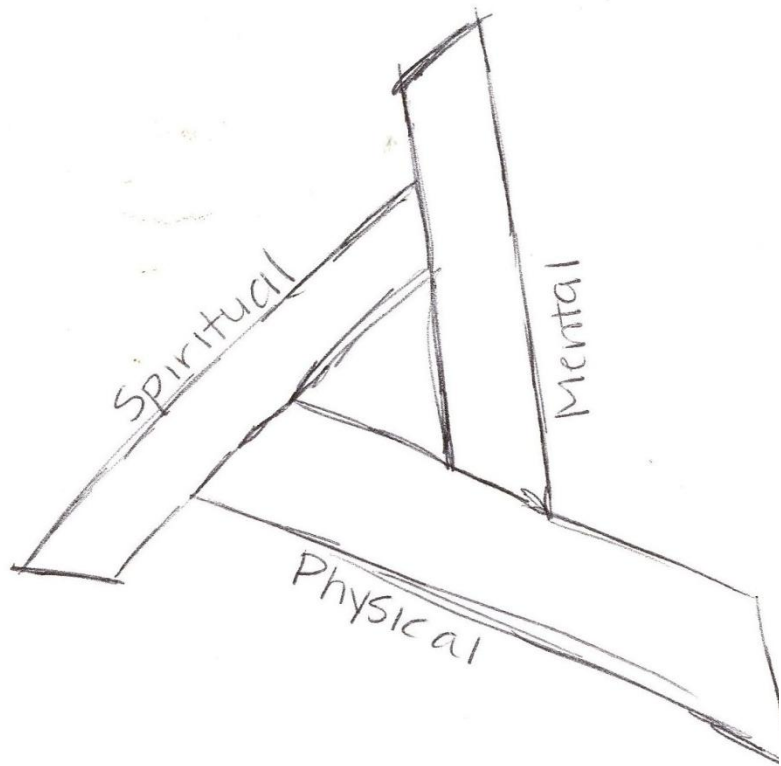
~~240~~

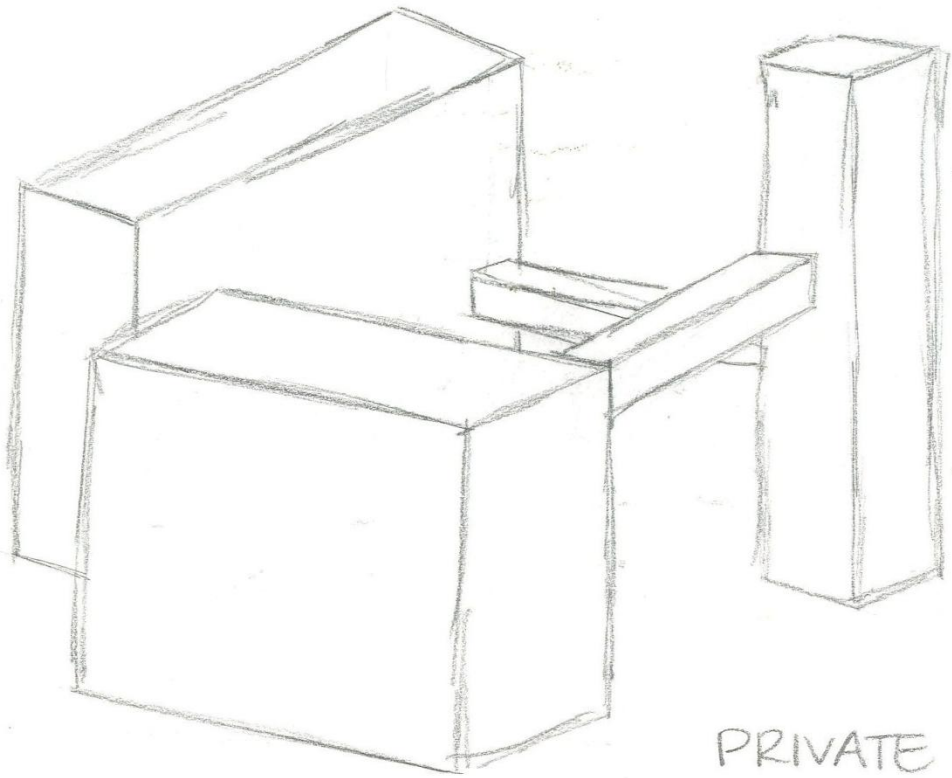
2430 sq. ft.

Spiritual

- Meditation Room / Chapel

120 sq. ft.





← Meditation

← Chapel

PRIVATE

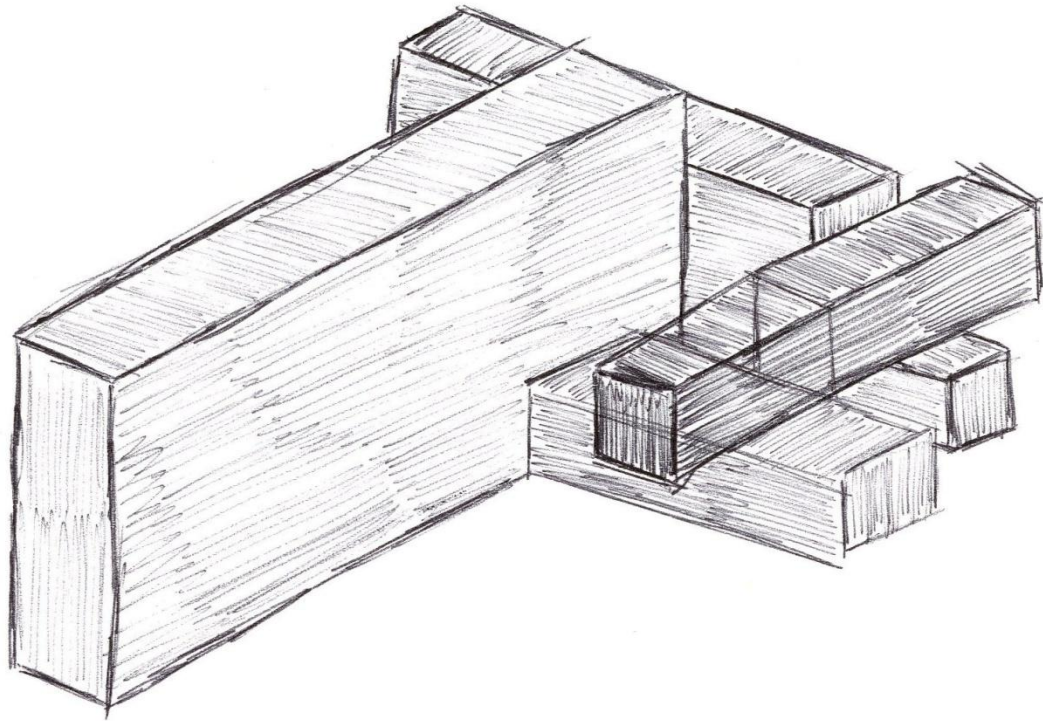
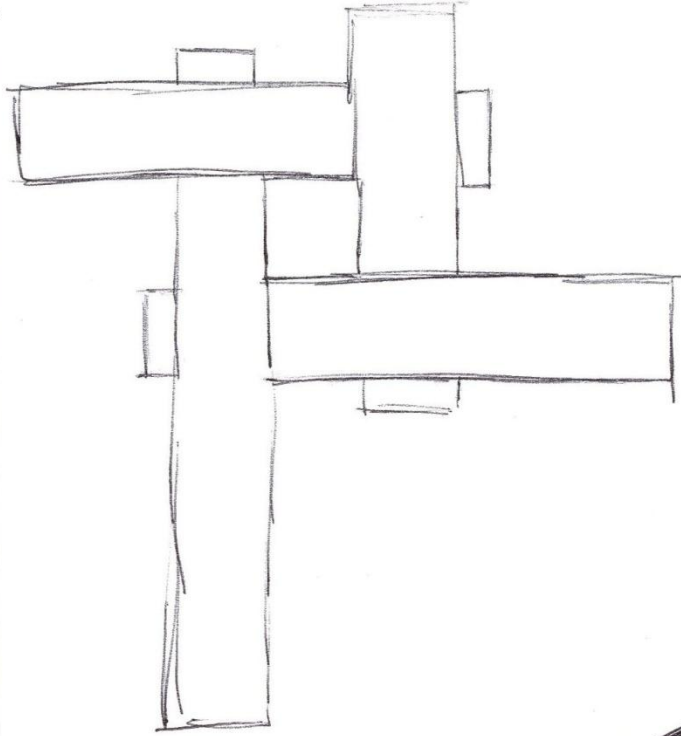
Living Areas
Spiritual

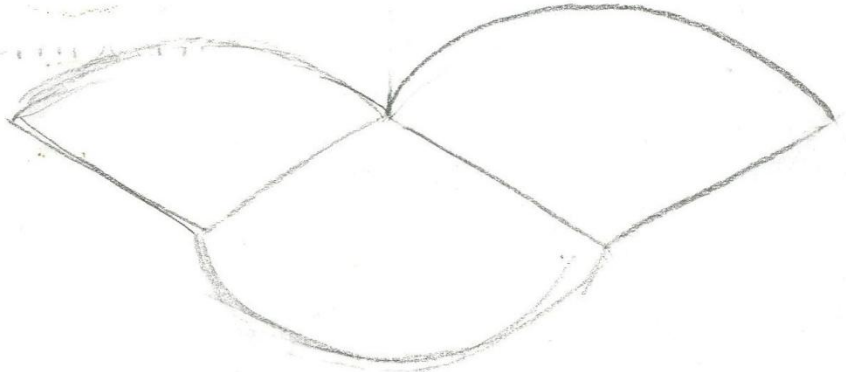
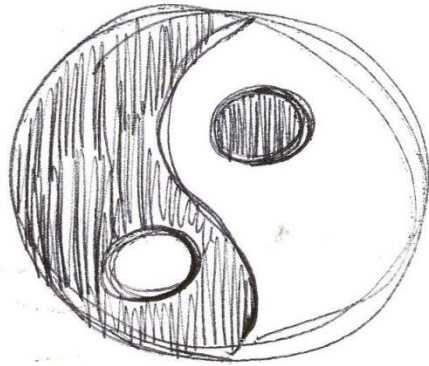
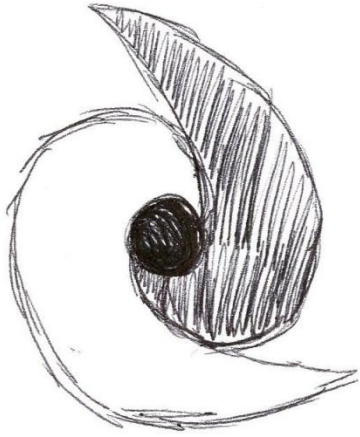
SEMI-
PUBLIC

Therapy, Treatments

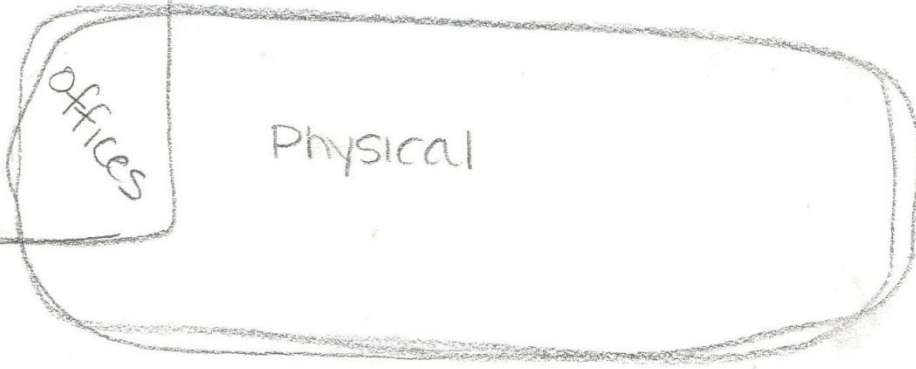
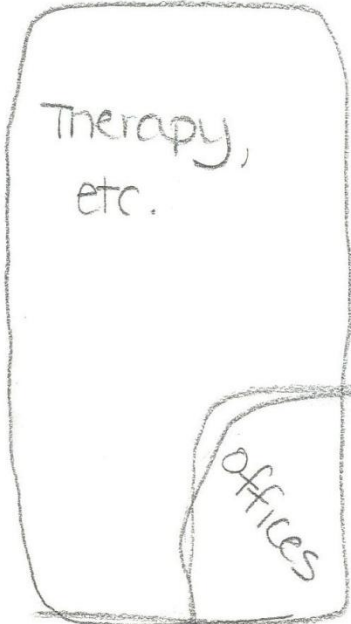
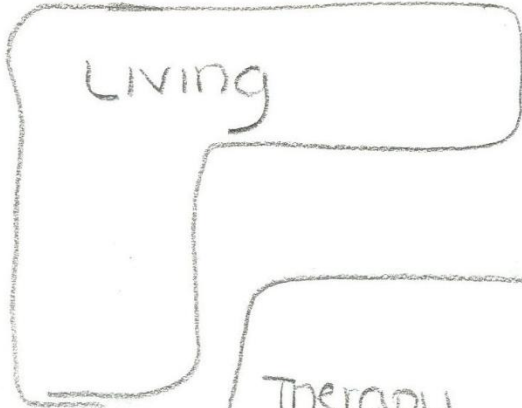
PUBLIC

Education, Presentation
Fitness





Living
↑



Spiritual

1.29.10

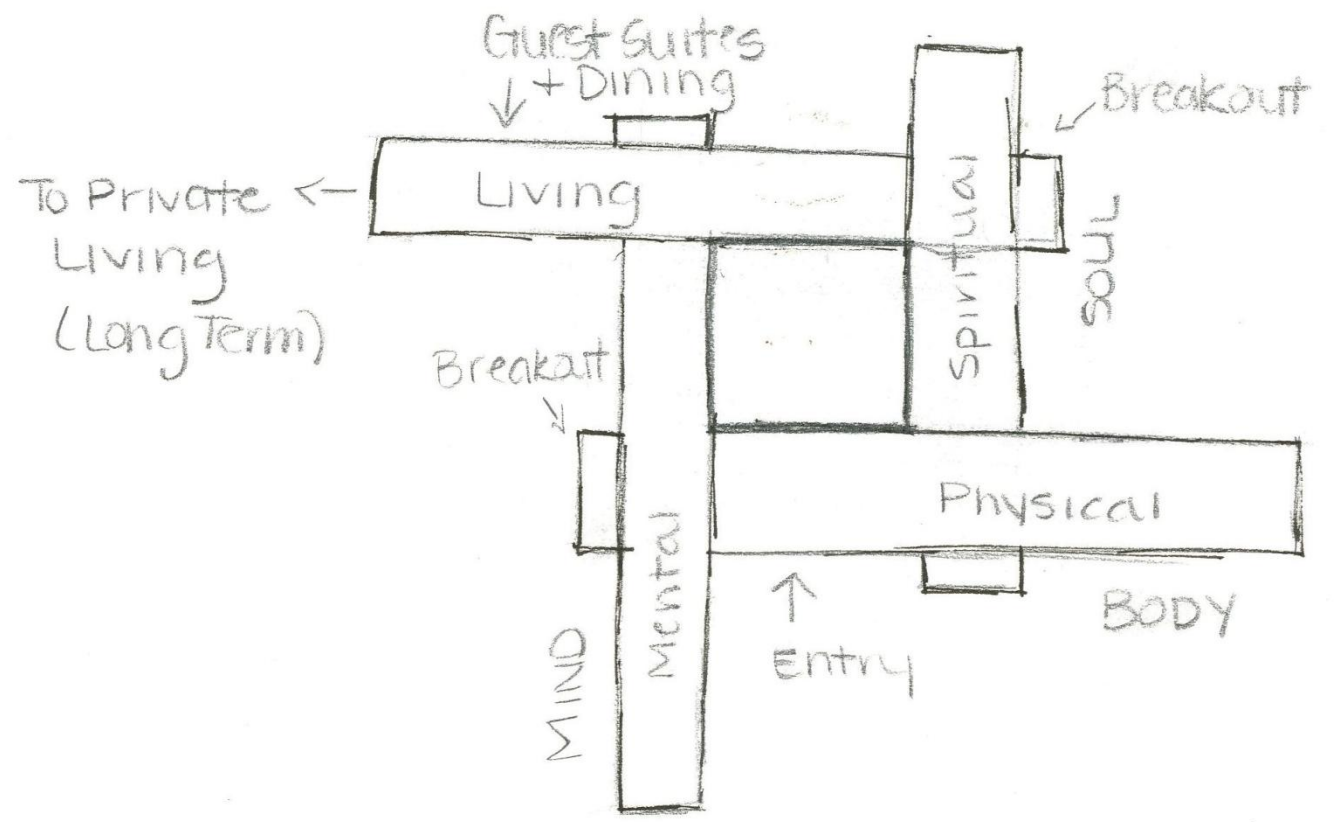
Paul Rudolph
Bass House

Program

Wood section in Studio Companion

Cut Site + Plant

Guest Suites



2.5.10

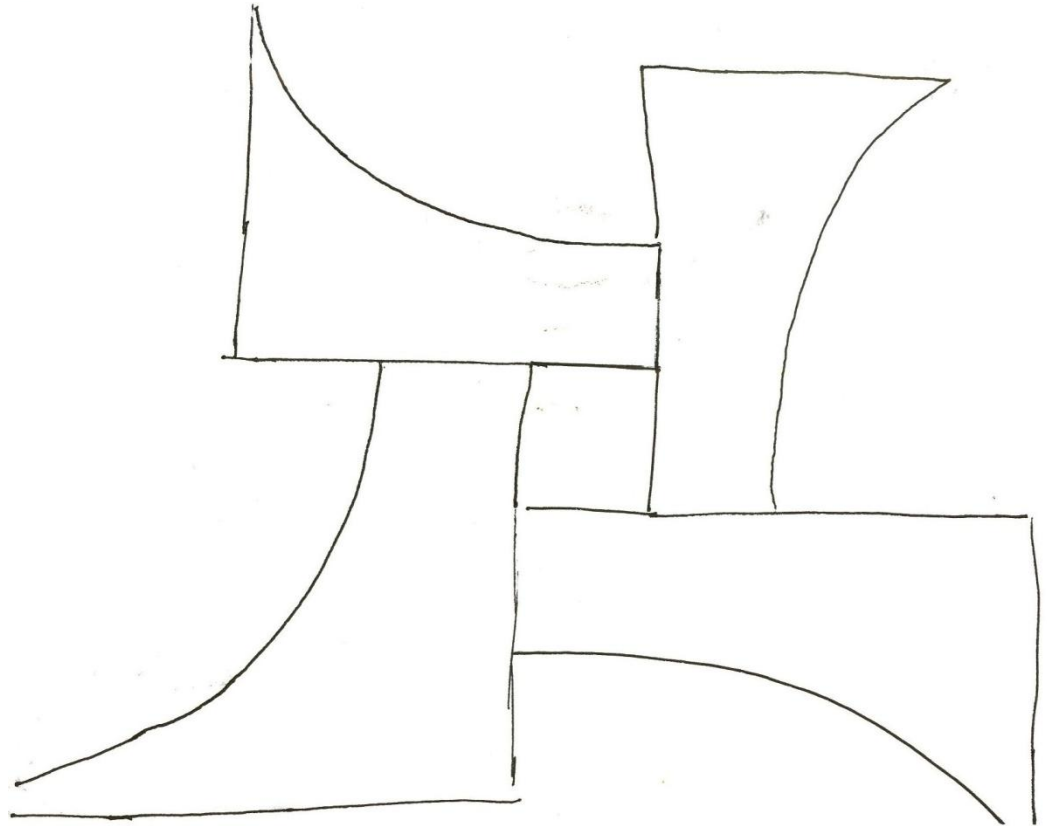
Neski

Jacobson, Hugh - send email
wood book

Miller

Washington + Oregon wood structures

Grid - structure
Water Harvesting
Green Roofs



2.3.10 For Friday

- Lay structural grid over floor plan
- Sections
- Crestory
- Larger enclosed garden

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.u.edu

Look at:

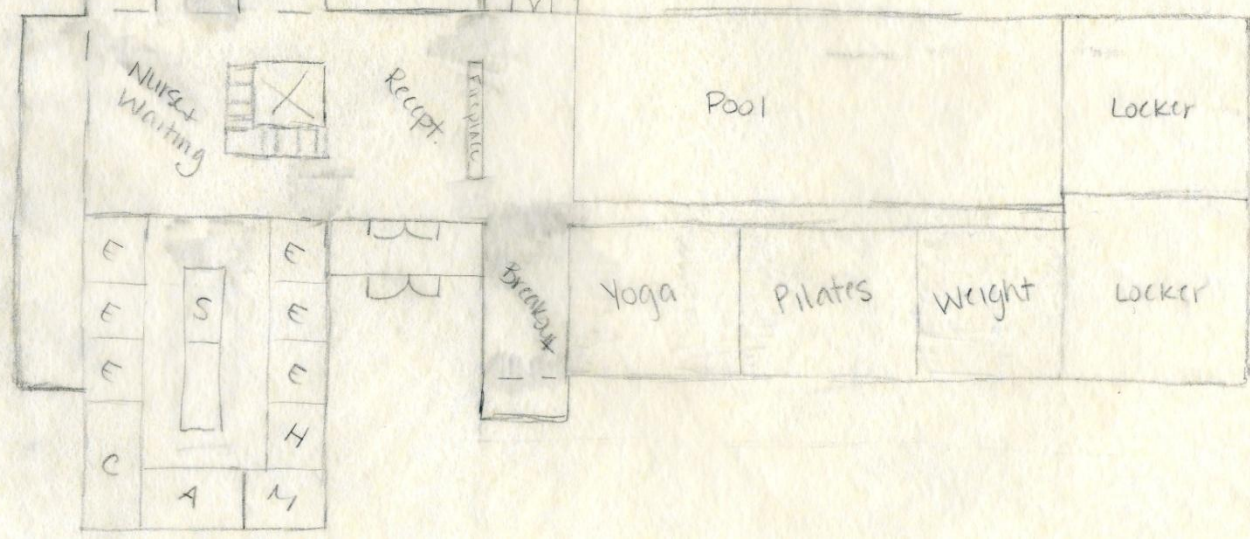
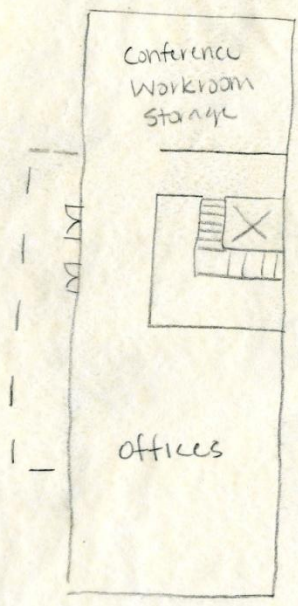
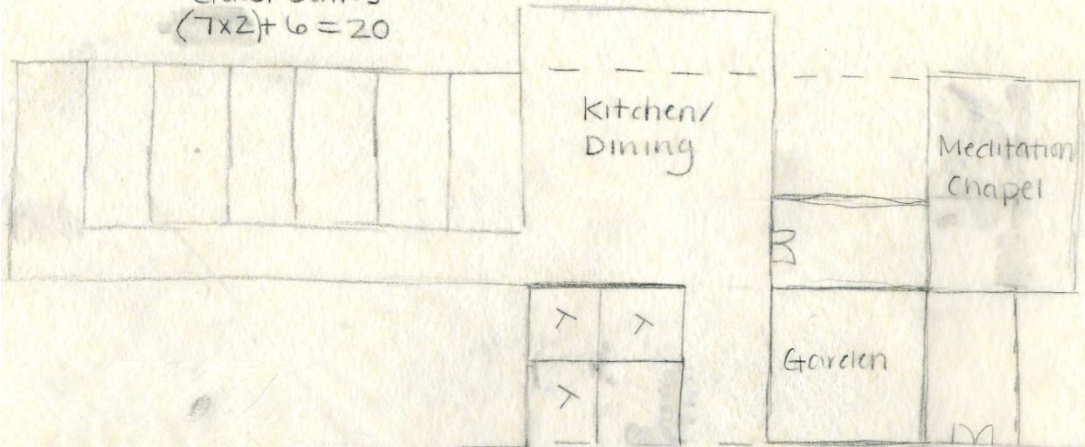
• Wing Spread
Racine, WI

Wright

• Sid Bass House
Rudolph

Guest Suites
(7x2)+6 = 20

Spiritual



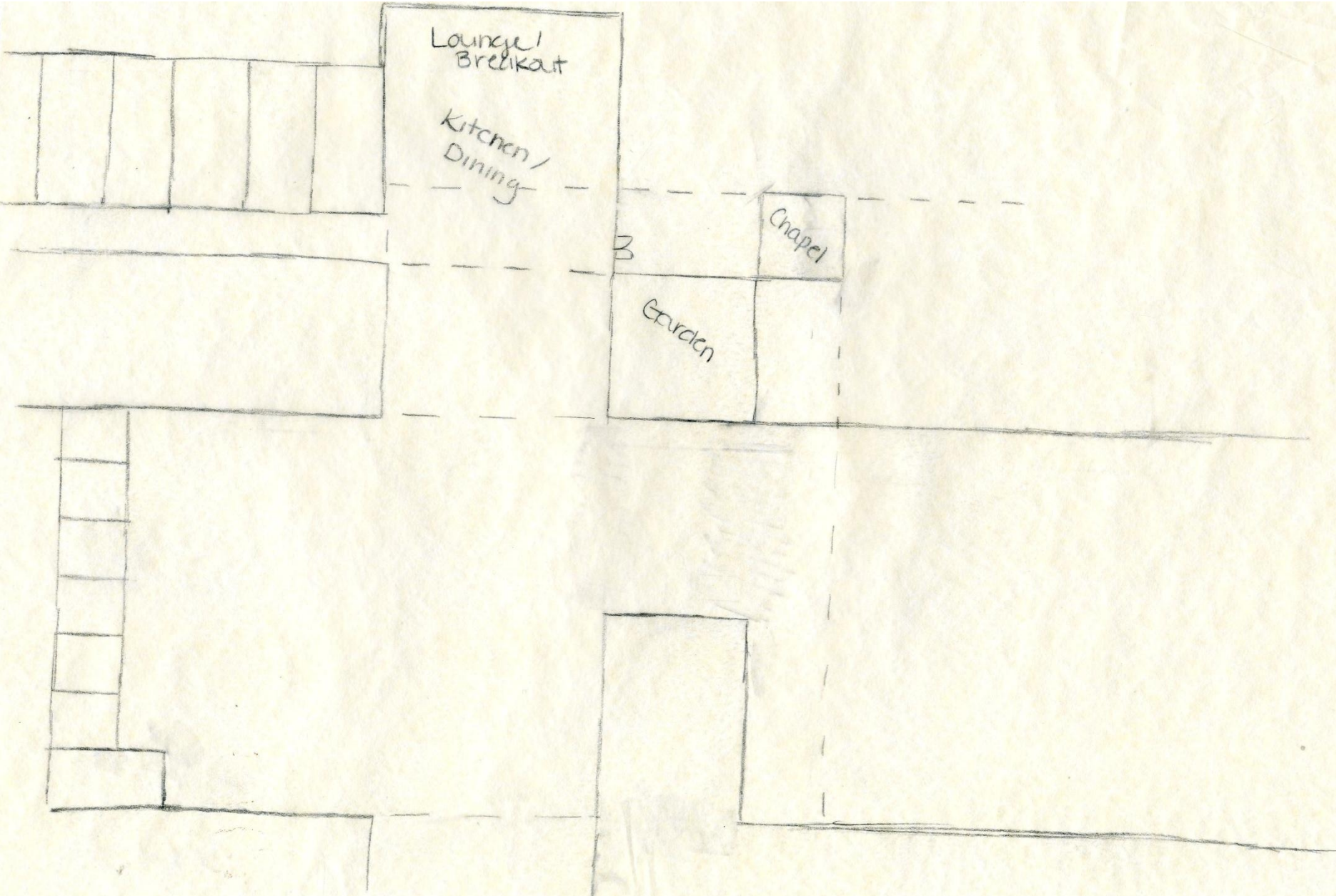
Lounge /
Breakout

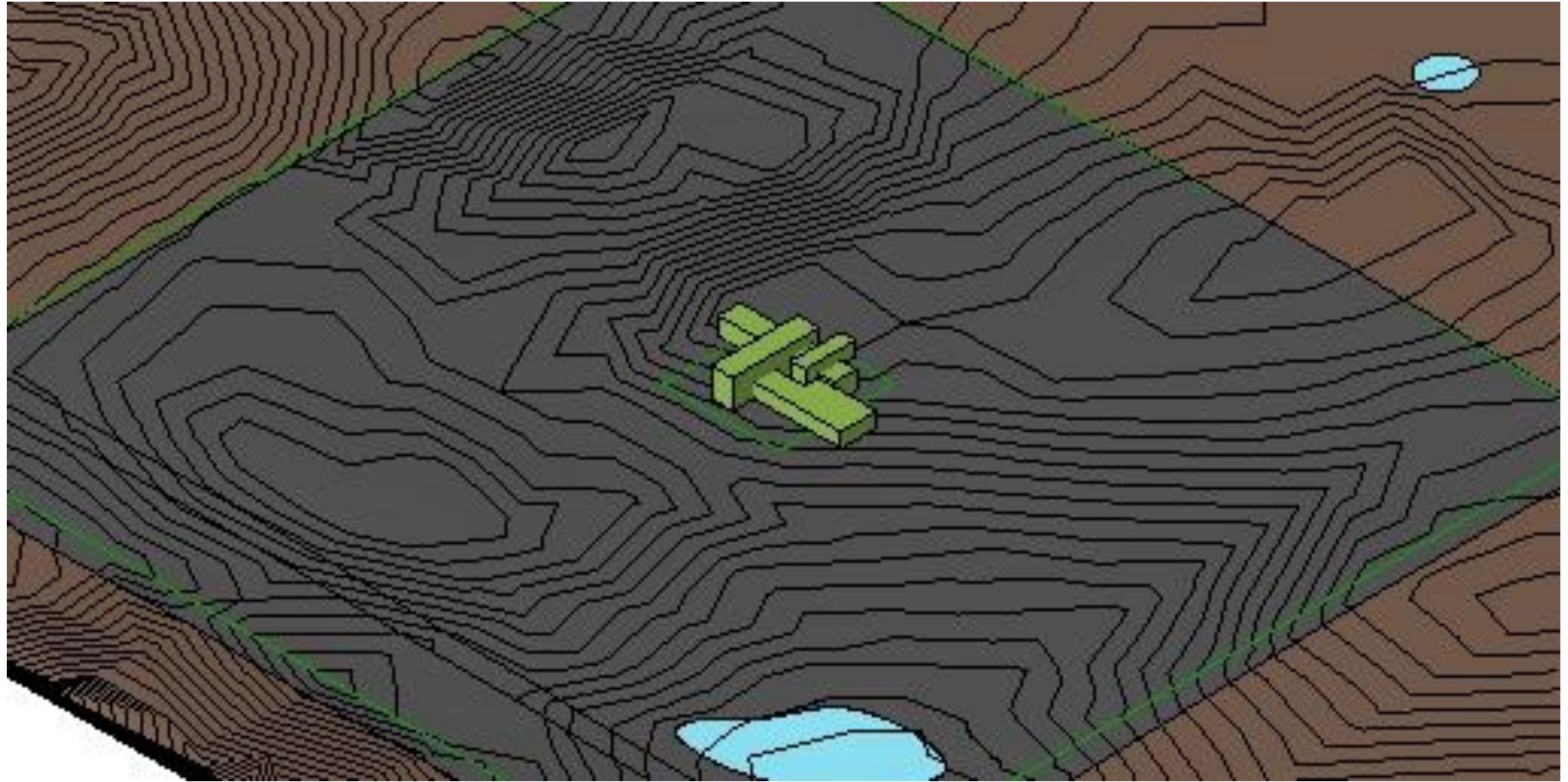
Kitchen /
Dining

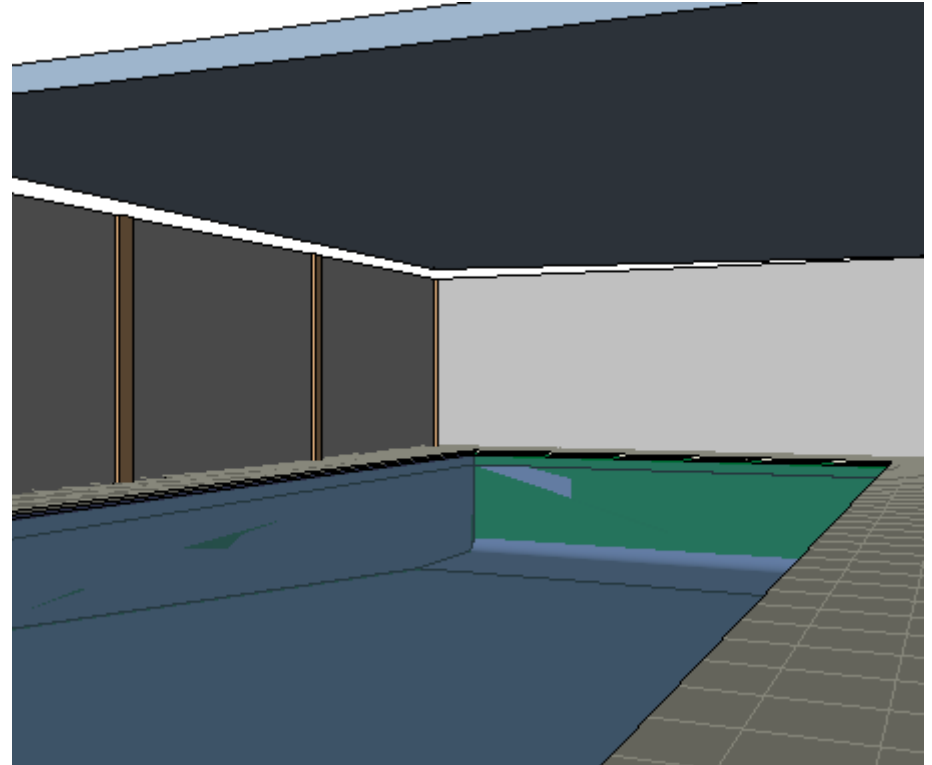
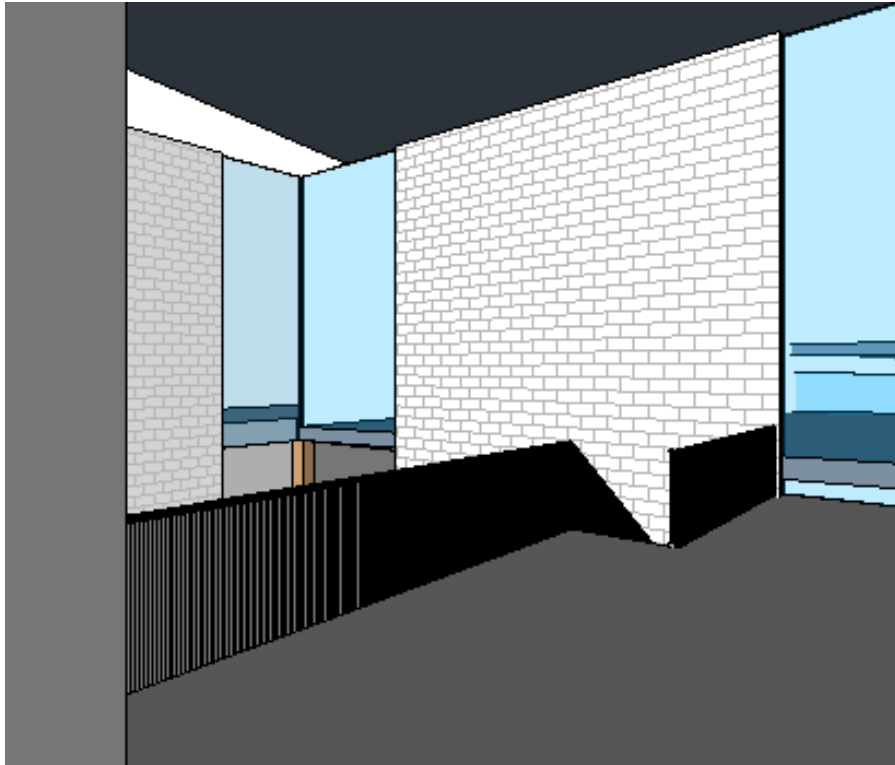
Chapel

Garden

B







2.5.10

Neski

Jacobson, Hugh - send email
Wood book

Miller

Washington + Oregon Wood Structures

Grid - Structure

Water Harvesting

Green Roofs

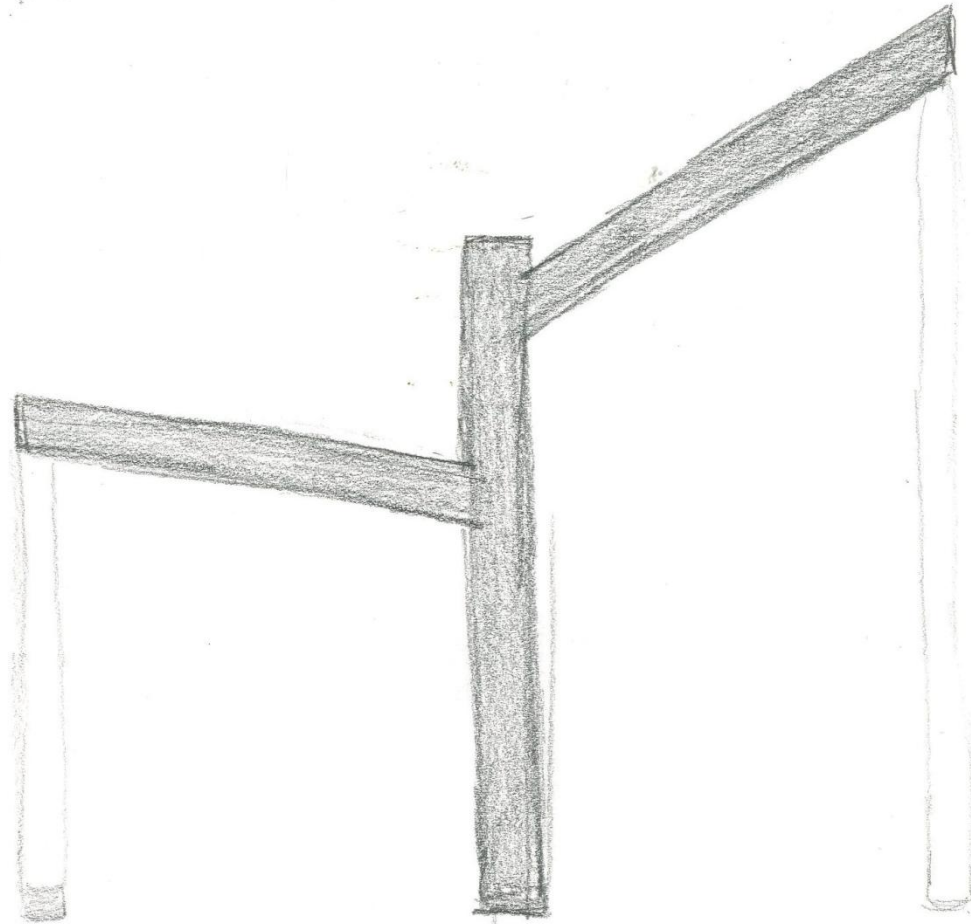
2.12.10

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

