

EVOLUTION. . .A REJUVENATION AND WELLNESS CENTER

PROJECT DEFINITION . . .

An Evolution: A Holistic Rejuvenation and Wellness Center'

The project is about exploring SOLITUDE by amplifying the user's integration with the natural environment, through the medium of EXPERIENTIAL ARCHITECTURE along with a focus on the interior spaces that affect human mind.

in our technology driven world with computers, televisions, cell phones, and gaming units there certainly has been a shift in the lack of maintaining a healthy state of mind-body. To add, our daily lifestyle constitutes of demands, deadlines, hectic schedules and responsibilities leading to stress and increased health risks.

CITY & STRESS - URBAN LIFESTYLE

70 % POPULATION - LIVING IN CITY BY 2050 - UN projections

35-40 HRS / WEEK - INDIVIDUAL ONLINE - AD AGE Survey

62% - SMARTPHONES

20% - 3 TVs / household

LIFETSYLE change . . .

How their lives have changed in the past ten years?

Answers :

64% - "infused with technology" "more complicated," "more stressful" and "focused on finding ways to do more with less"

28% - "more fun" or "easier."

CONCLUSION - As people of means acquire more technological devices to simplify their lives, their lives have actually become more complicated. At least in the short-term, expect both trends to continue -- enthusiastic adoption of new technology, and the increasing complication of everyday life.

It has been proven that by practicing YOGA AND MEDITATION, one feels more ENERGIZED, gains SELF CONFIDENCE and achieves a HEALTHIER state of mind-body. Additionally, medical experts agree that yoga can help lower cholesterol, ease depression, speed healing, curb insomnia, boost the immune system, and control anxiety.

With these benefits in mind, I strongly believe in the NEED AND IMPORTANCE of yoga retreat in the city.

PROPOSAL

A center for YOGA, MEDITATION AND SPA

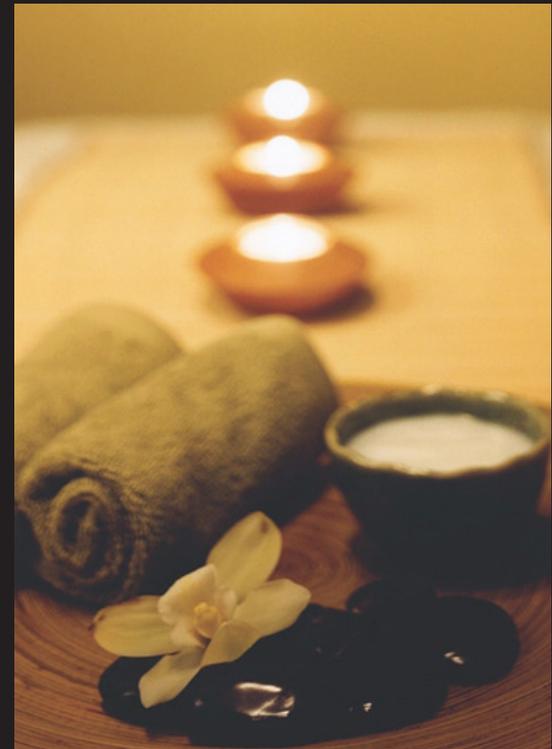
ARCHITECTURE - - - a space for an overall holistic experience.

Harmony - Architecture and Nature

The ethereal qualities in nature and their ability to tranquilize a person's state of mind.

The temporality of natural phenomena appeals to our senses and therefore draws one to engage with his/her surroundings through ever changing spatial experiences, at the same time allowing one to venture into a liberating journey of imagination, thought and discoveries.

INTERIOR - - - Space and qualities of COLOR, LIGHT AND TEXTURE of materials in a way that they affect a person's mind.



SITE

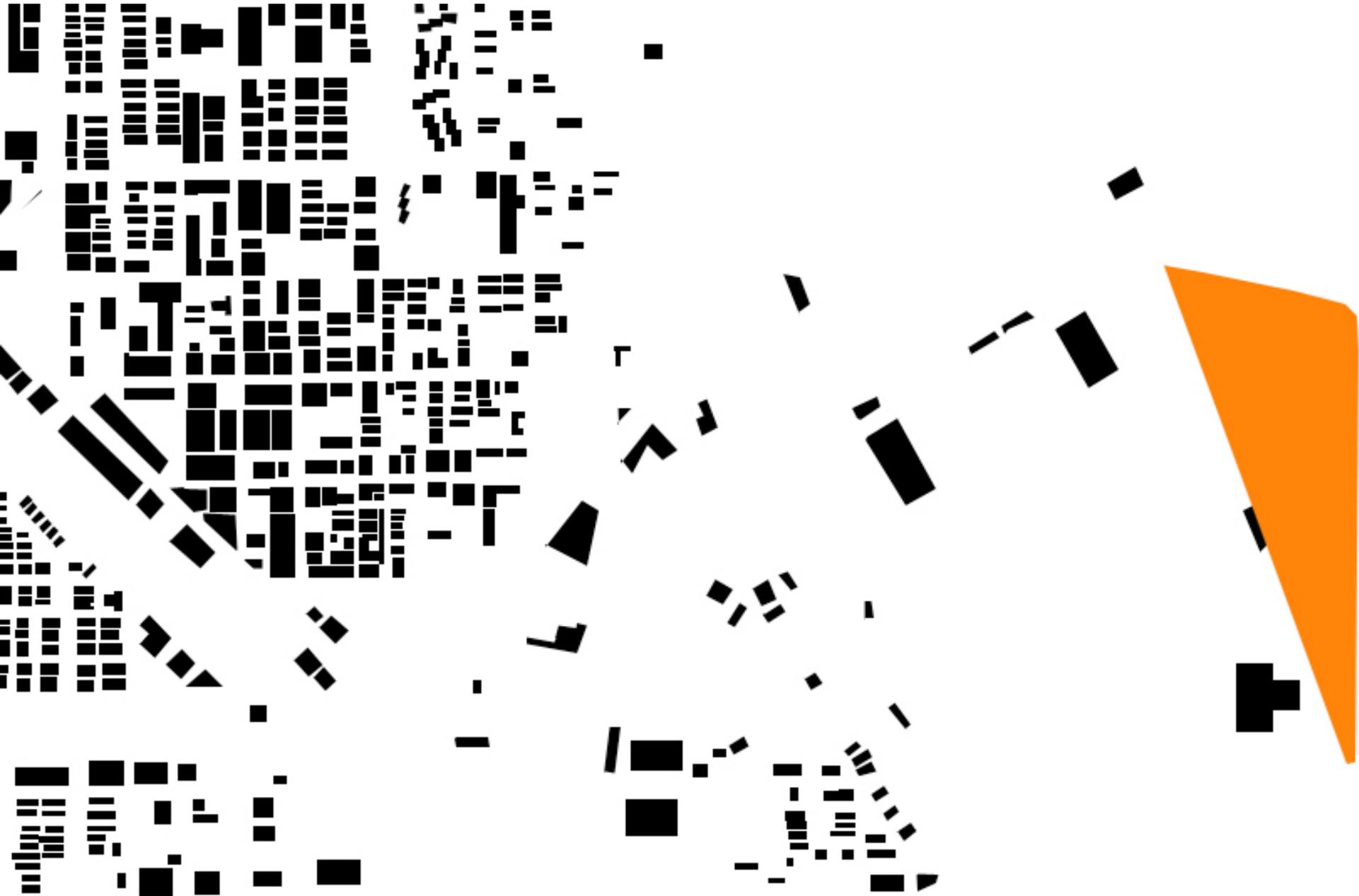
LOCATION: EAST 95TH & KREITER AVENUE , NEAR CALUMET PARK

The location of the site on the Lakefront makes it an ideal location for creating a holistic center for yoga and spa.
Close proximity to the city at the same time allowing people to get away from the daily surroundings.

'REJUVENATION' CENTER -
FOR THE CITY
FOR THE NEIGHBORHOOD
FOR THE PEOPLE

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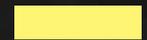






ZONES:

RESIDENTIAL



INDUSTRIAL



RECREATIONAL



SITE PICTURES



NEAR CALUMET PARK



EDWARD BARRON DRIVE



APPROACHING THE SITE FROM EAST FOREMAN DRIVE



LAKE MICHIGAN FROM THE EDGE OF THE SITE

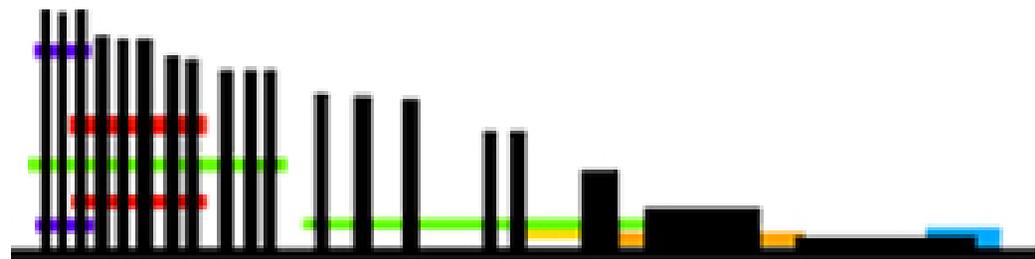
INSPIRATION



HIERARCHY OF SPACES



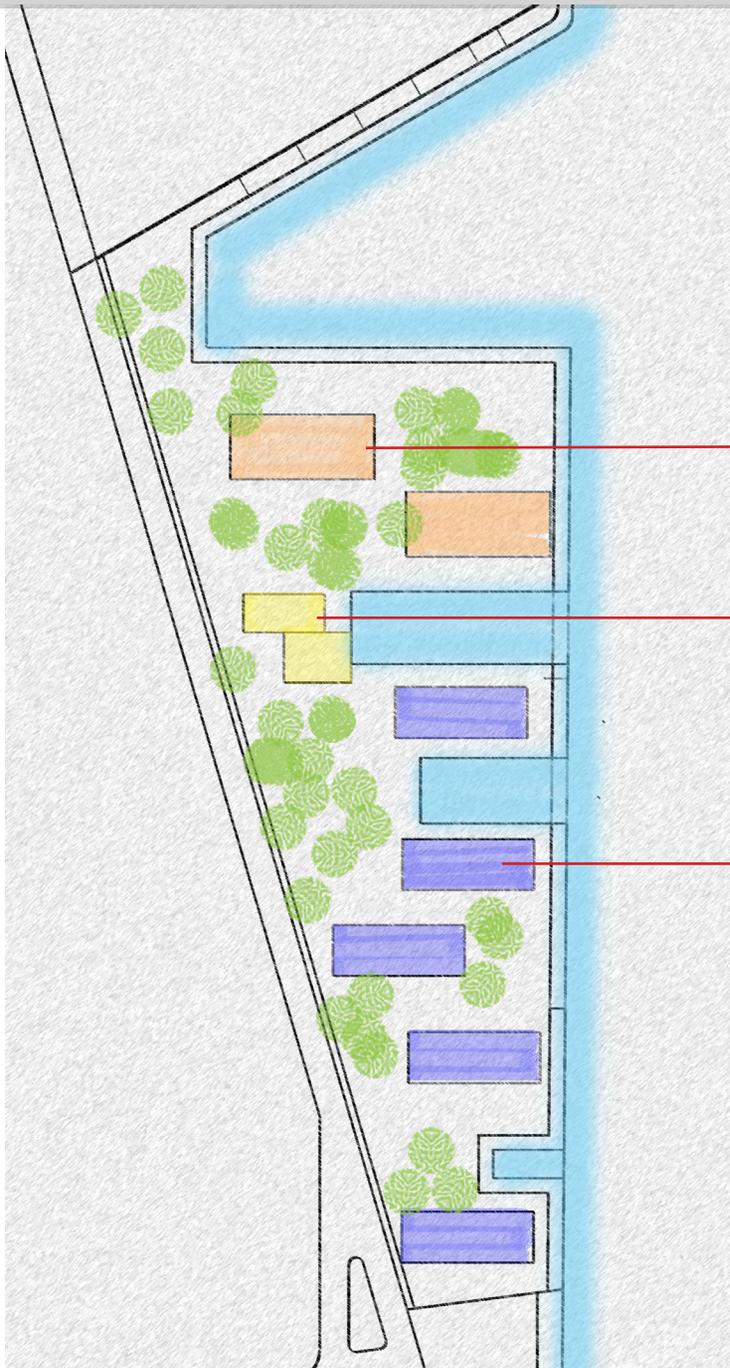
INTEGRATION OF ARCHITECTURE
AND NATURE



INTEGRATION...

ARCHITECTURE + NATURE



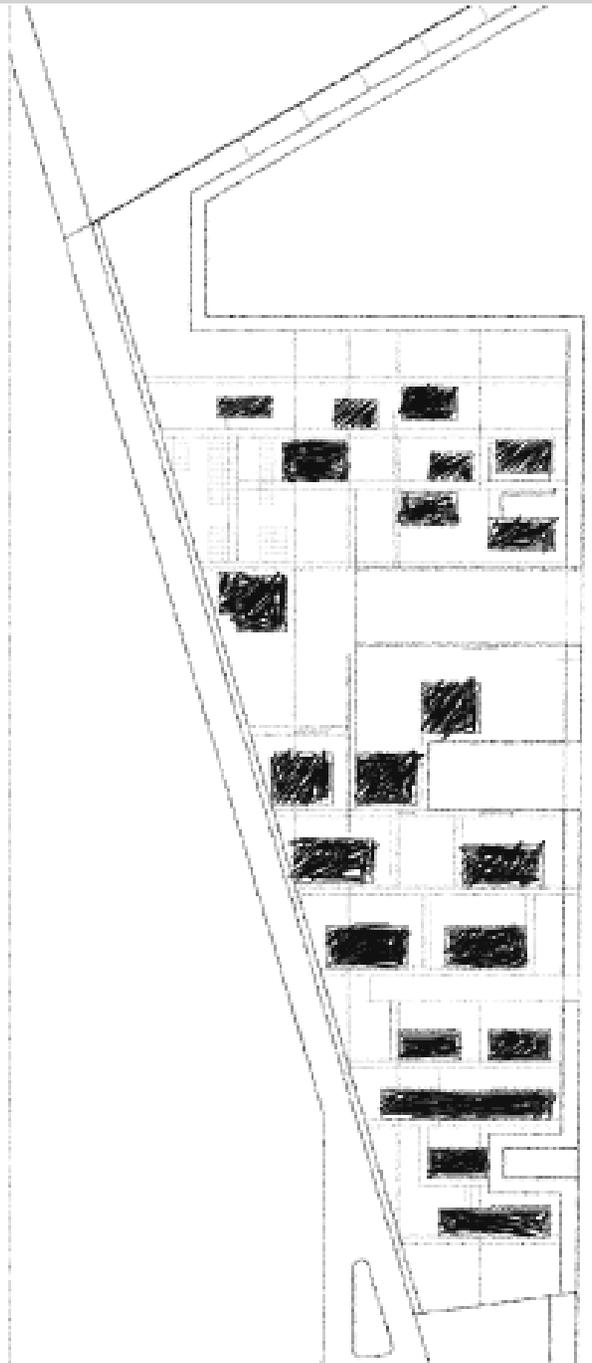


YOGA
MEDITATION
SPA
GYM

CAFE
LIBRARY
SEMINARS

RESIDENTIAL

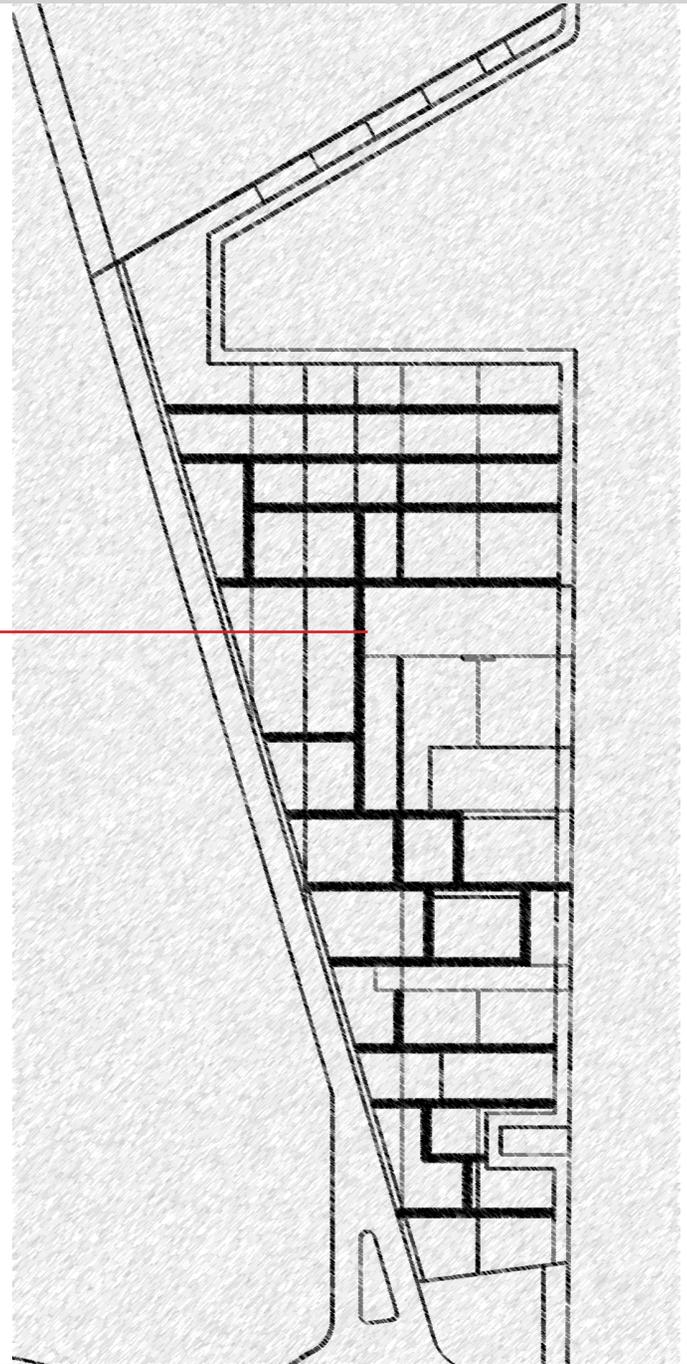
ZONING

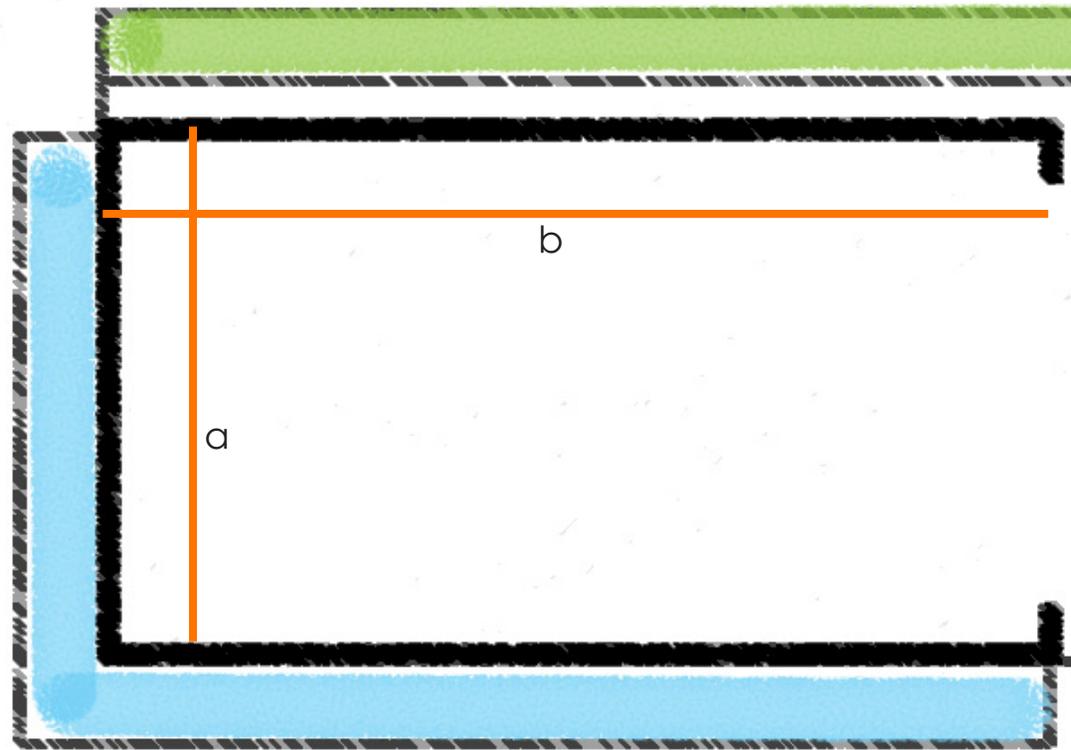


MASSING

CIRCULATION:

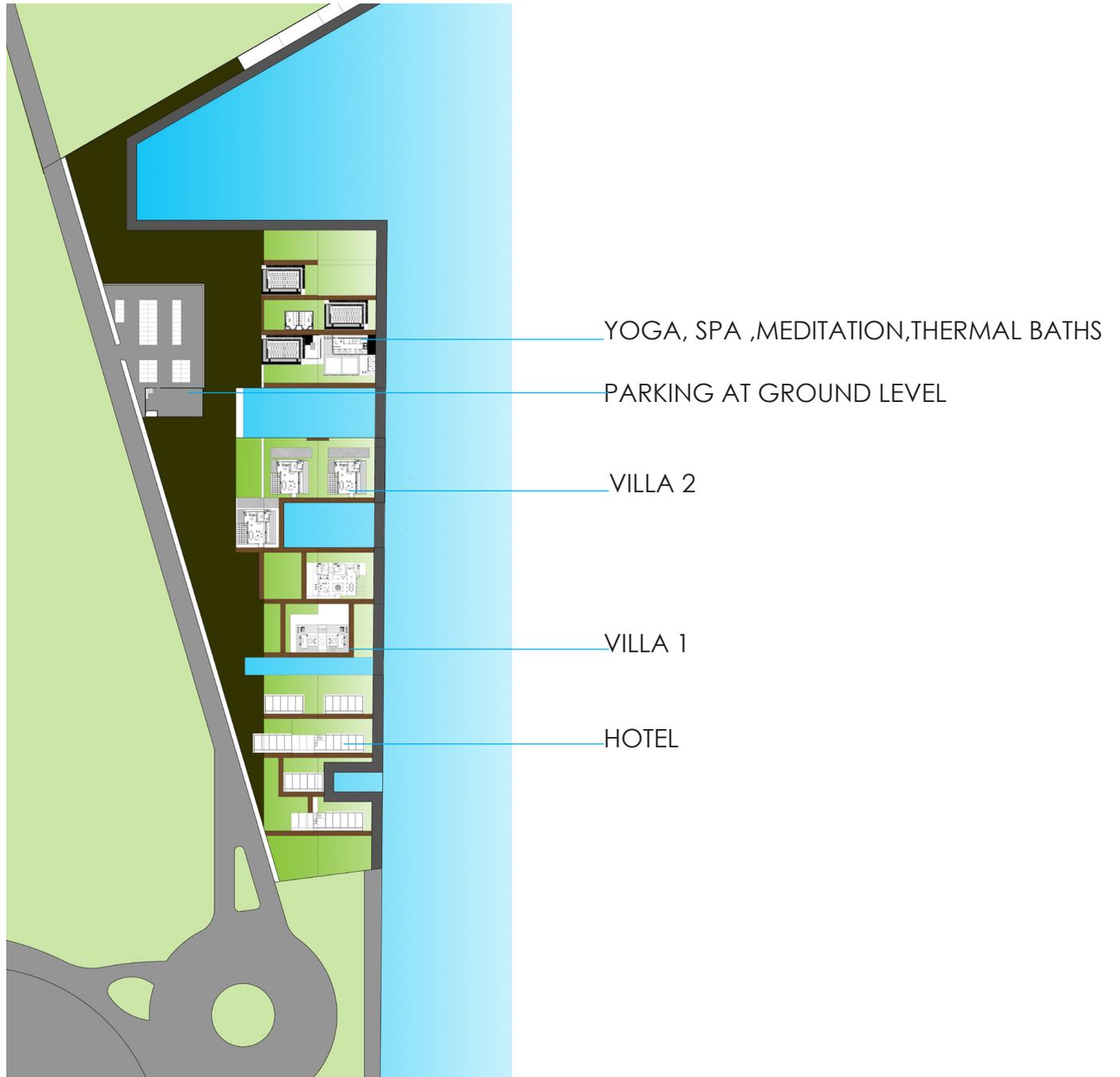
GRID PATTERN
COMBINATION
OF RAMPS AND
PATHWAYS





PROPORTION = $b : 2a$







PARKING AT
GROUND LEVEL

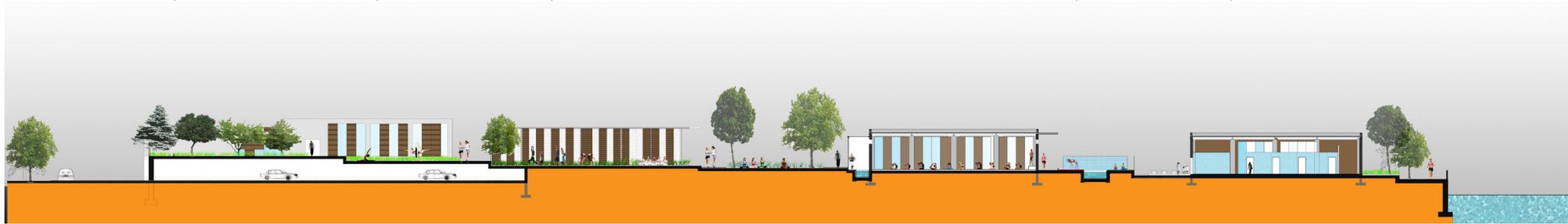
GYM LOCKER ROOM

GYM

YOGA STUDIO

OUTDOOR MEDITATION

SPA

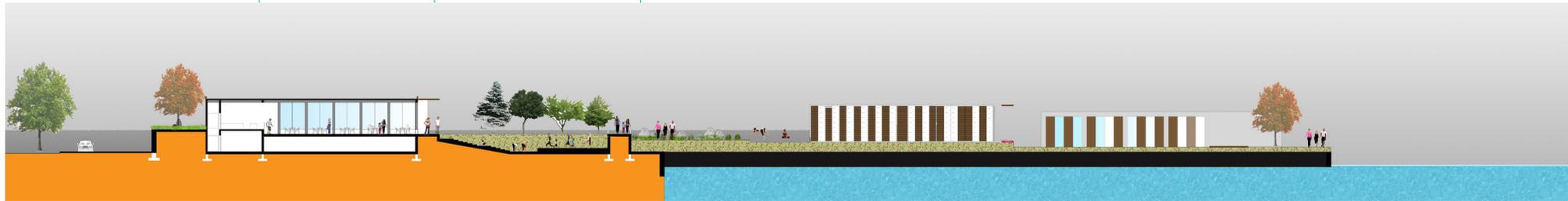


SECTION A A

ADMINISTRATION
OFFICES

CAFETERIA

AMPHITHEATER

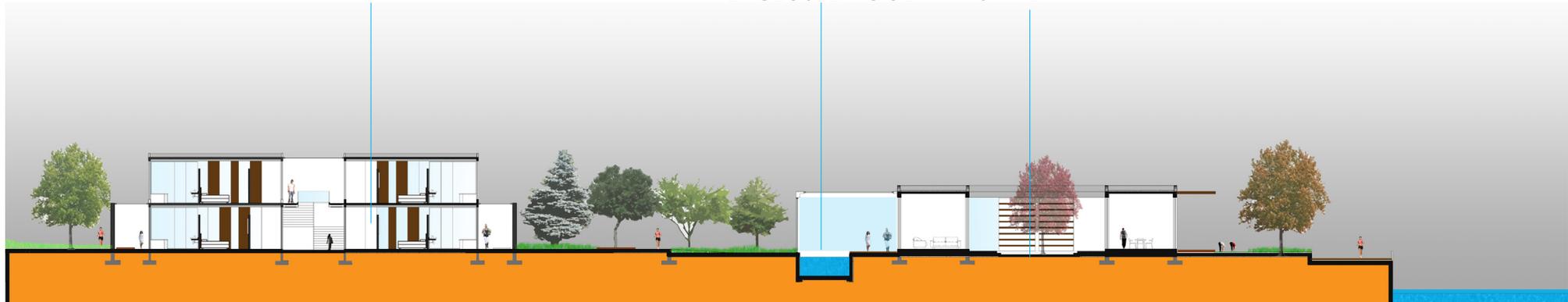


SECTION B B

RESI UNIT A

ENCLOSED POOL

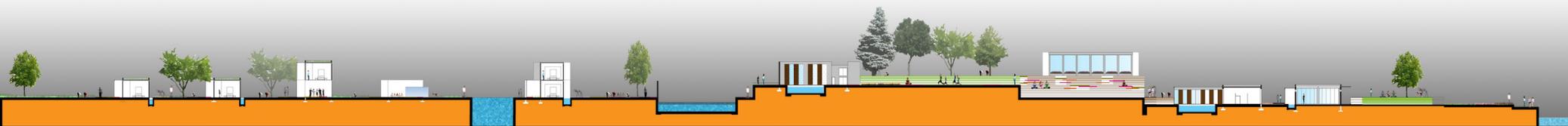
UNIT B



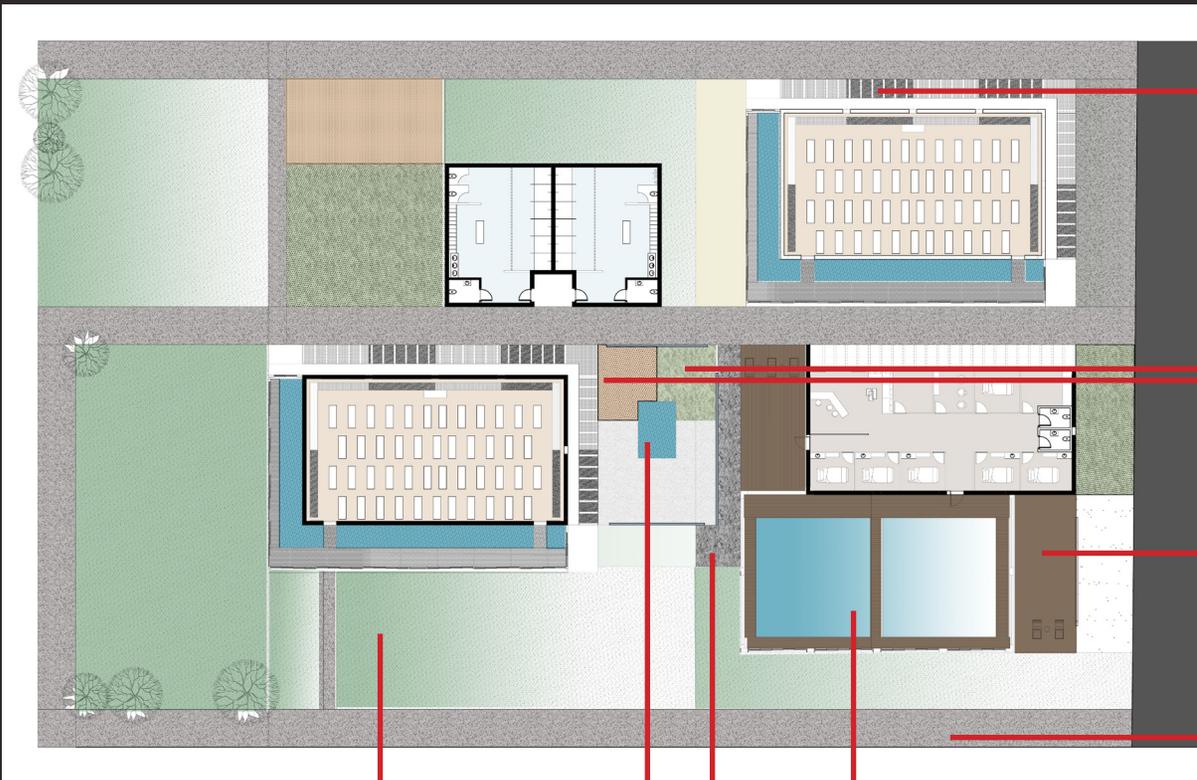
SECTION C C



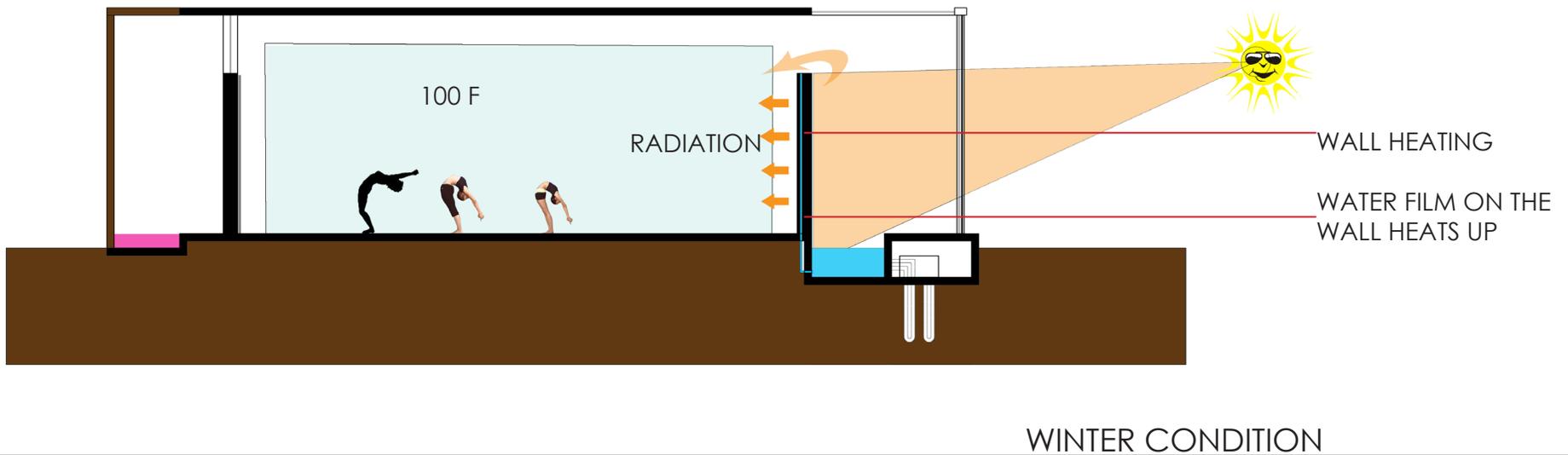
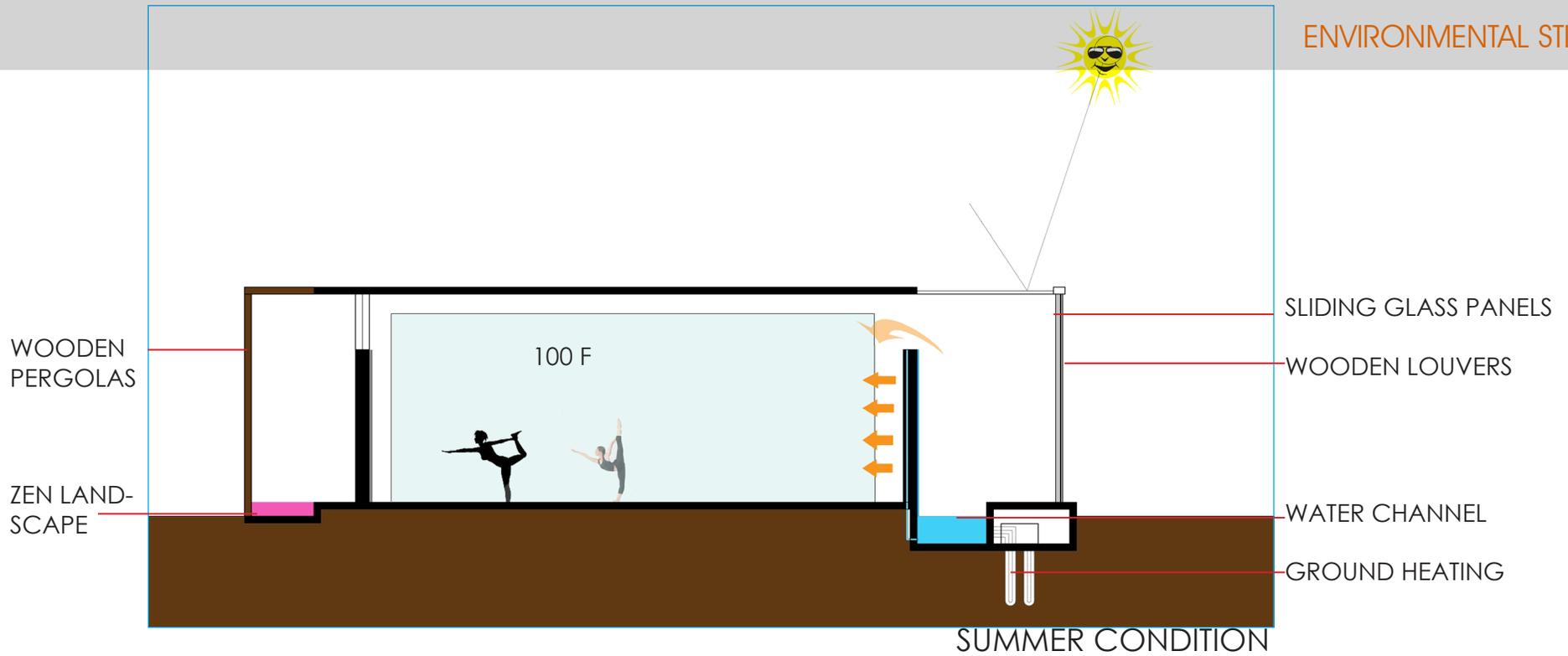
SECTION DD



SECTION EE



MATERIALS & TEXTURES



1.HEATING:

Desired temperature for Bikram yoga: 105F

Solar heating is used in order to heat the water channel outside the yoga space. The interior space would be then heated through convection and radiation with the heated water channel.

In addition to solar heating, ground heating would be used to achieve desired temperatures, especially in winter.

Use of sliding glass walls with louvered sliding doors make it possible to open up the space completely for cooling in case of excessive heating in summer.

2.USE OF LOCAL MATERIALS:

Local stone and gravel for outdoor landscaping

Recycled wood for the interior cladding and deck of the spa

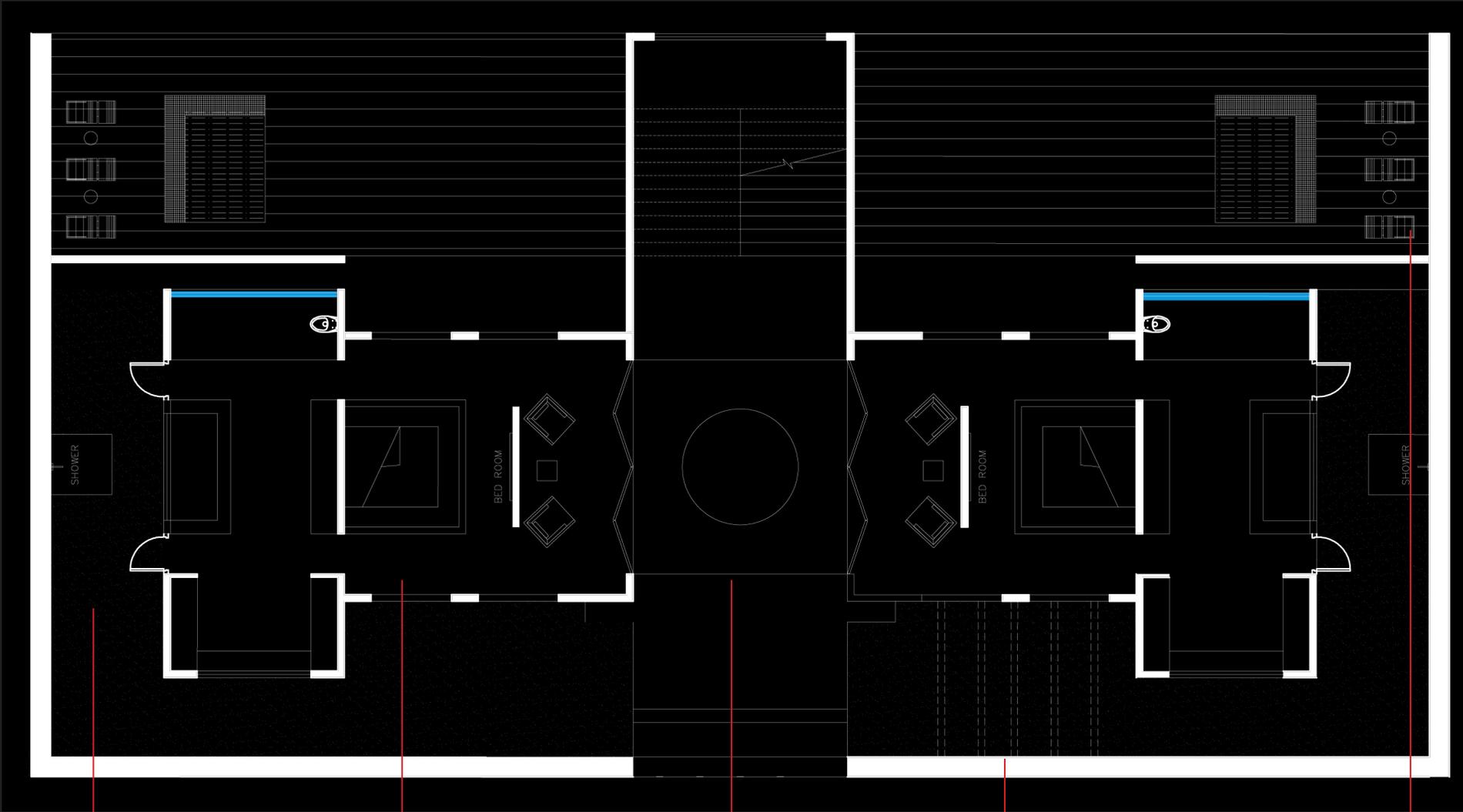
Use of recycled steel

3. COST and ENERGY EFFICIENCY

Local materials and local labor

Single storey structures

Well ventilated and lit spaces ensure low electrical consumption



ENCLOSED BATHING AREA WITH GLASS ROOF TOP

LIVING AREA

CENTRAL COURTYARD

THERMAL MASS WALL

WOODEN DECK

RESIDENTIAL UNIT A-PLAN













THANK YOU