



INTRODUCTION ...to yoga and it's philosophies

Yoga

A union of mind, body and soul..

A broad range of disciplined forms of meditation, which share the goal of freeing the mind from attachment, and distraction and opening the way for an experience of oneness with everything.

Types of yoga

Hatha Yoga - Physical

The term Hatha Yoga has been commonly used to describe the practice of asana (postures). The syllable 'ha' denotes the pranic (vital) force governing the physical body and 'tha' denotes the chitta (mental) force thus making Hatha Yoga a catalyst to an awakening of the two energies that govern our lives. More correctly the techniques described in Hatha Yoga harmonize and purify the body systems and focus the mind in preparation for more advanced chakra and kundalini practices.

Karma Yoga - Work or Action

Karma Yoga is a path of devotion to the work. One loses his identity while working, only selfless work remains. This state is very difficult to achieve. Generally some rewards or incentives or outcome follows the work and one is attached to this reward or incentive. This is not the Karma Yoga. Non-attachment with the work and becoming the perfect instrument of the super consciousness in this manifested universe is the ultimate aim of Karma Yoga. In the initial stages of Karma Yoga, individual possesses strong sense of ego and consciously or unconsciously he is attached to the fruits of his efforts or at least praise or recognition but by continuous involvement in the work and change in mental attitude, one can surely disassociate himself from the ego and his own personality. In this state the work becomes worship to the God, it becomes spiritual, also the individual becomes expert, skilled and Yogi. He achieves stability of mind in all conditions, he is not disturbed or excited or happy in any of the situations. He becomes divine & his actions represent God's will.

The essence of Karma Yoga as extracted from 'Bhagvad Gita' says: The world confined in its own activity except when actions are performed as worship of God. Therefore one must perform every action sacramentally and be free of your attachments to the results.

Raja Yoga - Mental

Raja Yoga is a comprehensive yoga system which deals with the refinement of human behaviour and personality through the practice of the yamas (restraint) and niyamas (disciplines); attainment of physical health and vitality through asanas (postures) and pranayamas (pranic breathing techniques); management of mental and emotional conflicts and development of awareness and concentration through pratyahara (sensory withdrawal) and dharana (concentration); and developing the creative aspect of consciousness for transcendental awareness through dhyana (meditation) and samadhi (absorption in the universal identity).

Bhakti Yoga - Devotion

Bhakti is a yoga of devotion or complete faith. This faith is generally in the God or supreme consciousness in any of the forms. It may be Lord Rama, Krishna, Christ, Mohammed, Buddha etc. It may be a Guru for his disciples. Important thing is the person interested in following this path should have very strong emotional bond with the object of faith. The flow of emotional energy is directed to this object. Mostly people suppress their emotions and that often reflects in the form of physical and mental disorders. This Bhakti Yoga releases those suppressed emotions and brings the purification of inner self.

Continuous meditation of God or object of faith gradually decrease the ego of the practitioner, which further prevents new distractions, fickleness or even pain and induces strong bonds of love. Slowly the practitioner loses the self identity and becomes one with the object of faith, this is a state of self realization.

Mantra Yoga - Mantra Chanting

Mantra Yoga has its origin in Vedic Sciences and also in Tantra, infact all the verses in Vedas are called mantras, it is said that any person who can chant or sing Vedas can achieve the ultimate salvation or union with supreme consciousness only by chanting the mantras, which is the aim Mantra Yoga.



Jnana Yoga - Wisdom

Jnana Yoga is the process of converting intellectual knowledge into practical wisdom. It is a discovery of human dharma in relation to nature and the universe. Jnana Yoga is described by tradition as a means to obtain the highest meditative state and inner knowledge.

Jnana literally means 'knowledge', but in the context of yoga it means the process of meditative awareness which leads to illuminative wisdom. It is not a method by which we try to find rational answers to eternal questions, rather it is a part of meditation leading to self-enquiry and self-realization.

Some of the components of Jnana Yoga are:

1. Not believing but realizing
2. Self-awareness leading to self-analysis
3. Experiencing knowledge
4. Realizing the personal nature
5. Developing intuitive wisdom
6. Experiencing inner unity

Swara Yoga

Swara is Sanskrit word, meaning sound or note. It is also a continuous flow of air through one nostril. Yoga means union, so Swara yoga is a science which is realization of cosmic consciousness through control and manipulation of breath.

Swara Yoga is science which is a complete study, observations, control and manipulation of breath or Swara. Pranayama is only related to control of breath in various ways. In swara yoga, you will find association of breath in relation to activities of sun, moon, various seasons, physical and mental conditions of individuals etc. So Swara Yoga is more comprehensive in theory and practices related to breath.



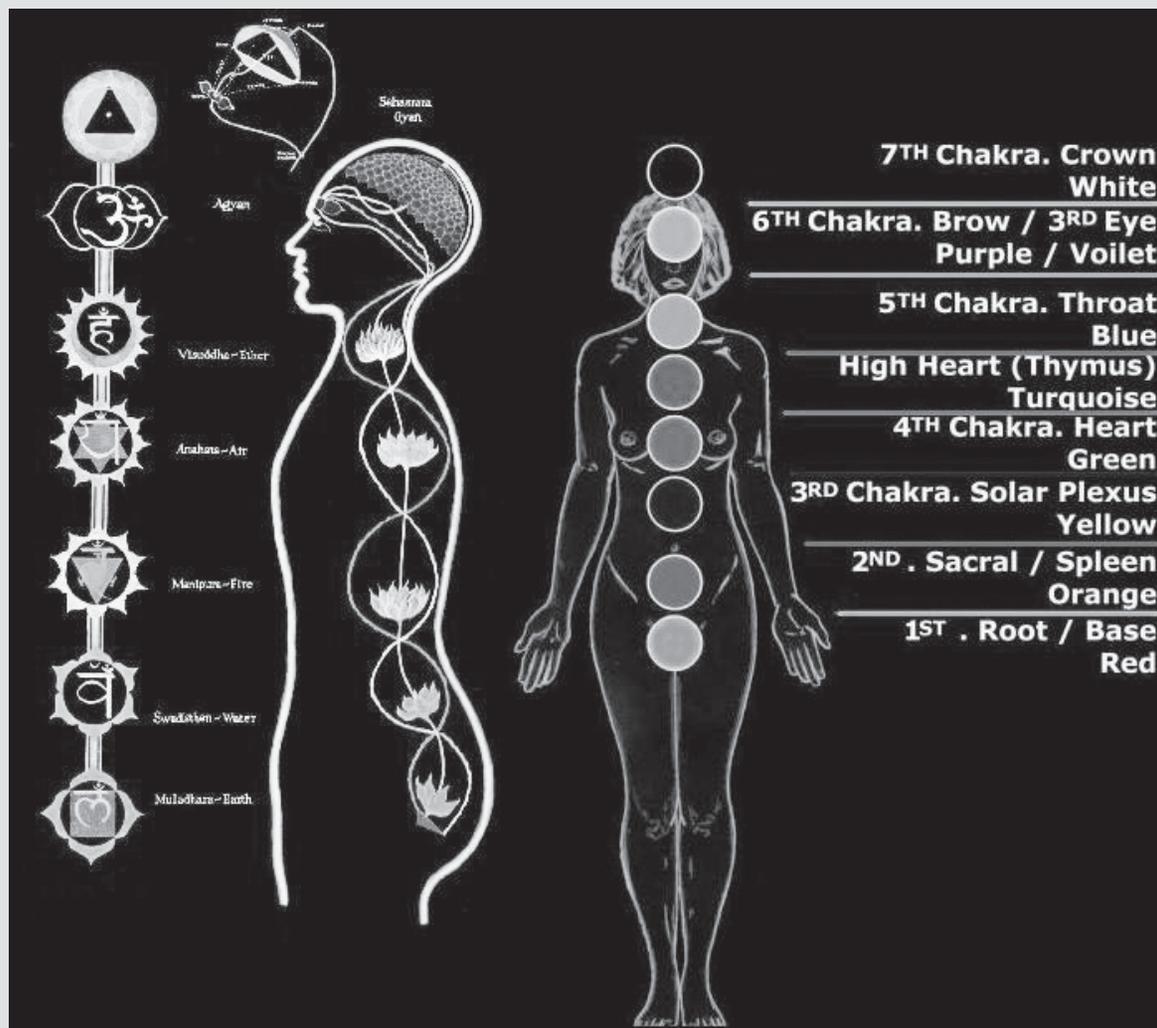
Kundalini Yoga - Laya - Esoteric

This system of Yoga is concerned with awakening of the psychic centers or chakras, which exists in every individual. There are seven main chakras in the human beings.

The mind is made up of different subtle layers. Each of these layers progressively are associated with the higher levels of consciousness. Each of these levels are related to the different chakra or psychic center located throughout the psychic body. There are no of other chakras apart from the six main, which are associated with planes below the human level. In all we have chakras that connect us to animal levels of mind, to the instinctive realms of being or to the sublime heights of consciousness.

In Kundalini Yoga, higher-level chakras are awakened and also the activities associated with these higher psychic centers.

The basic method of awakening involves deep concentration on these chakras and forcing their arousal. Asanas, pranayama, mudra and bandha and other forms of Yoga such as Mantra Yoga are also used to stimulate the awakening.



Eight characteristics of yoga

1. Yama – Principles or Moral code

Ahimsa - A principle of non-violence

Satya - A principle of Truthfulness

Asteya - A principle of non stealing

Brahmacharya - Continence / Celibacy

Aparigraha - A principle of non-hoarding or non possessiveness

2. Niyama – Personal Disciplines

Shoucha - Purity

Santosh - Contentment

Tapa - Endurance

Swadhyaya - Self study

Eshwar Pranidhan – Dedication

3. Asana – Postures

Originally an immobile body posture; a seat or sitting posture that was used for meditation and to help facilitate perfect concentration. Hatha yoga developed this practice into a series of asanas or postures.

4. Pranayama - Breath Control - Life Force Control

Breath control, consisting of conscious inhalation, retention and exhalation. Breathing is the essential element of all yoga.



5. Pratyahara – Internalization – Withdrawal of senses

A mental preparation to increase the power of mind.

6. Dhyana – Meditation

With drawing mind from all external objects and Focusing it on one point and meditating on it.

7. Dharana – Realization

Concentration of mind on one object and its field.

8. Samadhi – Absorption

State of Super bliss, joy and merging individual consciousness in to universal consciousness. Union between Jivatman and Paramatman. Union of Shiva and Shakti in Sahasrar Chakra (the top of the head). Realizing the Bramhan (pure consciousness) or Realization of God is the ultimate achievement of Human Birth.



Steps of Hatha Yoga

The Hatha Yoga system includes asana along with the six shatkarmas (physical and mental detox techniques), mudras and bandhas (psycho-physiological energy release techniques) and Pranayama (pranic awakening practices). Fine tuning of the human personality at increasingly subtle levels leads to higher states of awareness and meditation.

1. Yogasana (yoga positions)

Asana is a Body posture, it is a Sanskrit word used to describe a position of the body. Traditionally many asanas are practiced in Hatha Yoga tradition, primarily to achieve better physical and mental health. Asanas have deep impact on the entire body and mind complex, it affects different systems in the body like muscular, respiratory, circulation, digestive, excretory, reproductive, endocrine, nervous system.

2. Six shatkarmas (Physical and Mental detox techniques)

Agnisar Dhouti - Try touching the navel hundred times to the spinal cord. This process is known as agnisar dhouti. The process ensures siddhis for Yogis. This process eliminates diseases in the stomach and ignites the fire in the stomach. It is a secret process which is hard to achieve even for the Gods.

Vaman Dhouti - Drink plenty of water after having food and vomit out the entire water after glancing upwards for a minute. The vamandhouti eliminates kapha and pitta.

KapalBhati- The literal meaning of 'kapal' is cranium and 'bhati' is light or shining. So kapalbhati means increasing the efficiency of the organs situated in the cranium. So we can say that kapalbhati improves the function of brain. Another name for kapalbhati is 'bhalbhati'.

Jalneti - The aim of the process is to purify the breathing path right from the nostrils to the throat. If the aim is achieved using water, the process is known as Jalneti.

Nasagra Drishti- Concentrating your eyesight on a bindu (point) without fluttering the eyelids till the eyes water is known as Trataka. Similar type of exercise of the eyes and eyesight is attempted under the process Nasagra Drishti. Hence, it is included under Nasagra Drishti.



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3. Mudras and Bandhas (Psycho-physiological energy release techniques)

Bandh may be defined as a particular action involving pressure or strain on the muscles. It is expected in Yoga to retain a firm pose in bandh as it is retained in the asanas. The bandhas are to be studied mainly while studying pranayama.

Three types of bandh:

Jalandhar

Uddiyan

Mulbandh

4. Pranayama (Pranic awakening practices)

“Pranayama is control of Breath”. “Prana” is Breath or vital energy in the body. On subtle levels prana represents the pranic energy responsible for life or life force, and “ayama” means control. So Pranayama is “Control of Breath”. One can control the rhythms of pranic energy with pranayama and achieve healthy body and mind.

Patanjali in his text of Yoga Sutras mentioned pranayama as means of attaining higher states of awareness, he mentions the holding of breath as important practice of reaching Samadhi. Hatha Yoga also talks about 8 types of pranayama which will make the body and mind healthy.

Five types of prana are responsible for various pranic activities in the body, they are Prana, Apana, Vyan, Udana & Samana. Out of these Prana and Apana are most important. Prana is upward flowing and Apana is downward flowing. Practice of Pranayama achieves the balance in the activities of these pranas, which results in healthy body and mind.

Types Of Pranayama

Quiet Breathing , Deep Breathing , Fast Breathing

Tribandha and Pranayama

Nadi Shuddhi Pranayama or Anuloma - Viloma (Alternate nostril breathing - I)

Anuloma - Viloma (Alternate Nostril Breathing - II)

Suryan Bhedan Pranayama (Right Nostril Breathing)

Ujjayi Pranayama

Bhramari Pranayama

Pranayama from Hatha Yoga (Surya Bhedan, Bhasrika, Ujjayi, Shitali, Sitkari, Bhramari, Murchha & Plavini Pranayama)





Evolution : A Holistic Rejuvenation and Wellness Center_ Project Definition...

PROJECT DEFINITION ...

My project is '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.

My project will be developed because I believe that 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 and Stress - Urban Lifestyle

The world is becoming more urbanized, with almost 70 per cent of people expected to live in urban areas by 2050, according to projections by the United Nations. Studies suggest that living in a city increases the risk of depression and anxiety, and that schizophrenia rates are higher in people born and brought up in cities.

According to a study conducted by Ad age, those surveyed spent over 25 hours online each week and own an average of 3.5 TVs. Fifty-two percent own smartphones, while 23 percent own eReaders. Though only 14 percent own tablets, another 15 percent plan to buy one in the next year.

When asked how their lives have changed in the past ten years, "infused with technology" came in as the top answer. But the next most popular responses included "more complicated," "more stressful" and "focused on finding ways to do more with less," highlighting some of the difficulties that have also emerged. Less than half of the respondents said life was "more fun" or "easier." AdAge concludes, "As people of means acquire more technological devices to simplify their lives, their lives have actually become more complicated," and adds, "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 daily, 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

My thesis proposition is to design a center for **yoga, meditation and spa**.

The idea is to engage architecture, hospitality and interior design as a medium to create a space for an overall holistic experience. I am interested in 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.

Also, I have a keen interest in the interior space and qualities of color, light and texture of materials in a way that they affect a person's mind.





Evolution : A Holistic Rejuvenation and Wellness Center_ Goals and Guiding Principles . .

GOALS...

To provide an environment that promotes physical wellness and mental tranquility.

The idea is important because yoga is an activity which requires a certain surrounding and space to perform it. Therefore, it is important to focus on the appropriate environment and spaces for the practice of yoga.

To offer participants an atmosphere of peaceful refuge from their hectic daily lives

Most of us today are city dwellers and hence, our yoga is fit in between running in and out of busy streets and wedged into their busy workloads. We get little respite and more often we do not get the dramatic effect they experience on retreat. Hence, it is important to develop a space for practicing and learning innovative yoga practices and more about its new philosophies. A yoga retreat will allow the body more time to open, change, purify, and cleanse in a retreat environment than in a daily practice.

To reflect the physical, mental and spiritual tranquility that reflects the principles of the discipline of yoga

It is important to allow the body to isolate from your stressful surroundings and relax in a calm and peaceful environment concentrating on mental awareness of the mind.

To recognize the impact of the physical environment on human perception and wellbeing

It is amazing how the physical environment can influence mood, perspective and attitude of a person. I believe strongly in the beneficial effects of natural light, fresh air and personal space on physical and emotional health and well being. Therefore, this idea of recognizing the impact of physical environment on human mind is highly relevant to the practice of yoga.



GUIDING PRINCIPLES ...

Learning:

Thoughtfully designed environments can support physical, mental and spiritual health, a reflection of the comprehensive philosophy of yoga

Purpose:

Introduce and provide exposure to the true and authentic science of yoga and it's benefits for physical as well as mental health.

Recreational:

Striving for wellness can and should be fun and engaging.

Connection:

Establishing connection between the internal and external surrounding and it's implications on human mind and body



STAKEHOLDERS ...

DIRECT STAKEHOLDERS

CLIENT - YOGA INSTITUTE OF INDIA
OWNER - 'THE LEELA' HOSPITALITY GROUP

TEACHERS - YOGA TEACHER TRAINING CERTIFIED
MEDICAL PRACTITIONERS
THE VISITORS
THE YOGA COMMUNITY

INDIRECT STAKEHOLDERS

THE NEIGHBORHOOD
THE CITIZENS

THE HOSPITALITY INDUSTRY

THE CONTEXT



Evolution : A Holistic Rejuvenation and Wellness Center_Precedents...

PRECEDENTS ...

Guidelines for choosing Precedents:

Landscape: Is an important aspect of design that I would like to incorporate in my design

Waterfront: This criteria is more inclined towards my intention of site selection

Interior Design: I would like to study the role played by different colors, textures, materials and lighting and their impact on human mind & body

Sustainability: Study of sustainable strategies and their implementation in the project



PRECEDENTS ...

Precedent study 1: Miraval resort and Spa

Focus: ECO DESIGN

Project Title: Miraval is Arizona's luxury spa and wellness retreat that is more than just about healing your mind and body, it also working to protect the earth.

Case Statement: With rammed earth buildings, respect for the desert, mindful use of water and energy, Miraval is certainly a place for eco inspiration as well as for the soul.

Project Data: Architect: Mithun

Location: 5000 E Via Estancia Miraval, Tucson, AZ

Area: 105,000 sf

Primary Materials: Rammed Earth, Clay Adobe Bricks, Granite

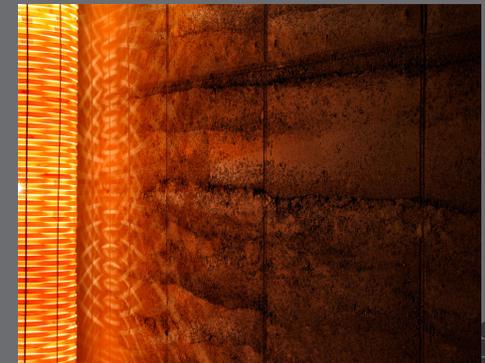
Strategies: Rammed earth which serves as thermal mass keeping the interior cool during the day and emitting heat at night.

Clay adobe bricks were made on site with local materials and used to build the outdoor showers

Branches from local saplings were used to screen in the mechanical areas.

Decomposed granite paths meander throughout the resort and aid in drainage during the rainy season.

Eco and energy efficient materials like low voltage lighting, high content recycled concrete counter tops, high performance windows, and non toxic, low VOC paints.



Evolution : A Holistic Rejuvenation and Wellness Center



PRECEDENTS

PRECEDENTS ...

Precedent study 2 : Yoga Deva Studio

Focus: INTERIOR DESIGN

Project Title: Yoga Deva - Studio

Short Description :

The studio is located within a commercial condominium complex, the building is surrounded by asphalt parking, minimal planted islands of non-native decorative vegetation, and other buildings that are nearly indistinguishable from one to the next. This new internal environment offers an architectural and sequential visual to the external strip-mall type reality and prepares the visitor for practice of inward meditation and contemplation.

Case Statement: 'Deva' is a Sanskrit word for deity. The intention of this studio is to remove the visitor from the exterior visual environmental conditions in every way. The internal sequence of spaces are designed in a manner which forces the visitor to focus inward breaking apart from the external environment.

Project Data: Architect: Blank Studio
Location: Gilbert, AZ, USA
Area: 260 sqm
Clients: Shosh + Billy Vergara
Project Completion: 2008
Special condition: Space is heated upto 105 degrees F



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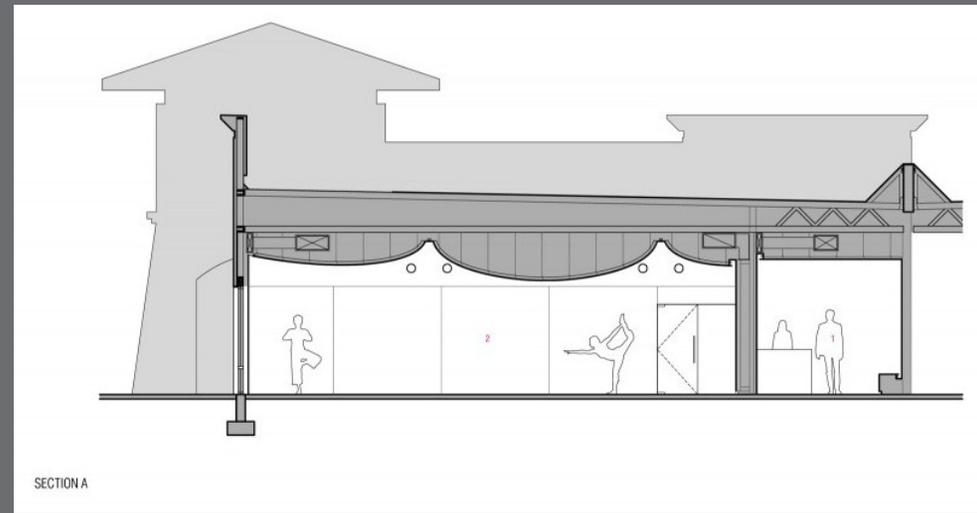


PRECEDENTS ...

Design and Strategies: The project exists as a series of vessels. The ancillary spaces (entry, retail, changing) are ordered and organized around the central yoga studio space.

Entry occurs in a space that is visually dark in contrast to the common Arizona exterior experience and no visibility to any other space is offered. The space is long, narrow and rendered in dark pigment, dark wood walls and dark wood millwork; including a communal seating area along the length of the eastern wall illuminated by warm-toned cove lighting. Terminating the long volume is an electric blue pigmented wall washed in cool-toned light that invites you forward. The western wall of the volume's long axis is surfaced in aluminum gilding, which shimmers when lit from above, and offers soft, muted reflections of the visitors moving through the space. The space serves as orientation to the newly initiated and gathering for individuals before and after a class session.

In contrast to the entry space the main studio space is flooded with daylight; the interplay of light is calming and ever-changing. Translucent panels diffuse the light as the memory of the arbitrary position of the glazing in the existing, exterior mall shell is muted and edited. Above, the ceiling consists of three cylindrical, inverted vaults running the length of the main axis of the space. Valleys in between the vaults collect and order the building's systems (lighting, hvac, fire protection, etc.) and allows for light to wash across the uninterrupted vaulted surfaces.



PRECEDENTS ...

Precedent study 3: SOUTH POINT PARK

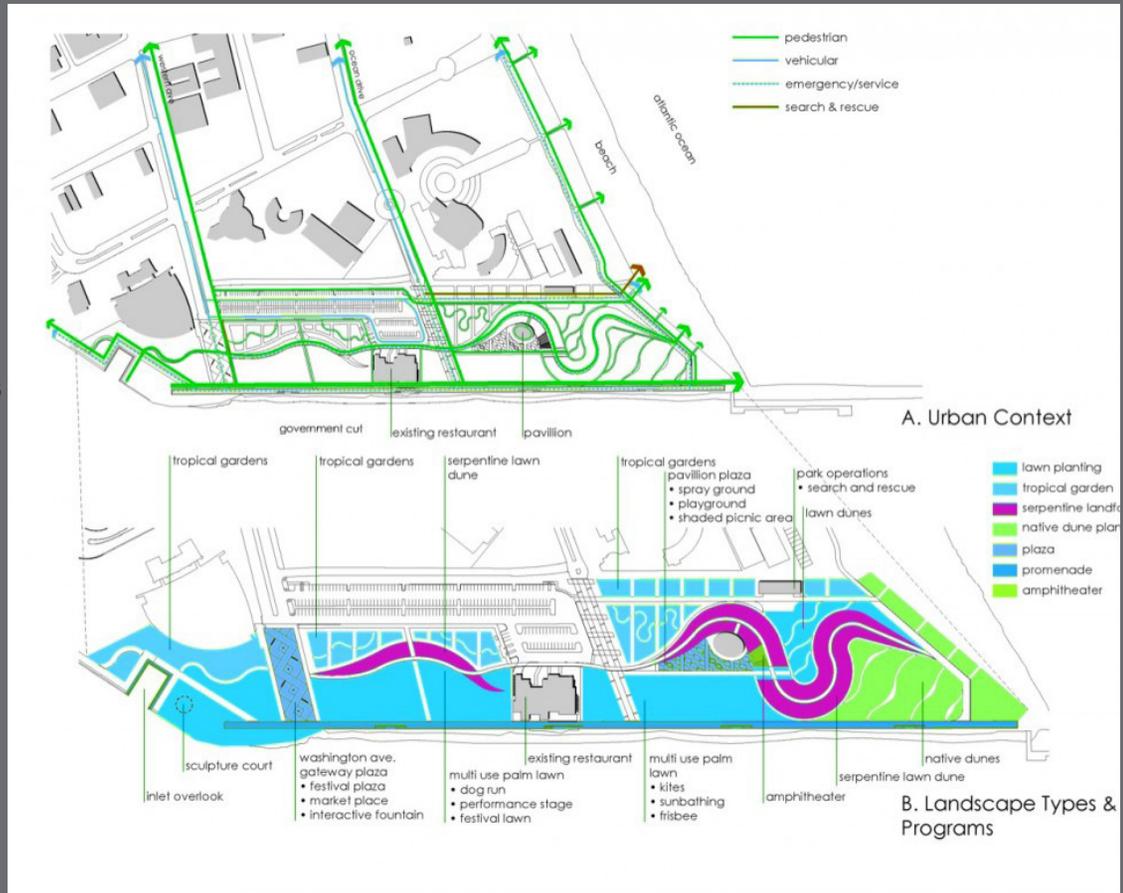
Focus: PARK & WATERFRONT DEVELOPMENT

Project Title: South Pointe Park

Short Description: This park is designed for the City of Miami Beach providing waterfront development design and master plan services for 19 acre South Pointe Park.

Case Statement: The existing park's substantial assets: expansive views across city, adjacency to lively residential neighborhoods, and direct access to both the bay front and beachfront.

Project Data: Architect: Hargreaves Associate
 Location: Miami
 Area: 19 acre
 Date of Completion: 2009



Evolution : A Holistic Rejuvenation and Wellness Center

PRECEDENTS ...

Precedent study 4 : BODY CRAFT SPA

Focus: INTERIOR DESIGN

Project Title: Body craft Salon and Spa

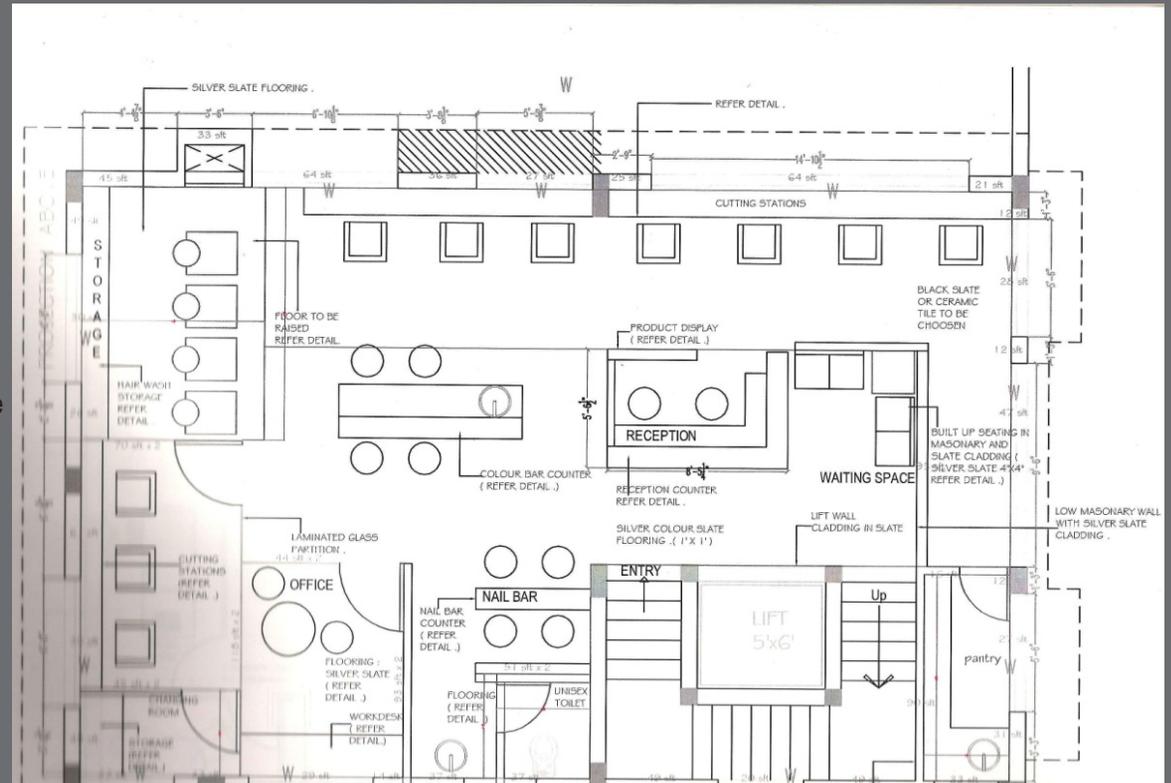
Short Description : A 3 story modern day Spa and salon facility, where each floor houses a specific set of services such as the Hair, Salon, Spa, Clinic

Case Statement: Every floor dedicated to a particular services and is unique yet has continual feel. Housed in a commercial complex in the downtown area of Bangalore, this place provides the visitors with a space that helps them to remove themselves from external environment while rejuvenating their mind and body.

Project Data: Interior Designer: Ekta
Location: Bangalore, India
Area: 5000 Sq.ft
Weather condition: Max – 92F
Min – 57F

Strategies: Use of warm colors to create a peaceful inward focusing ambience.

Lighting is used in a way to create a serene environment appropriate for massages that assist in relaxation of the body.



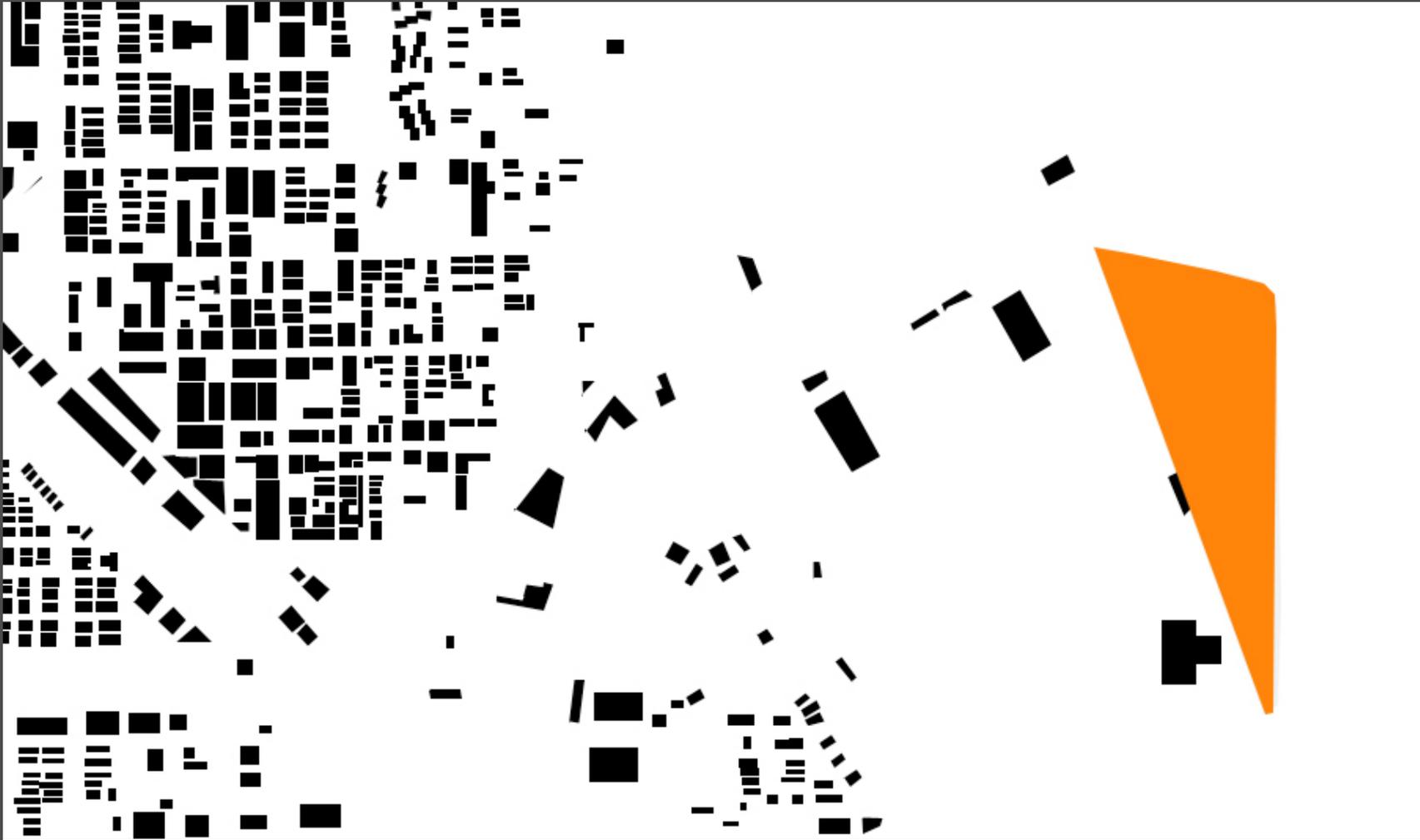
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PRECEDENTS



SITE ANALYSIS ...



LOCATION:
EAST 95TH & KREITER
AVENUE

NEAR CALUMET PARK

NORTH



SITE ANALYSIS

Evolution : A Holistic Rejuvenation and Wellness Center



SITE ANALYSIS ...

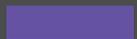


ZONES:

RESIDENTIAL



INDUSTRIAL



RECREATIONAL



NORTH



Evolution : A Holistic Rejuvenation and Wellness Center



SITE PICTURES



NEAR CALUMET PARK



EDWARD BARRON DRIVE



APPROACHING THE SITE FROM EAST FOREMAN DRIVE



LAKE MICHIGAN FROM THE EDGE OF THE SITE

QUALITATIVE PARAMETERS . . .

Design Principles . . .

Site Orientation:

Based on principles of yoga, the orientation of spaces is an important principle in laying out the program on the site

Transparency:

Physical transparency of the built form in order to achieve connection with the nature and the community

Sustainable systems:

Implementation of sustainable strategies such as water recycling, use of local materials, etc.

Landscape:

Incorporating the water front into the site therefore blending the elements of earth, water, and air

Use of landscape as one the important site strategies



QUALITATIVE PARAMETERS ...

Materials & Color

Local Materials

Color



Clay Plaster



Wisconsin Stone



White for the exterior - Pure



Reclaimed Wood



Warm Interiors

Evolution : A Holistic Rejuvenation and Wellness Center



QUALITATIVE PARAMETERS ...

Landscape Materials



Cobble Stone



Grass



Gravel



Zen garden



QUANTITATIVE PARAMETERS ...

Design Program:

NAME OF SPACE	NOS.	AREA OF EACH	NET AREA	GROSS TOTAL AREA
Administrative Block	1		3000	3224
Main Lobby	1		2000	2124
Retail	1		1200	1344
Restaurant+Kitchen	1		1500	1644
Cafe	1		600	704
Juice bar	1		200	264
Library	1		900	1040
Seminar Room 150 people	1		2000	2124
Audio visual rooms - 50 people	2		600	704
Conference Room - 100 people	1		1500	1644
Hotel rooms	10	405	4050	4250
Bungalow	3	2000	6000	6552
Condos	4	1500	6000	6552
Yoga space	2	3000	6000	6552
Spa	1		2000	2124
Gym	1		2000	2124

QUANTITATIVE PARAMETERS ...

Design Program:

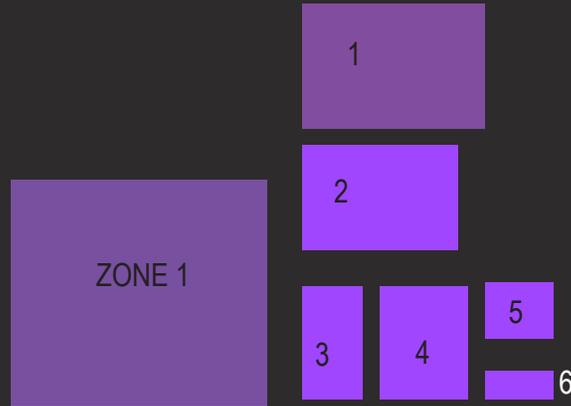
NAME OF SPACE	NOS.	AREA OF EACH	NET AREA	GROSS TOTAL AREA
Outdoor areas				10000
Others:				
Mechanical Rooms				
Circulation				
Laundry rooms				
Storage Facilities				
Electrical rooms				
Staff rooms				10000
TOTAL BUILT UP AREA				54000

QUANTITATIVE PARAMETERS ...

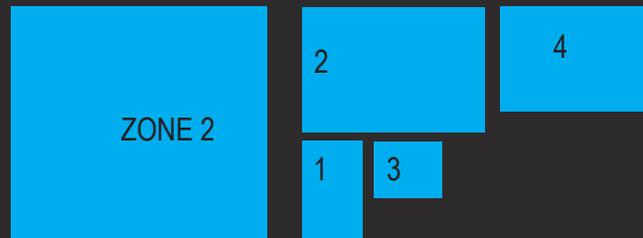
Spatial Organization:

NAME OF SPACE

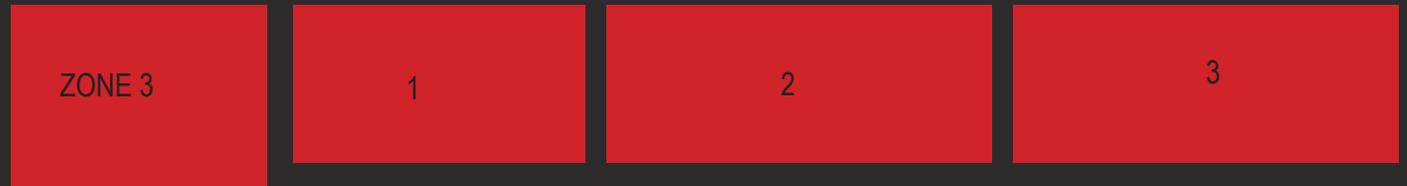
- 1 .Administrative Block
- 2 .Main Lobby
- 3 .Retail
- 4. Restaurant+Kitchen
- 5.Cafe
- 6.Juice bar



- 1.Library
- 2.Seminar Room 150 people
- 3.Audio visual rooms - 50 people
- 4.Conference Room - 100 people



- 1. Hotel rooms
- 2. Bungalow
- 3. Condos



QUANTITATIVE PARAMETERS ...

Spatial Organization:

NAME OF SPACE

1 Yoga space

2 Spa

3 Gym

4 Meditation

5 Connecting Landscape

Outdoor areas

Others:

1 Mechanical Rooms

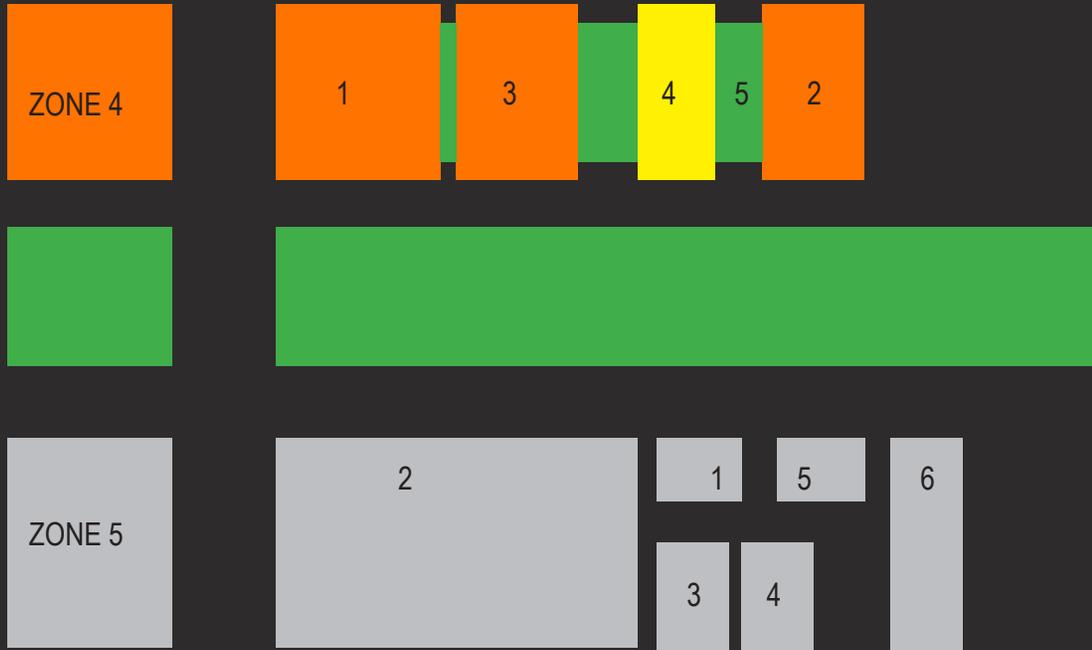
2 Circulation

3 Laundry rooms

4 Storage Facilities

5 Electrical rooms

6 Staff rooms



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