Urban Healing Oasis

Cincinnati OH

A Thesis

Submitted to the

Faculty of Miami University

In partial fulfillment of

The requirements for the degree of

Master of Architecture

Department of Architecture

By

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Oxford, Ohio

2010

Chair_____

(Robert Benson)

Reader_____

(Craig Hinrichs)

Dedicated to my best friend
Farhad Hami
who accompanies me step by step
in this process.

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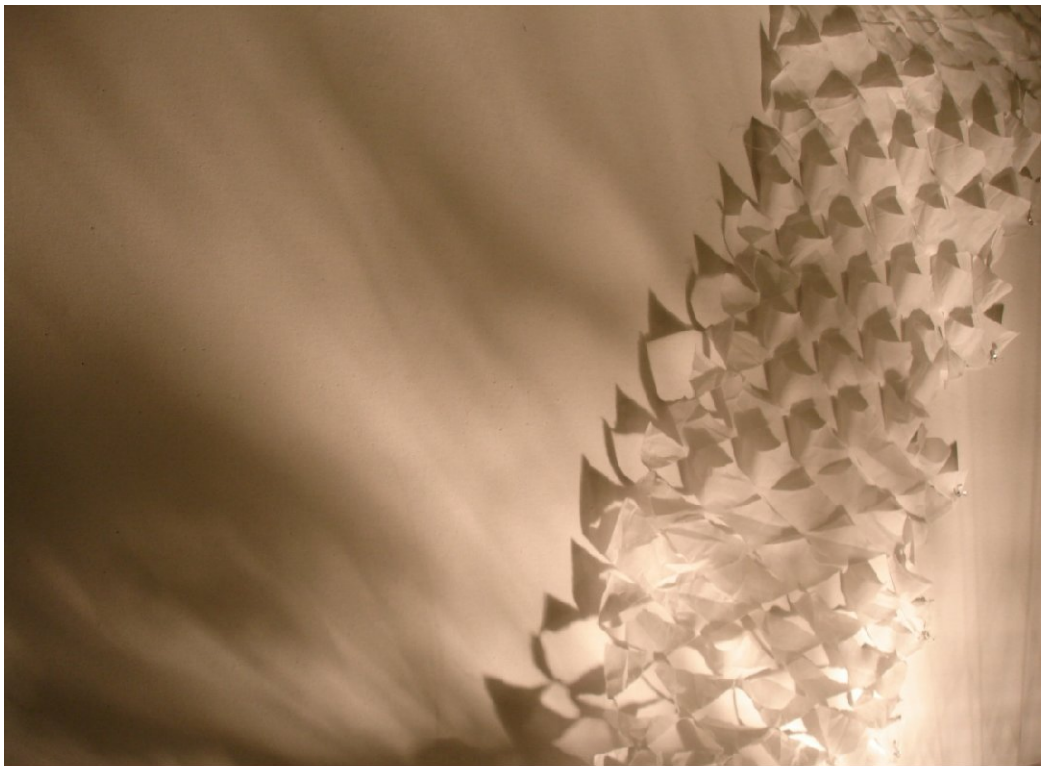
:: Part 1_ Thesis written process



Spirituality, Health, and Architecture: with respect to Stress

Abstract

"We should become fully aware of the Spiritual Presence around us and in us as 'God present to our spirit;' Spirit not as a mysterious substance but as God present in communities and personalities, grasping them, inspiring them, transforming them." Paul Tillich[1]

Despite the fact that many contemporary wellness approaches are focused on physical and medical assets, there is a deep connection between spirituality and health, healing and general wellbeing. According to the theory of Rudolf Steiner, the spiritual philosopher, the human being is a fourfold entity which includes material (physical body), life (etheric body), soul (astral body or consciousness), and spirit (ego or self-consciousness). According to his anthroposophical philosophy, understanding the human being as a whole can influence our perception of lifestyle which is essentially interrelated to wellness. Currently, stress, anxiety and physical and mental pressure are the well-documented causes for many severe diseases such as cancer. I pose 'how can spirituality help the human being to manage their everyday stress and how can architecture enhance wellness, health and healing in a spiritual way?'

In developed countries, such as the USA, the complexity of urban lifestyles does not always allow a separation or relief from stressful environments. Living with high stress makes it difficult to find concentrated time to experience the distinct aspects of life beyond everyday issues. Therefore, this paper addresses how environmental qualities can motivate the human spirit in order to deal with and counteract high-pressured environments. In addition, this paper shows how returning to and focusing on inherent aspects of our being through architecture can affect our real wellness, health, healing, and general wellbeing. My approach is based on personal and individual experiences woven with theoretical viewpoints partially guided by Anthroposophy. Examining the English etymological root related to spirituality, health, healing and well-being is one method for finding out how far our general contemporary understanding of terms is from the original concepts behind them.

As a result, the concept will be embodied in a Urban Healing Oasis in the heart of an urban environment where stress is one of the most relevant issues in all people's everyday lives, ignoring their gender, age and culture. So selecting the site of this project is one my most challenging issues in this process. The program of my spiritual wellness center is different from a hospital or technical healthcare center because my audiences are broader than physical or mental patients. The multifunctional program includes wellness educational practices, for example, libraries and lecture halls, some special wellness methods like yoga, different recreational activities based on historical and traditional concepts, for instance, Roman Thermae, and finally a small hotel.

Spirituality, Health, and Architecture: with respect to Stress

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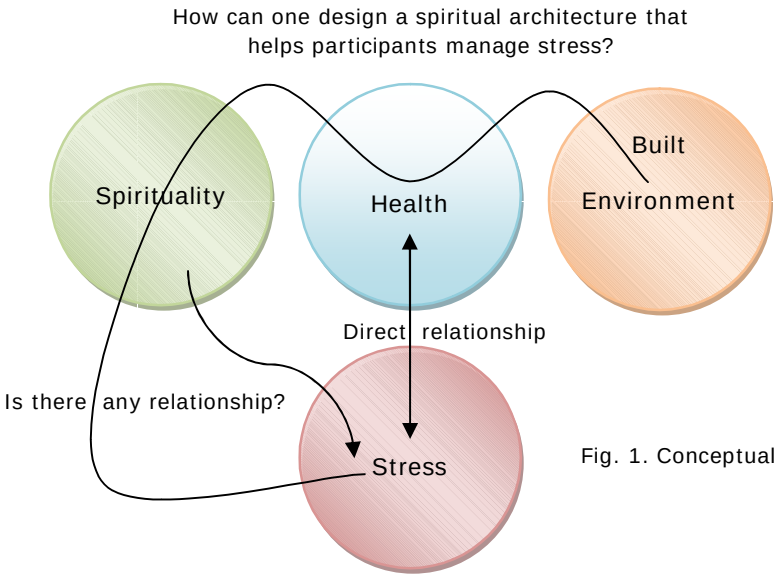

Fig. 1. Conceptual Diagram

Nature, as the most powerful, harmonic and systematic architecture, is the best source of inspiration, knowledge and wisdom for architects in designing the built environments. Both the visible and invisible aspects of the universe are created in a very balanced and organized way. All natural elements, including human beings, exist in a healthy situation, and they cooperate with one another in order to achieve maturity and integrity beyond the physical aspects of life. Spirituality is "the breath of life which gives life to the physical organism"[2] and is, therefore, understood to be a vital principle of humankind. Spirituality is one of the most challenging issues that engage all human beings in everyday life. Rudolf Steiner, the spiritual philosopher, discovered the human being to be a fourfold entity which includes "material (physical body), life (etheric body), soul (astral body or consciousness), and spirit (ego or self-consciousness)."[3] Humans can exist in the healthiest and most balanced way if these four elements collaborate as a whole; apparently, weakness in one of these elements influences others.

Despite the fact that many contemporary wellness approaches are focused on physical and medical assets, there is a deep connection between spirituality and health, healing and general well-being. Julie Leibrich, a mental health professional, gathers her patients' stories about their period of sickness and improvement in the book, *A Gift of Stories*. Leibrich mentions that illness can be seen as a gift in our lives, because it serves as a step in our lives that brings us in contact with who we really are.[4] Historically, we observe spirituality in connection with wellness from the temples of Asklepios, to the monastic hospitals of the Middle Ages,[5] to the spiritual calling of nurses, such as Florence Nightingale.[6,7]

According to Steiner's anthroposophical philosophy, understanding the human being as a whole -- which includes material, life, soul and spirit -- can influence our perception of lifestyle, which is essentially interrelated with wellness. Stress, anxiety and physical and mental pressure are some of the most significant causes for many severe diseases such as cancer. I pose the question: How can spirituality help the human being manage daily stress, and how can architecture enhance wellness, health and healing in a spiritual way? In developed countries, such as the United States, the complexity of urban lifestyles does not always allow a separation or relief from stressful environments. Living with high stress makes it difficult to find time to experience the distinct aspects of life beyond everyday issues. Therefore, this paper addresses how environmental qualities can motivate the human's spirit in order to deal with and counteract high pressure environments. In addition, this paper shows how returning to and focusing on inherent aspects of our being through architecture can affect our health, healing, and general well-being. My approach is based on personal and individual experiences woven with theoretical viewpoints partially guided by Anthroposophy. Examining the English etymological root related to spirituality, health, healing and well-being is one method for finding out how far our general contemporary understanding of terms is from the original concepts behind them.

My exploration of spirituality, well-being and designing the built environments started when I left my home country, and emigrated to the United States. Living in a new environment with new people, new language, and a new lifestyle affected my whole physical and spiritual being. I lost the control of my life, and I could not concentrate on my being with other distinctive aspects of life beyond physical ones. I was surrounded with hectic, everyday environment, and this under pressure situation affects my health, healing and general well-being negatively, and became the major turning point in my life. I decided to observe myself from diverse viewpoints, to liberate my mind and body from the pressured condition, and to go to a simple, clear and spiritual space in order to achieve energy, strength, openness and peace.



Fig. 2. My spiritual space (2008)

I have found out that each of us can identify our own internal space, and can define its physical characteristics regarding our backgrounds. Therefore, one can observe this space as an opportunity of praying, practicing yoga, drinking tea, or enjoying nature in order to enhance one's inner health and healing. One can find as many definitions of such space and its characteristics as the number of human beings in the world. I define it as the spiritual space, and I describe it as my praying space. My spiritual space allowed me to breathe deeply, to inhale and exhale from my most inner body. The space gave me the chance to dedicate few minutes to my spirit, to relax, to release stress and pressure, and to achieve the lost positive energy for continuing my inevitable everyday life. Finally, the spiritual space assisted me to attain a compassionate heart, clear word, open mind and healthy

body. My spiritual space led me to discover the relationship between spirituality, health and space-making further discussed in this paper.

Definitions of Spirituality

My main question is: Can spirituality be defined? If yes, what does “spirit” or “spirituality” mean? From the etymological point of view, spirit (v) means: “to make more active or energetic.” Spirit (n) with the definition of “animating or vital principle in man” came from O.Fr. “espirit,” which originated in L. “spiritus” meaning “soul, courage, vigor, breath.”[8] I realize that Spirituality is founded on breathing, inhaling and exhaling, inside and outside, in and out, internality and externality.

What does breathing mean? Is breathing beyond inhaling and exhaling through the nose? Breathing is a connection between in and out, inside and outside, via the invisible source of life. Spirituality is an experience of walking along an edge between in and out. For me, this experience took place while I was in Cyprus getting my visa. I was transient in Cyprus for two weeks while my visa was processed. I was in between a known and an unknown place. I was on the border of staying and moving. I was on the edge of being and not being. I will never forget my tranquil walk on the edge of the sea for hours and hours, as I concentrated, deliberated, released and prayed. My bare feet felt the space between in and out, sometimes in the water, sometimes out of the water, and some moments neither in nor out, just in between. On those days, walking all along the beautiful seashore, from the north to the south of Larnaca, was the only way of releasing my internal pain. All my senses were aware; I was watching, listening and touching my strange surroundings. Listening to tides, touching the sand and water, watching the beautiful sunset and sunrise and their reflections in water, and finally connecting my inner body to the outer broad environment were the best resources for relieving my internal tension and pressure.

Every person’s spiritual conception is really connected to personal background. Therefore, one has a particular and personal definition for spirituality that might be completely different from others. There is a common spiritual composition in all human beings, but there are numerous spiritual paths that pertain to each individual. All human beings can breathe, so all of them have a level of spiritual awareness from nonexistent to extreme. But how they want to breathe either in a shallow or deep manner, and how much they want to be aware of the spiritual dimension of their lives is a definite individual decision. I interviewed some of my colleagues about their spiritual ideas: Yashar Kenarangui, an engineer, reacted: “Unavoidability of the possibility that the unknown has more relevance and significance than the known leads to spirituality.” Elham Shayegh, a linguist, told me: “It is heart, I believe. It is something inside of us which is very present, and which we live within every moment of our life. It exists whether we notice it or not, we cannot exist without it.” Vahid Firouzdor, a doctor, said: “None.” And Farzad Rastegar, a physicist, responded differently: “the unspiritual person just pays attention to everything related to the corporal world and doesn’t believe anything supernatural.”

Julie Leibrich, a mental health professional, points to a different spiritual definition: “Spirituality is a space where I find meaning and peace….. It’s the place where I meet myself. It’s where I go when I need to cope with the knowledge that I walk alone in this world, or experience the comfort of infinite love…..”[9] Also, she clearly distinguishes spirituality from religion: “Spirituality is an experience whereas religion is an interpretation…. Spirituality is beyond doctrine, beyond cultural difference…. Religion shapes our spiritual experiences because it is linked to culture, upbringing, and a sense of history….”[10] Spirituality, with the definition of breathing, is a universal vital principle in all humans’ lives. We could not live without breathing, inhaling and exhaling, so we could not dwell without noticing our spiritual body. Spirituality is temperament’s reflections of our physical lives. Spirituality is an individual conscience that helps every human being control internal body and ego. Spirituality is experiencing a connection between me and something beyond me that created me as a liberated creature. From my viewpoint, spirituality can always take place in an absolute freedom that allows me to listen to my inner body and allows me to follow where my internal body goes.

Anthroposophy and Rudolf Steiner

Historically, Spirituality was approached by many philosophers, artists, and scientists as one of the most challenging issues in our lives. Rudolf Steiner is a scholar who observed spirituality from a new viewpoint, and founded Anthroposophy as the science of spirit. Roy Wilkinson who has been connected with the work of Rudolf Steiner for over seventy years defines the concept of Anthroposophy. Wilkinson shows us related terms and their translation from German to English in order to introduce the comprehensive meaning of Anthroposophy: “…. Hence Anthroposophy is a body of knowledge concerning the spiritual in man and in the universe … is to consider the human being in a relationship to the rest of the world … explains the evolution of world and man.”[11] One of the most important parts of Wilkinson’s methodology is a complete explanation upon the base of spiritual science (human being) and its development and evolution in different fields. Wilkinson defines the fourfold human being, which includes physical body, etheric, astral and ego: “… Physical body consists of mineral substances into which it decomposes at death … etheric … is a sort of second body … which imbues the physical substance with the living quality … the astral body receives the impressions (for example, eye reacts to the light) which give rise to feeling … there is in every human being what is in essence an individualized portion of the divine substance and this is termed ego…”[12] and then for better understanding, he divides the natural elements to four groups:[13]

Mineral	Plant	Animal	Human being
Physical body	Physical body	Physical body	Physical body
	Etheric body	Etheric body	Etheric body
		Astral body	Astral body
			Ego

In *Rudolf Steiner, Architecture, An introductory Reader*, Andrew Beard mentions how Steiner applies forms and analyzes them in a spiritual way. Steiner designed a building called the Goetheanum

(Switzerland) for the Anthroposophical society. He designed the sculpted interior and exterior of the building, ceiling murals, colored glass windows, a nine meter high sculpture titled “The Representative of the Human Being,” partially carved by Steiner. In this book, Steiner explains architecture from a very different point of view: “Materialism … is an essential stage in human evolution because of separation from the spiritual world … in this ‘freedom space’’ we have the potential to reconnect with the spiritual world … Architecture has an essential role in this process, by expressing formative spiritual forces in wholly material form.”[14]

Spirituality and Health

From the etymological standpoint, healing is originated in O.E. hælan that means “make whole, sound and well.” “To make whole” is also the source of O.E. hal (health) and O.E. halig (holy). Health is founded in O.E. hælþ “wholeness, a being whole, sound or well.” And holy came from O.E. halig “holy.” The meaning of holy was “that must be preserved whole, that cannot be transgressed,” and connected with O.E. hal and O.H.G. heil “health, happiness, good luck.” Etymology shows that three concepts of 1.cf. O.E. hal “hale, whole,” 2.O.E. halig, O.N. helge “holy, sacred,” and 3.O.E. hælan “to heal” are directly interrelated. Also, health is connected to sound and wellness. “Well” (v) means “to spring, rise, and gush.”[15] Wellness and well-being -- to spring, rise, and gush -- have a tight connection with spirit or spirituality, according to their origin of becoming more active, lively or energetic.

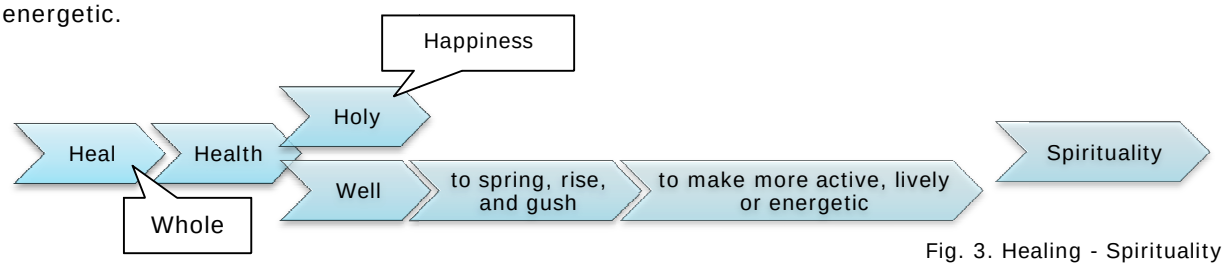

Fig. 3. Healing - Spirituality

Now, the questions are: How can spiritual development influence the healing processes? And how can human beings be “spiritual, hopeful, and creative”[16] in order to achieve real healing? Evidently, hope is one of the most important motivators for every human being to continue living in a healthy manner. Many people with severe mental and physical illnesses, like psychosis, inherently feel useless for the rest of their lives. They cannot find any logical reason to be alive, and this can be one of the most important causes of stress, anxiety, and depression that can cause other severe illnesses. Most of the fundamental questions related to life and death, the physical and spiritual world, and the main goal of our creation come to our mind when we are faced with severe sicknesses, and are passing our last days in this world.

At this time, Spirituality, with the definition of a space between a human being and the omnipotent, can help people find an identity and a life goal. The discovered entity can assist them to be hopeful and feel intrinsically happy and satisfied about the given moment. Hope always exists if we believe

that, as the temporary substitute in world, we have responsibility to influence our surrounding space in a temperamental way for a limited period of time. Finally, we have to leave here to experience another permanent spiritual world. This stage is like coming into this world after living nine months in our mother's womb. Hope always brings positive energy and powerful inspiration that creates inherent desire and pleasure to be alive and active. This feeling could completely alter the patients' healing processes, so that the period of improvement both mentally, and then physically, could decrease considerably.[17]

Spirituality, Health and Architecture: with respect to stress

With regard to etymology, stress (n) means "hardship, adversity, force, pressure." Pressure is primarily founded with the definition of "act or fact of pressing on the mind or heart." Pressure, as a synonym for press, leads me to figure out the term impress. Impress means "to apply with pressure, make a permanent image in" or "making an impression on the mind or senses." Finally, sense came from O.Fr. sens, from L. sensus "perception, feeling, undertaking, meaning," from sentire "perceive, feel, know." One of the most important meaning of sense is "to find one's way," from PIE base *sent- "to go."[18] (cf. O.H.G. sinnan "to go, travel, strive after, have in mind, perceive," O.E. sið "way, journey")

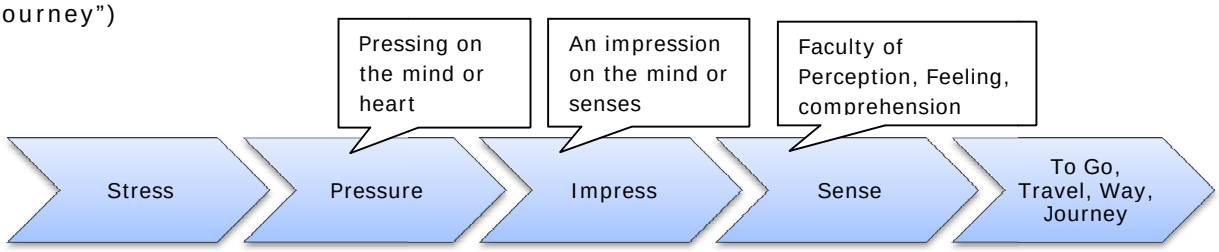

Fig. 4. Stress – To Go

Wellness is one of the most contemporary significant concepts that have a powerful cultural history in different regions in diverse periods. From 10000 B.C. to 500 A.D., Europe has one of the most effective histories in introducing wellness as a strong theme in all people's lives. Culturally, the European combination of wellness, health and healing with leisure, recreation and relaxation began with the early Holy Spring and Roman Thermae. Democratization of wellness concepts in the nineteenth century accentuated the importance of healing space in everyday life. In the twentieth century, the notion of wellness and its significance in quality of life became Global.[19] Whereas, European wellness concepts emphasize medical or physical health-giving properties, other cultures, like Asia or North Africa, focus on wellness that concerns spiritual aspects of being, rather than physical one. Puczkó L. and Smith M., in *Health and Wellness Tourism,* state that Egyptians believed "they should be clean and beautiful to reach a higher spirituality." And Asian tradition tries "to identify the root cause of a problem and encouraging the body to heal itself."[20] In Persia and Turkey, a holistic system of medicine known as "Tibb" was mainly practiced. Tibb is a "lifestyle rather than just diet alone, including breathing, emotions, sleeping patterns, eating patterns; a person's working life, their ability to relax, and finally their spiritual state."[21]

Currently, stress is discovered as one of the most significant causes for many severe diseases such as cancer. Clearly, the atmosphere of an environment influences occupants living in the environment. Architecture, as one of the most important parts of our lives, affects our feeling, sense and perception more than our physical aspects. All aspects of a space that people can understand from any of the five faculties of perception (sight, hearing, touch, smell, taste) can change their feeling and their memory of the space. Good memory of a place is usually created when one feels inherently fun, happy, comfortable, calm, tranquil, secure, and relaxed especially after experiencing a stressful situation.

Optimistically, the period of both physical and mental weaknesses in every human's life could be seen as a journey that should be experienced wisely. I believe that the period of therapy provides a situation in which we usually pay more attention to our physical and spiritual body. In all journeys, we need a space to experience; therefore, a wellness center can play the role of hotels for us while we get sick. How architects design the environment has a direct effect on people's "behavior, action and interaction."[22] These elements are interconnected to our health. In "Healing Spaces: Elements of Environmental Design That Make an Impact on Health" authored by Schweitzer, Gilpin, and Frampton, the environmental qualities that affect both our physical and spiritual feeling are divided:[23]

Nature
Art, esthetics, and entertainment
Privacy and security
Communication
Form (Diversity) and geometry (direction)
Light (natural & artificial) and Color
Materials (furniture)
Sound and noise (music)
Odor, fresh air and ventilation
Temperature and humidity

All these environmental elements influence our feeling and perception of a space that makes either good or bad memories. These memories can directly affect our spirituality, which has a relationship with our well-being.

Peter Zumthor's Thermal Vales in Switzerland is one of the best examples of architecture that presents a new healing experience and phenomenon. He invites all our senses to perceive his built environment in order to achieve health and healing. He awakens our feelings and perceptions through experiencing natural elements, for example: natural light, cold and hot spring water, interior and exterior stone façades, and surrounding nature of the Vales. As one contemplate the space through sight. Zumthor implements light to define space. He brings colors to every space through two pure characters: light and water. He celebrates every single sun ray with conscious design of edges and intersections, using colored glass and water. Light brings clarity, sincerity and purity to space. Light becomes a real representation of joy, hope and happiness. Zumthor achieves clarity from water and brightness from light and applies specific colors like red and blue to bring an ultra sensation to space. Also, Zumthor prizes the surrounding nature through all the best mountain views from internal and external spaces.



Fig. 5. Peter Zumthor Thermal Vales

Hearing has a special interrelation with our vision, insight and intuition. Zumthor's building attracts human contemplation through hearing nature and, specifically, the sound of water. Indeed, water has a specific rhythm of music. Listening to the music of water from a silent situation such as a calm and tranquil lake, to the most clamorous condition similar to the tides of the sea and falling water can present diverse mood and feelings. The music of water's movement promotes the environmental mood because of the specific echo and reflection through the space. Water is one of the holiest elements of nature that can affect all our senses and our general perception. Water can bring a specific dimension to space. Looking at water movement, hearing the music of water, swimming in cold, warm and hot water, smelling and drinking fresh, cold water, could alter our mood completely. Thermal Vales is the building of partial water and partial stone. The different temperature in each unit and the texture of concrete floor and stone covering awaken our perception through the sense of touch. Zumthor makes a delicate relationship between all senses. For example he chose the temperature of water relative to color of the space or vice versa. Interestingly, in one of the units, people can taste swirling water, listen to music of stone, use the steam bath or plunge into cold, blue water.[24]

Nature and natural elements play a great role in Zumthor's building in order to heal and to nourish human spiritually. Humans are one part of nature, and architecture should be a way to connect them with their origin in order to achieve positive energy. Nature is one of the environmental elements that deal with all our faculties of perception. A healing space should motivate people to join nature, to breath in and out, to inhale and exhale, and to make their mind and body full of fresh air. A healing space should allow people to be exposed to sun rays, and to absorb every color that their mind and body needs, while rejecting all they do not need. A healing space should make the possibility of listening to natural sound, for example, birds singing or water falling, and the chance of smelling flowers and cherry blossoms in spring. My aim is reconciliation with healing nature that is inherently spiritual.

There are a lot of studies related to the connection of spirituality and health. There have also been many explorations regarding the connection of health and architecture. In this paper, I focused on how these two areas could connect together in order to design a wellness center in the spiritual way. My main goal is to explore environmental qualities that can promote our health, healing and general well being in a spiritual manner. This concept is not limited to architecture and is discussed in the bigger scale such as urban design in cities. Ibn Khaldun, the 14th century historical philosopher, dealt with urban life and the designing of healthy cities. He emphasizes the spiritual aspects of a healthy

city more than its physical aspects.[25] The connection of spirituality, health and living environments can be found from a very small scale, in my spiritual room or Zen tea ceremony room, to a bigger scale, in a spa and wellness center, and to the biggest scale, in cities. My concept will help human beings elevate their life viewpoints by becoming aware of and observing other aspects of life more than physical ones, in order to achieve inner health and healing.

Figures citation

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Figure 2: Photo by author from the spiritual space project, 2008
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Figure 5: Thermal baths in Vales, Switzerland, by Peter Zumthor
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End Notes

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[21] László Puczkó and Melanie Smith, *Health and Wellness Tourism, 35.*

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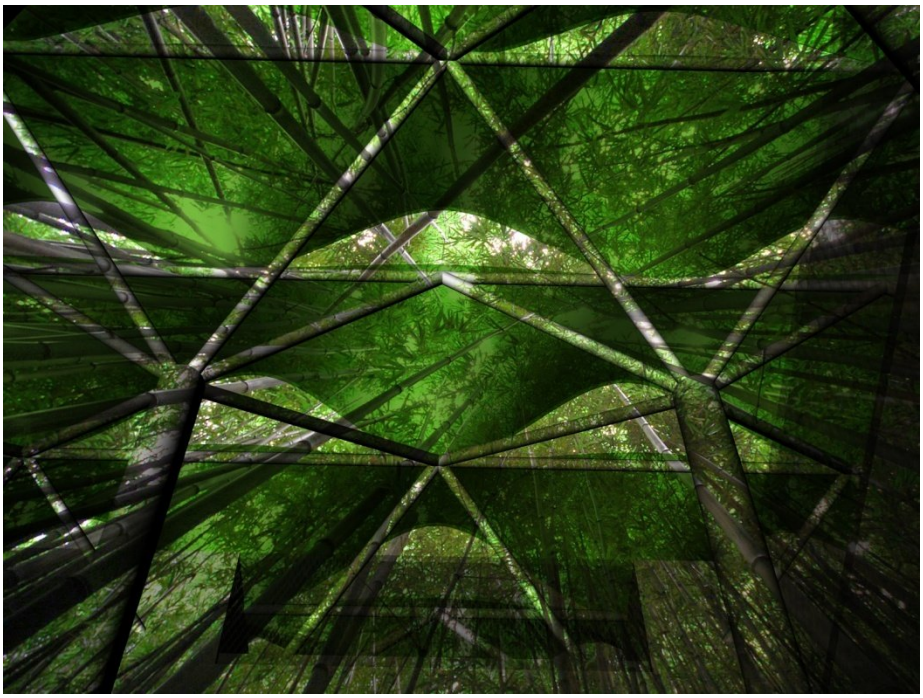
:: Part 2_ Thesis design process



Urban Healing Oasis: Cincinnati OH

Thesis Addendum

The process of studying for this thesis was to discover what the connection between spirituality and health on one hand and between health and build environment in other hand are. The main thesis question was how design strategies can foster an urban healing environment. I selected my audiences among people who are living and working in stressful urban environment; therefore, one of the most challenging parts of the thesis process was selecting an appropriate site for the project to be designed in. I wanted to go to the heart of an urban environment and to select the most contrasting site for my healing oasis. I selected Cincinnati (OH) because it is a big city with the several opportunities of site visit for me during this process. The site has a triangular geometry with three most important areas on the edges: Downtown, Over the Rhine and mount Adam. Moreover, Interstate 71 and Gilbert Avenue are located on the east edge of the site.

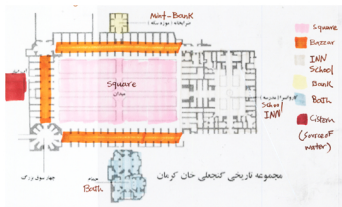
Tendency towards the heart of urban environment (downtown) and towards the noise (maximum of traffic) brought me to the east-south part of the site where the location of pedestrian bridge from Mount Adam makes it more perfect for my thesis intention. I titled my project 'Urban Healing Oasis' because it is not a single building with a single program. The healing oasis brought a multifunctional program all together to a great location in city of Cincinnati OH. The program includes a healing thermae, commercial and educational facilities, clinic (concentrated on physical therapy) and Hotel (with extended stay facilities). The healing thermae, as the most important part of the program, was mostly inspired by traditional Persian baths and thermae Vals designed by Peter Zumthor. (historical and contemporary precedent studies)

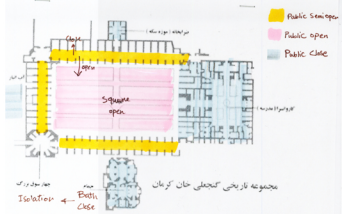
The main attempt was trying to have one process started from theoretical paper ended at a designed architectural environment. Therefore, I brought some of the key concepts from the paper and translate them to the main design strategies in order to create the proposed urban healing environment. General building form was created from a conceptual process that comes out of my main idea of connecting spirituality, health and built environment respecting stress. The concept commences at the moment that stress (act or fact of pressing on heart and mind) from the urban environment begins to compress the whole body of triangular site. Under the extreme pressured situation, strong desire for separation from the corporality and connection to the spirituality becomes the beginning of liberation. Focusing on spiritual aspects of life enhances the ability to be reborn and to be recreated more relaxed, flexible and adaptable. Therefore, recreation causes more openness, lightness, clarity, and transparency. Eventually, the whole body starts to Breathe. Breathing structure embraces the healing thermae which is connected to a tower at the north-west corner of site.

As a conclusion, stress is one of the inevitable parts of human life-style mostly in current urban living environment. In the thesis process, I never denied or tried to delete it but I wanted to propose that one should elevate his/her capacity in order to manage living in such a stressful environment. Architecture, as one of the most effective media, can assist human beings to alter their life viewpoints through experiential process in order to melt stress in their everyday lives. I am glad that I challenged

myself by asking what I thought to be very difficult question and equally difficult answers. There is so much more I could put in to this project and had planned to but I still think my message and idea were well received and appreciated by those who listened. I wish to thank my committee of Robert Benson and Craig Hinrichs along with Diane Fellows, Stacy Brinkman, my family and my classmates who all got each other through this painful but rewarding process.

Precedent Study 1



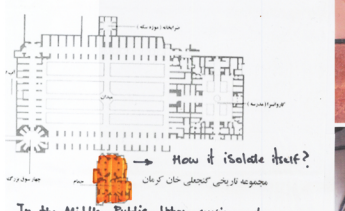


There is a transition.

Thumost open area (square)

to → Semi Public area (Bazzar) → transition space.

to → the most close (Bath)



→ How it isolate itself?

In the Middle Public-Urban environment

Bath, Yazd, Iran

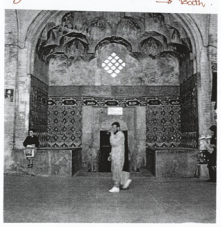




The isolation and the process of transition in much more powerful there.

You don't enter from primarily-biggest square.

→ biggest square
→ Bazzar
→ smaller square
→ Bazzar
→ Bath.

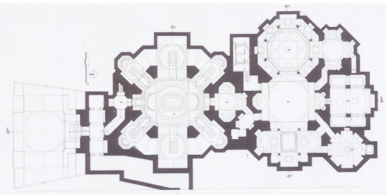


Hamam-e Ganj Ali Khan

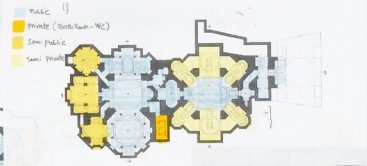
Part of site Ganj-i Ali Khan Complex
Location Kerman, Iran
Client Ganj-i Ali Khan
Date 1611
Style/Period Safavid
Century 17th
Building Types baths, public/cultural
Building Usage hammam, museum

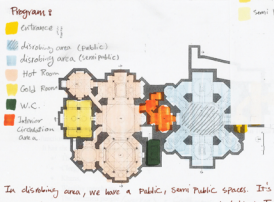
Built in 1631, the Ganj-i Ali Baths are located on the southern side of Ganj-i Ali Square, off a section of Vakil Bazaar known as Bazar-i Ganj-i Ali Khan. It is composed of a disrobing room, cold room and hot room, all covered with domes carried on squinches.

The baths were converted into an ethnological museum in 1971.



Different Sorts of Spaces.

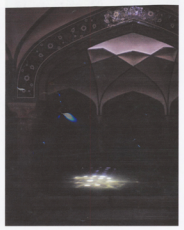


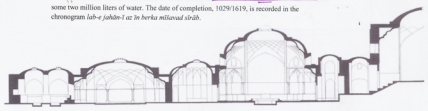


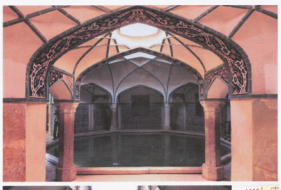
In disrobing area, we have a public, semi public spaces. It's a place for social interaction between different groups of people including the saygeds, clergy khans, wealthy merchant, crafts man, commone people or workers. It is a place to collect all sort of people wit diverse economical, social, religious loads.

→ Therefore, It's a Demography museum Now.

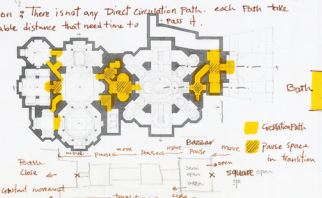
some two million liters of water. The date of completion, 1029/1619, is recorded in the chronogram *lab-e jahān-i az ān berka mīsavad sirāb*.

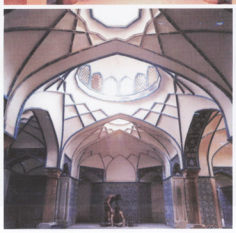


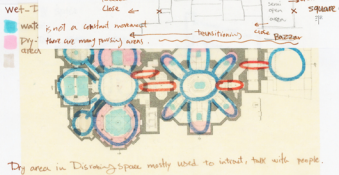




circulation: There is not any Direct circulation path. each path take a reasonable distance that need time to pass it.





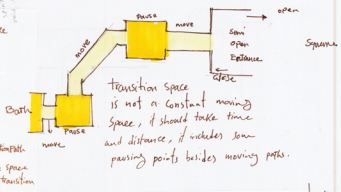


is not a constant movement
there are many parking areas.

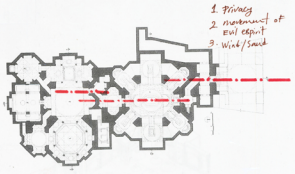
Dry area in Disrobing space mostly used to intract, talk with people.
changing cloth, Drinking Tea, smoking Hookah, ...
Dry area in Hot, Cold Room mostly used to clean their Body, to get message and Rest and Relaxing.



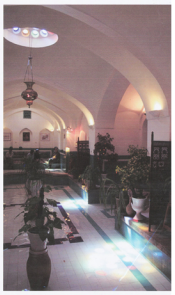




transition space is not a constant moving space, it should take time and distance, it includes some pausing points besides moving paths.



Change the Axis:
1. Privacy
2. movement of Evil expirit
3. Wind/Sand



look at how water reflect colorful light that comes from colorful glass opening on sky light.





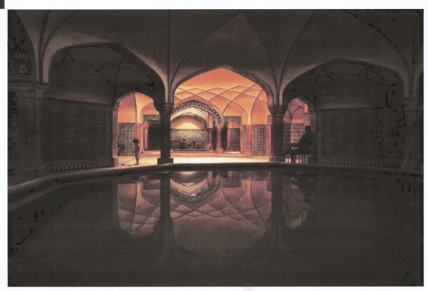


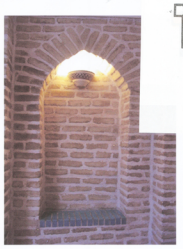
There is a Introspection in Bathhouse Persian Architecture.
You discovered yourself from all external environment and go inside yourself to explore your inherent Being.

There is No Opening or Facade except
- Entrance
- Skylights

⇓

light is the only outer environmental quality that come to inner space from Ceiling.
Just ceiling.



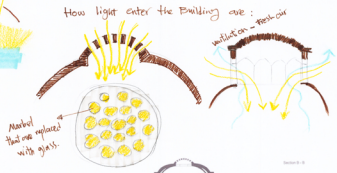




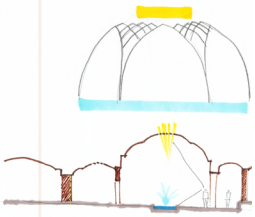
What is the Role of Water?
- Water is a Source of light Reflection. (No only light, water reflect the inner body to itself)
- Water is a Source of Refreshing, Creating Diverse mood By its diverse characteristics like temperature, Color, openness or closeness to fresh air, fl'ility.
- water is a Source of Cleaning, it's a symbol of Clarity, transparency, flexibility and high capacity.



How light enter the Building are:

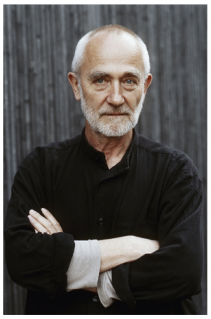








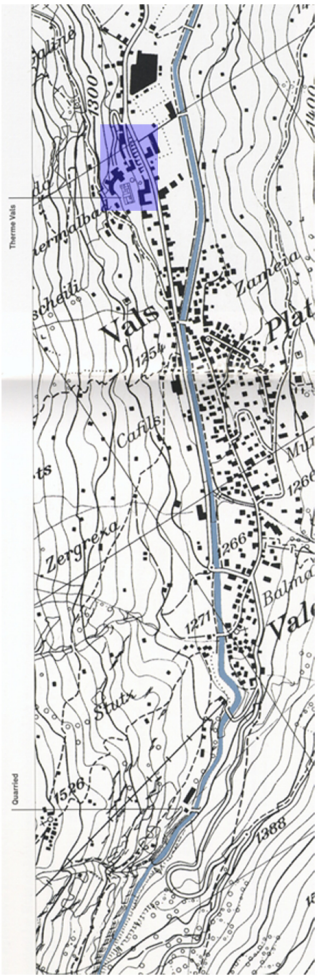




Primordial Engagement of Human sense

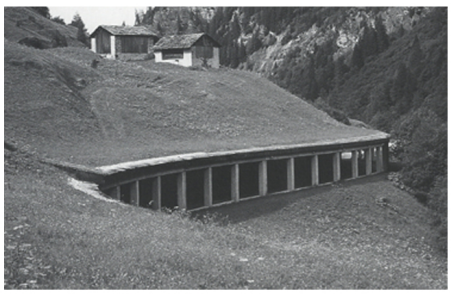
Peter Zumthor (born 26 April 1943) is a Swiss architect and winner of the 2009 Pritzker Prize. Zumthor was born in Basel, the son of a cabinet-maker and was educated as designer and architect at the college of Applied Arts in Basel and the Pratt Institute in New York. He has his own architectural practice in Haldenstein since 1979.



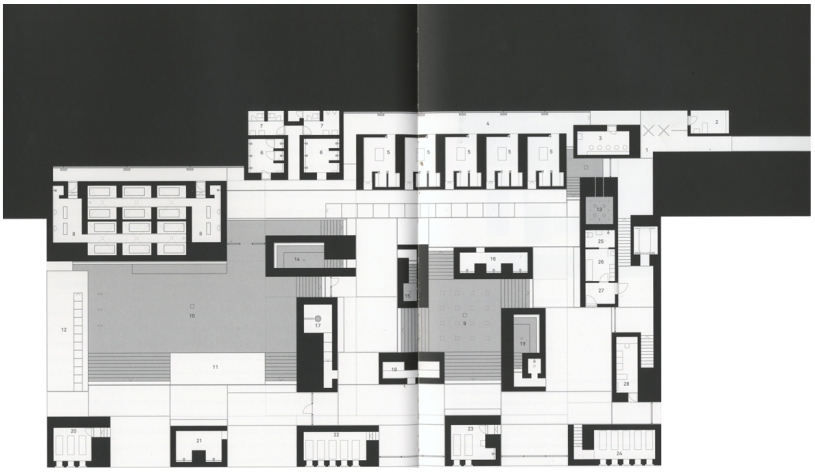


CONCEPT



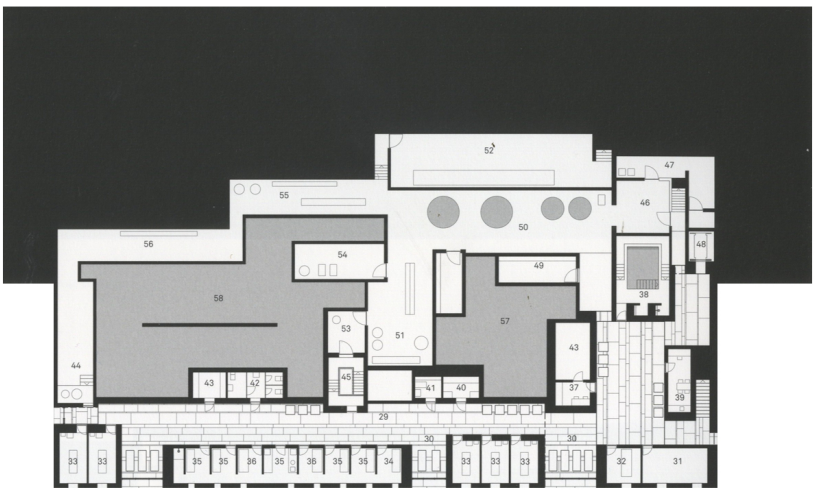


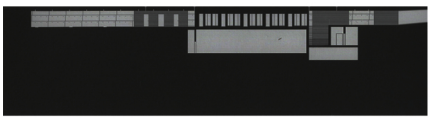




Therme Bath, Vals Switzerland

1. Point of access/exit
2. Cleaners' Storeroom
3. Make-up room
4. Hall with spring water, drinking fountains
5. Changing rooms
6. Showers
7. WCs
8. Sweat stone with Turkish showers and sweat chambers, humidity 75-100%
9. Indoor bath 32
10. Outdoor bath, 36 in winter, 30-33 in summer
11. Stone island
12. Rock terrace
13. Sound bath 35
14. Fire bath 42
15. Cold bath 14
16. Shower stone
17. Drinking stone
18. Sounding stone
19. Flower bath 33
20. Rest space 1
21. Outdoor shower stone
22. Rest space 2
23. Massage
24. Rest space 3
25. Disabled WCs
26. Disabled cloaks and first aid room
27. Disabled access
28. Bath attendants
29. Waiting areas
30. Rest areas
31. Physiotherapy
32. Underwater message
33. Message
34. Orthopedic bed
35. Fango, fango prep room
36. Medicinal bath
37. Inhalation
38. Aquatheraphy 36
39. Tea kitchen
40. Laundry store
41. Cleaner's store room
42. Toilets
43. Storeroom
44. Plant access
45. Plant stairs, sub floor
46. Flower bath equipment
47. Chemicals
48. Lift machinery room
49. Electricity plant
50. Water treatment
51. Main sanitation plant
52. Air conditioning plant
53. Carbonic acid
54. Fire bath plant
55. Ozone treatment
56. Secondary sanitation plant
57. Freshwater tank
58. Wastewater tank

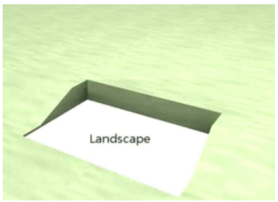


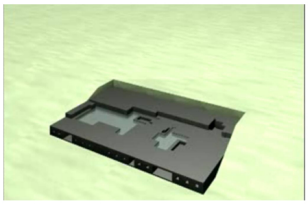


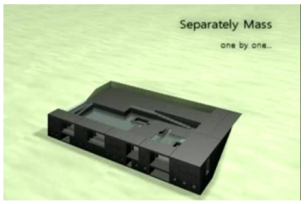


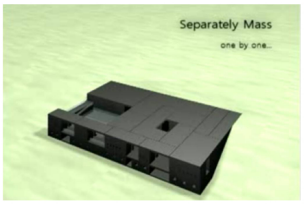


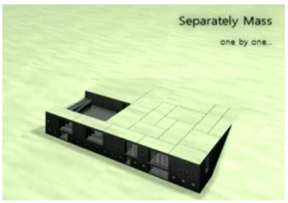






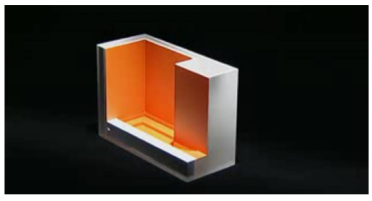


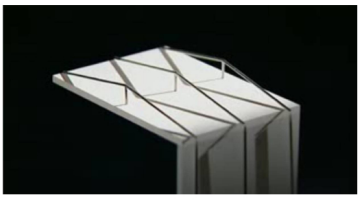










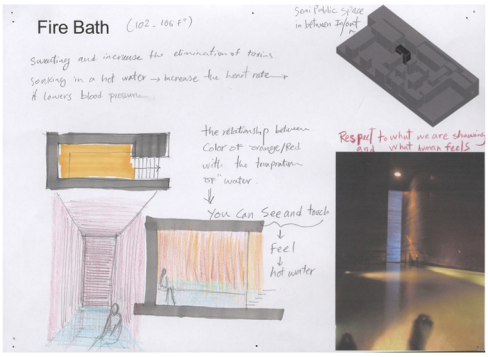


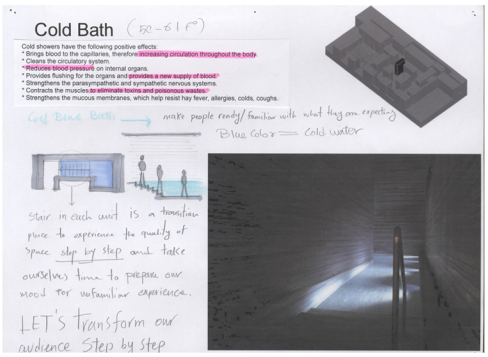
Precedent Study 2

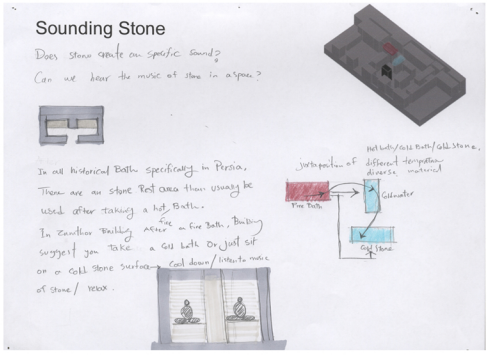

Public
Semi Public
Semi Private
Private


transition Space

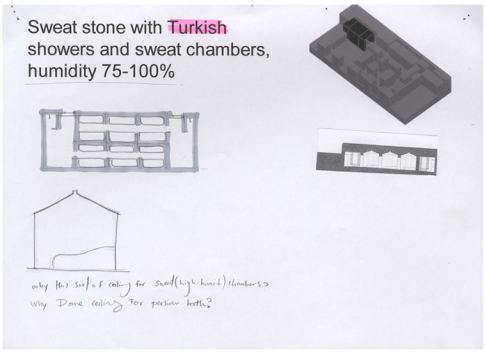


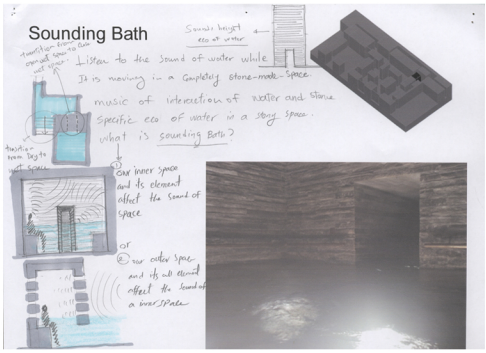

Fire Bath (102 - 106 F°)
Semi Public space in between Infant
Sweating and increase the elimination of toxins.
Soaking in a hot water → increase the heart rate → it lowers blood pressure.
the relationship between Color of orange/Red with the temperature of water.
You Can See and touch
Feel
hot water
Respect to what we are showing and what human feels

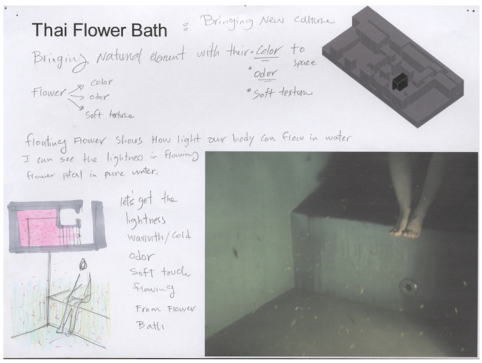

Cold Bath (50-61 F°)
Cold showers have the following positive effects:
* Brings blood to the capillaries, therefore increasing circulation throughout the body.
* Cleans the circulatory system.
* Reduces blood pressure on internal organs.
* Provides flushing for the organs and provides a new supply of blood.
* Strengthens the parasympathetic and sympathetic nervous systems.
* Contracts the muscles to eliminate toxins and poisonous wastes.
* Strengthens the mucous membranes, which help resist hay fever, allergies, colds, coughs.
Cold Blue Bath → make people ready/familiar with what they are expecting
Blue Color = Cold water
Stair in each unit is a transition place to experience the quality of space step by step and take ourselves time to prepare our mood for unfamiliar experience.
LET's transform our audience Step by step


Sounding Stone
Does stone create an specific sound?
Can we hear the music of stone in a space?
In all historical Bath specifically in Persia, There are an stone Rest area than usually be used after taking a hot Bath.
In Zunthor Building After a fire Bath, Building suggest you take a Cold bath or just sit on a Cold stone surface → Cool down/listen to music of stone/relax.
Hot bath/Cold Bath/Cold stone, juxtaposition of different temperature diverse material
Fire Bath
Coldwater
Cold Stone

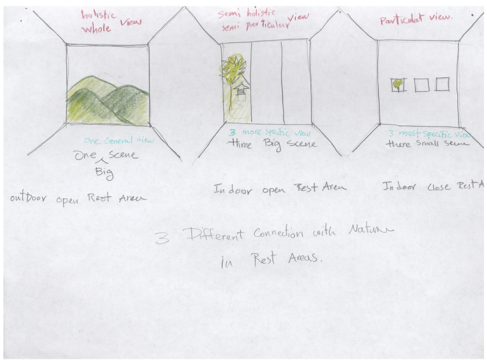

Drinking Stone
again water + Stone
But this time, Beside tasting, Smelling, Seeing
water
water
water
listening → We can taste it take it into our body.
sound of water
Fountain grotto = an artificial recess or structure made to resemble a natural cave.

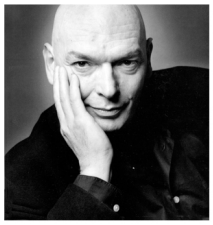

Sweat stone with Turkish showers and sweat chambers, humidity 75-100%
why this sort of ceiling for sweat (high-humid) chambers?
Why Dome ceiling for persian bath?


Sounding Bath
Sounds height eco of water
transition from open to wet space
Listen to the sound of water while
It is moving in a Completely stone-made-space
music of interaction of water and stone
Specific eco of water in a stony space.
what is sounding Bath?
transition from Dog to wet space
① our inner space and its element affect the sound of space
or
② our outer space and its all element affect the sound of a inner space


Thai Flower Bath
Bringing New Culture
Bringing Natural element with their Color to space
Color
odor
Soft texture
Flower → color
odor
Soft texture
floating Flower shows How light our body can flow in water
I can see the lightness in flowing flower petal in pure water.
let's get the lightness
warmth/cold
odor
Soft touch
flowing
From Flower Bath


Rest Area
In Zunthor Building there are two sort of Resting area:
1. Public - open Rest Area
indoor
outdoor
2. Semi Public - Close Rest Area
In all Rest area, audience have the chance to connect their Body with natural surrounding environment by
Nature → whole view
General view
Concentration on each of Natural element at a time
Specific view of a tree of a mountain of ...
There is One Complete Scene of Nature
There a Small scene of nature for each audience in close Rest Areas
Rest area Role
• Relaxing space between different activities
• transition space from private scene to Public one and vice versa


holistic whole view
semi holistic semi particular view
Particular view.
One General view
One Scene Big
3 more specific view
three Big Scene
3 most specific view
there Small Scene
outDoor open Rest Area
Indoor open Rest Area
Indoor Close Rest A
3 Different Connection with Nature in Rest Areas.

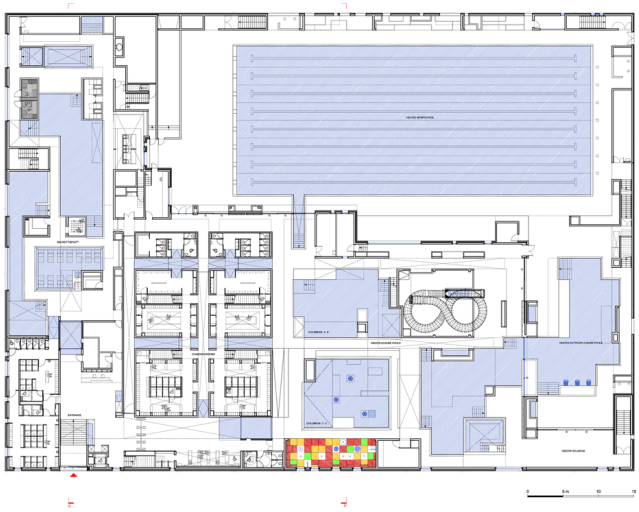


Les Bain des Docks

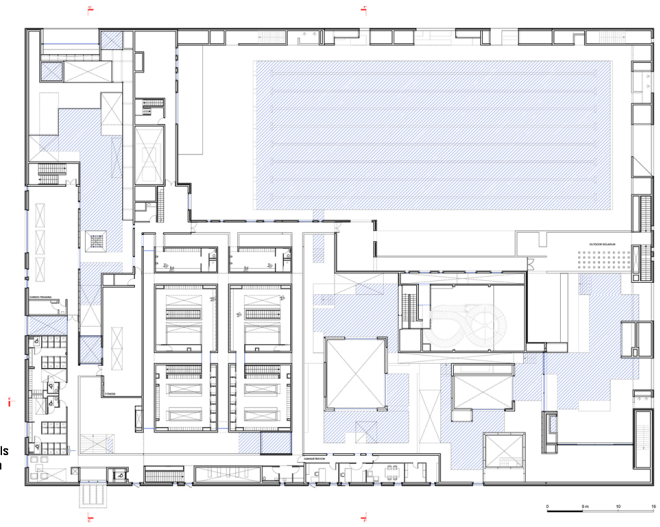
Jean Nouvel (born August 12, 1945) is a French architect. Nouvel studied at the École des Beaux-Arts in Paris and was a founding member of Mars 1976 and Syndicat de l'Architecture. He has obtained a number of prestigious distinctions over the course of his career, including the Aga Khan Award for Architecture, the Wolf Prize in Arts in 2005 and the Pritzker Prize in 2008.



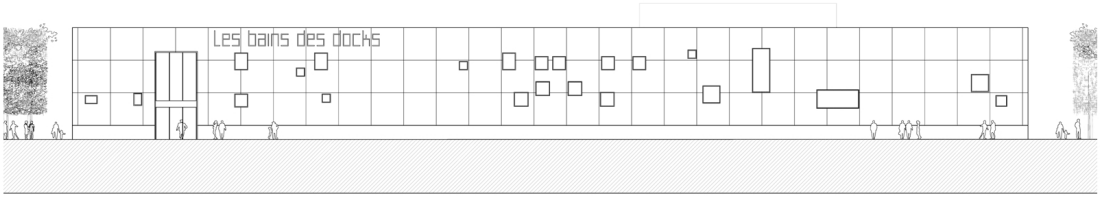
The Aquatic Center is composed of three principal entities: An external and heated sports pool of fifty meter long by twenty one meter wide, a play pool interior/external and a center of balneotherapy.



1. Lobby
2. Aqueous spa
3. Olympic-size
4. Leisure pools
5. Solarium
6. Play area
7. Children's pools
8. Changing area
9. Waterslide



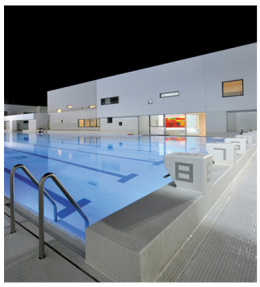




North facade





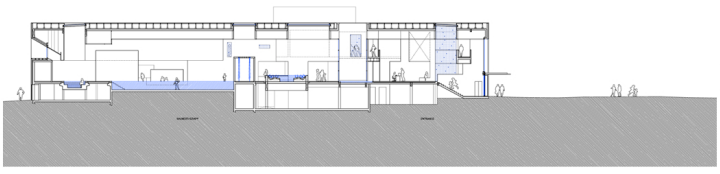


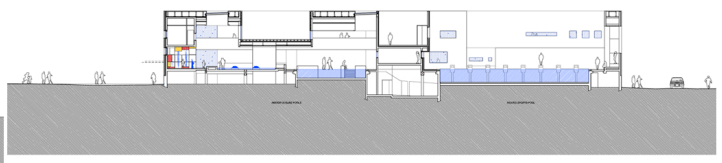




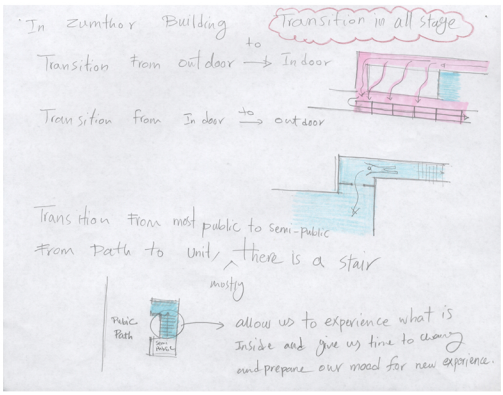


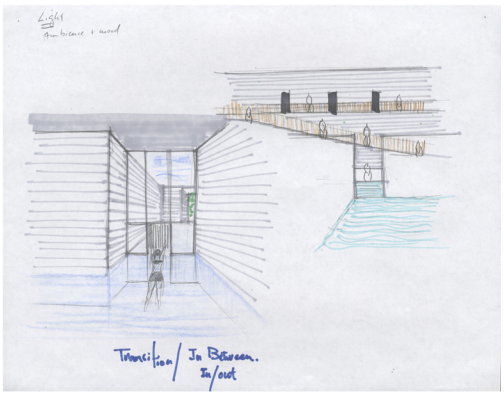


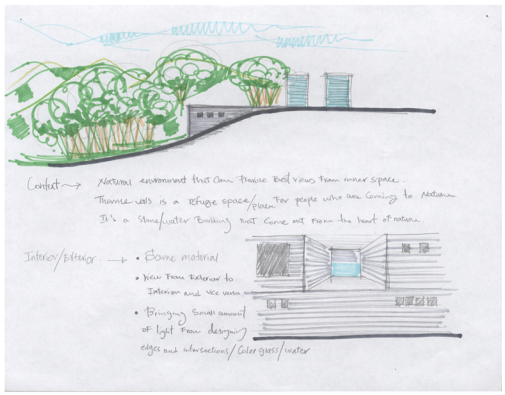


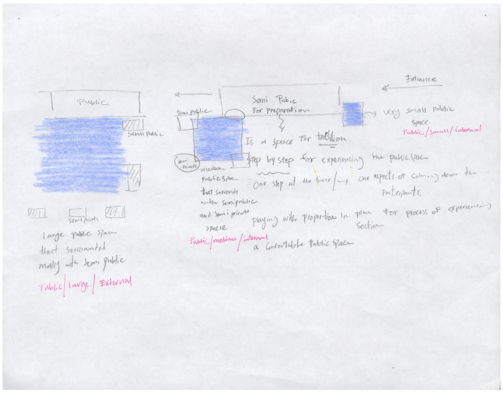


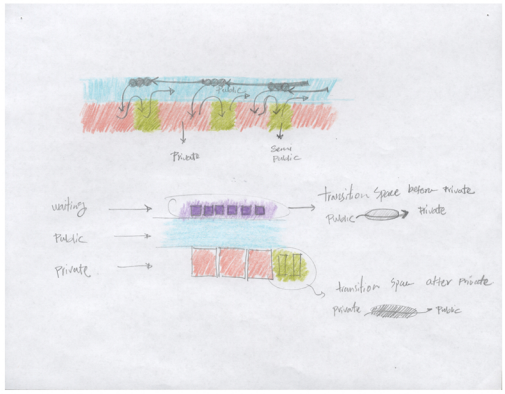
Precedent Study 3

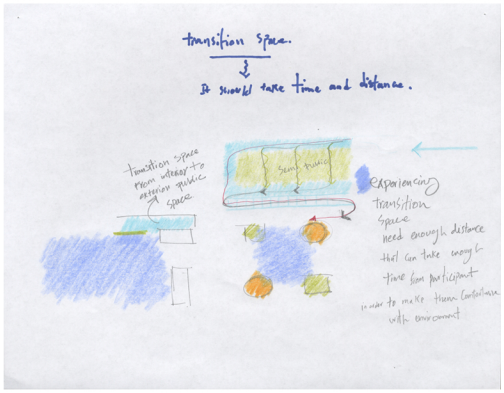

In Zumthor Building
Transition in all stage
Transition from outdoor to Indoor
Transition from Indoor to outdoor
Transition from most public to semi-public
From Path to unit, mostly there is a stair
Public Path
allow us to experience what is Inside and give us time to change and prepare our mood for new experience.


Light
Ambience + mood
Transition / In Between.
In/out

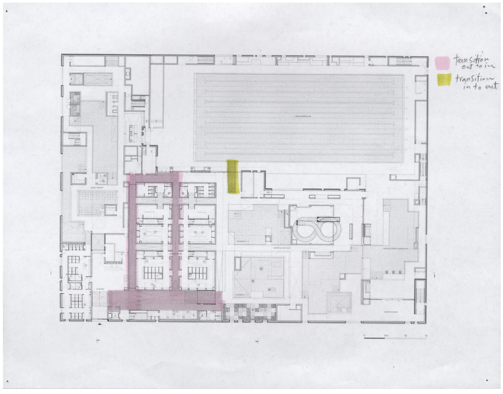

Context → Natural environment that can Provide Best views from inner space.
Thorne vals is a refuge space/place for people who are coming to Nature
It's a Stone/water Building that come out from the heart of nature.
Interior/Exterior →
• Same material
• View from Exterior to Interior and vice versa
• Bringing small amount of light from designing edges and intersections/ Color glass/water

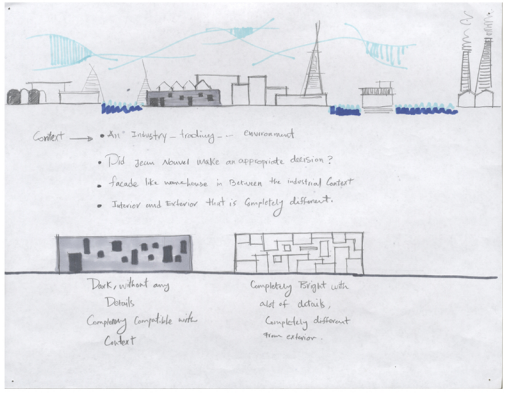

Public
Semi Public
Semi Public For preparation
Entrance
very small public space
Public/semi/internal
Is a space for tattoo
Step by step for experiencing the public space
One step at the time/→ one aspects of coming down the participants.
playing with proportion in plan for process of experiencing section
Public/medium/internal
a Comfortable Public space
Large public space that surrounded mostly with semi public
Public/large/External

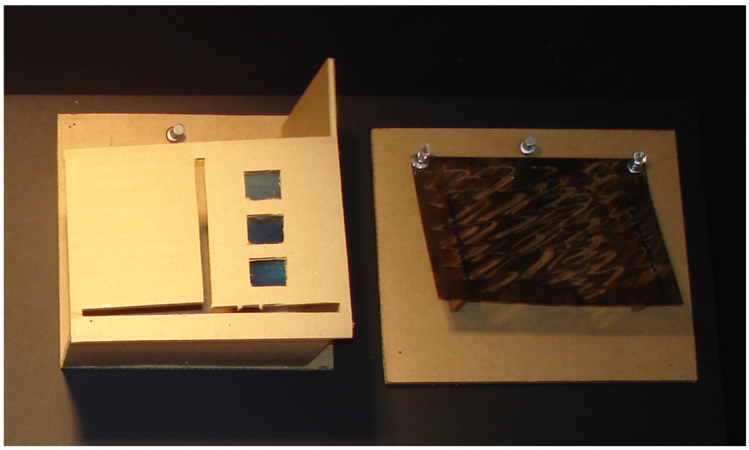

Public
Private
Semi Public
waiting
Public
Private
transition space before private
Public
Private
transition space after private
Private
Public

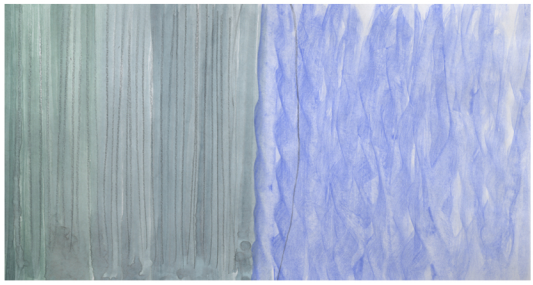

transition space.
It should take time and distance.
transition space from interior to exterior public space
Semi Public
experiencing transition space
need enough distance that can take enough time from participant
in order to make them Comfortable with environment


Semi Public
Prep Room
Young people In/out
Children/In
Sport/dynamic pool
Aquaeny spa (for adult)
Program
Anti Kessis of Zumthor
Transition space = utilitarian
Fortunate Afterlakes
Context
utilitarian Practicality


transition out to in
transition in to out


Context →
• An Industry – trading – ... environment
• Did Jean Nouvel make an appropriate decision?
• facade like warehouse in Between the industrial Context
• Interior and Exterior that is Completely different.
Dark, without any Details
Completely Compatible with Context
Completely Bright with alot of details,
Completely different from exterior.



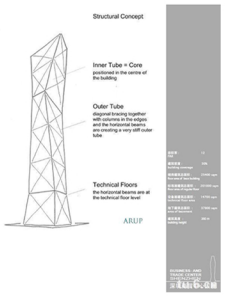


Concrete Core System in Skycrapers' desing

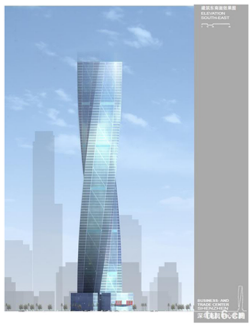
This is the most common design for modern skyscrapers as it is fast to build and provides a strong center. All the utilities, elevators, and stair-wells are centralized in this design, making it easier for building modifications and repair. This design can be dangerous. If a part of the core is damaged, everything above that section will be cut off from ground access. This happened in the WTC during the September 11, 2001 terrorist attacks, making it impossible for many people to escape the burning towers.

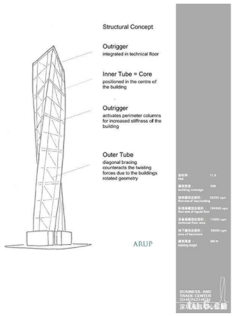






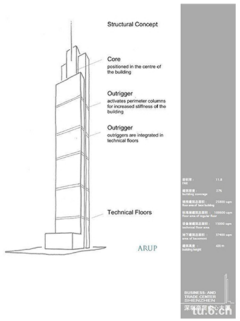




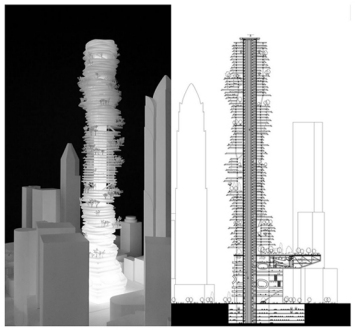




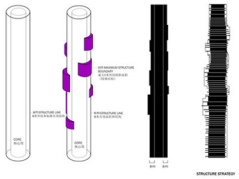




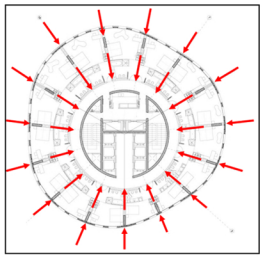


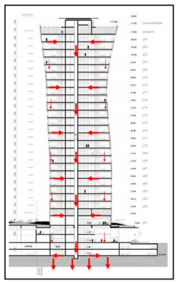


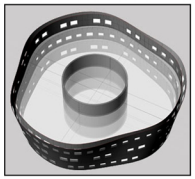
Project: Urban Forest
Location: Chongqing, China
Designed by MAD Architects
Website: www.i-mad.com
Urban Forest is a commercial high-rise building that takes the form of an urban mountain with over 70 floors, each one different and unique. Each floor is an abstract curved shape, layered slightly off-center to give the facade an organic look as it rises up into the sky. A central cylindrical core structure supports all the floors and hosts the mechanical systems and elevators.



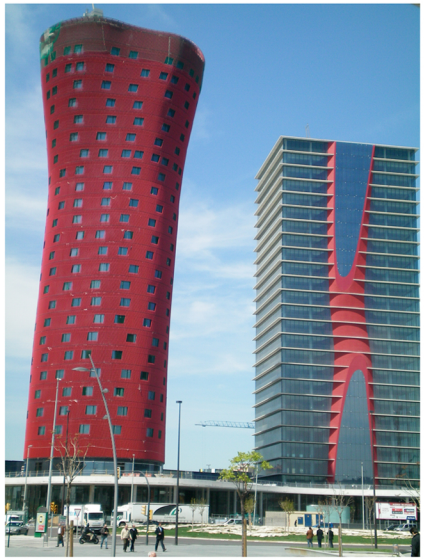
Project: Torre Fira
Location: Barcelona, Spain
Designed by Toyo Ito & Associates, Architects
The Torre Fira is a very unique and complex structure due to its clover shaped design which encompasses the use and adaptation of special design and construc-tion techniques and products. At the heart of the Torre Fira structural system lays a dense circular rigid reinforced concrete core (diagram on left). The core itself is 42.5 feet (13 meters) in diameter, 1.3 feet (40 cm) thick, and starts at the building's foundation and runs the entire height of the future hotel. This is the most impor-tant and vital part of the entire structure because it is this core which bears the load of the skyscraper's 28 floors and gives the building its strength and stability.
The rigid core by itself is made up of 21,800 cubic feet of concrete and reinforcing steel all of which was cast on site by ULMA Construcción using their unique self-climbing system (diagram on right), along with the ENKOFORM V-100 system, both which were specially adapted for this project.
ULMA's self climbing system is comprised of an inner platform and outer consoles which make up the formwork for casting the reinforced concrete. The entire formwork for the system is capable of being erected and assembled onsite without the use of a crane. Its ability to "self-climb" comes from the use of a sophisti-cated hydraulic system along with the formwork for ENKOFROM V-100 walls. This allows for the entire system to automatically climb upwards and reassemble itself and the formwork as work progresses, thus making it possible for one entire story to be completed every 6 to 7 days. This innovative and adaptive system has not only made the construction of the Torre Fira possible but enabled the work to be carried out efficiently, safely, and with the up most care and quality.



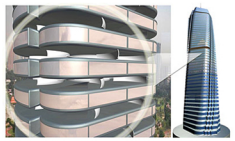




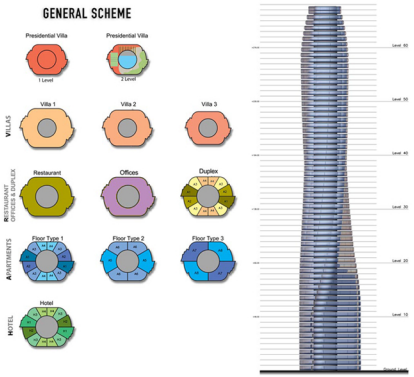




Project: Dynamic Tower
Location: Dubai, United Arab Emirates
Invented by Dr. David Fisher
Dr. David Fisher's revolutionary Dynamic Tower is the world's first building in motion that challenges tradi-tional concepts of architecture and heralds a new era of architecture, becoming the symbol of a new phi-losophy that will change the look of our cities and our concept of living.
Offering infinite design possibilities, each floor of the Dynamic Tower rotates independently at different speeds, in different directions, resulting in a unique and ever-evolving shape, and introducing a fourth dimension to architecture: Time.
The Dynamic Tower is the first 100% self-powered Green building with the ability to generate electricity for itself through the use of horizontal wind turbines and solar panels.
The first skyscraper to be built entirely from pre-fabricated parts custom-made in a factory, the assembly process of the Dynamic Tower will vastly reduce construction time, offer substantial cost savings, provide an environmental construction site and increase safety for workers on site .
Dr. Fisher states, "Modern life is dynamic, so the space we are living in should be dynamic as well, ad-justable to our needs that change continuously, to our concept of design and to our moods. Dynamic buildings will follow the rhythms of nature, changing their direction and shape, minute by minute, from sunrise to sunset, season to season, adjusting themselves to the environment. From now on, buildings will be alive , creating a fourth dimension of Time, to become part of New Architecture, and transforming the shape of the skylines of the world."
Introducing movement to our the interior and exterior spaces of our daily lives, powered by 100% Green energy and built with efficient pre-fabricated construction methods, the Dynamic Tower will change archi-tecture as we know it, and will launch a new era of Dynamic Living.

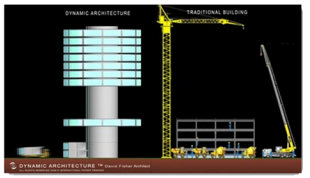










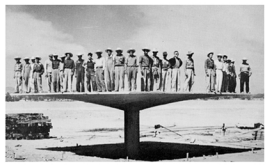


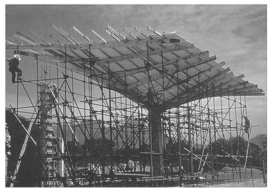
Structural Precedent studies

Structural case studies for building envelope

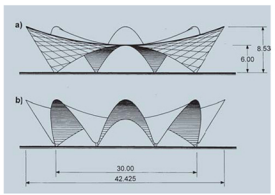


Félix Candela Outeriño (January 27, 1910 – December 7, 1997) was a Spanish architect and structural engineer. He was born in Spain. He worked from the 1930s to the 1960s, and played a significant role in the development of Mexican architecture. Candela's major contribution to structural engineering was the development of thin shells made out of reinforced concrete.



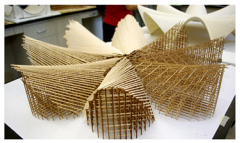




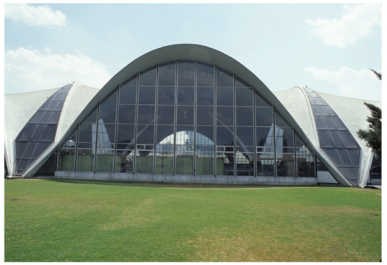


The ACI code defines a thin shell as a: "Three-dimensional spatial structure made up of one or more curved slabs or folded plates whose thicknesses are small compared to their other dimensions. Thin shells are characterized by their three-dimensional loadcarrying behavior, which is determined by the geometry of their forms, by the manner in which they are supported, and by the nature of the applied load." Concrete shell structures are able to span large distances with a minimal amount of material. An arch, spanning tens of feet, can be mere inches thick. In maintaining this economy of material,these forms have a light, aesthetic, sculptural appeal.

L'Oceanogràfic is a marine complex in the City of Arts and Sciences (Designed by Santiago Calatrava and Félix Candela) situated in the east of the city of Valencia, Spain, where different marine habitats are represented.







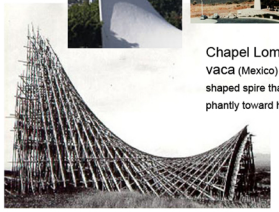
With the Bacardi Rum Factory in Cuautitlán, Mexico, Candela pushed the limit of scale to create an aesthetically sensitive solution to the problem of covering industrial space.







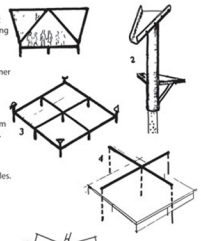




Chapel Lomas de Cuernavaca (Mexico) with a parabola-shaped spire that thrusts triumphantly toward heaven.



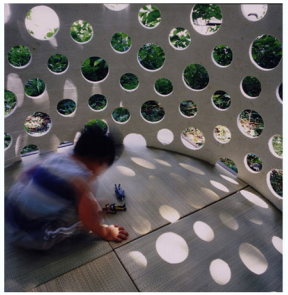


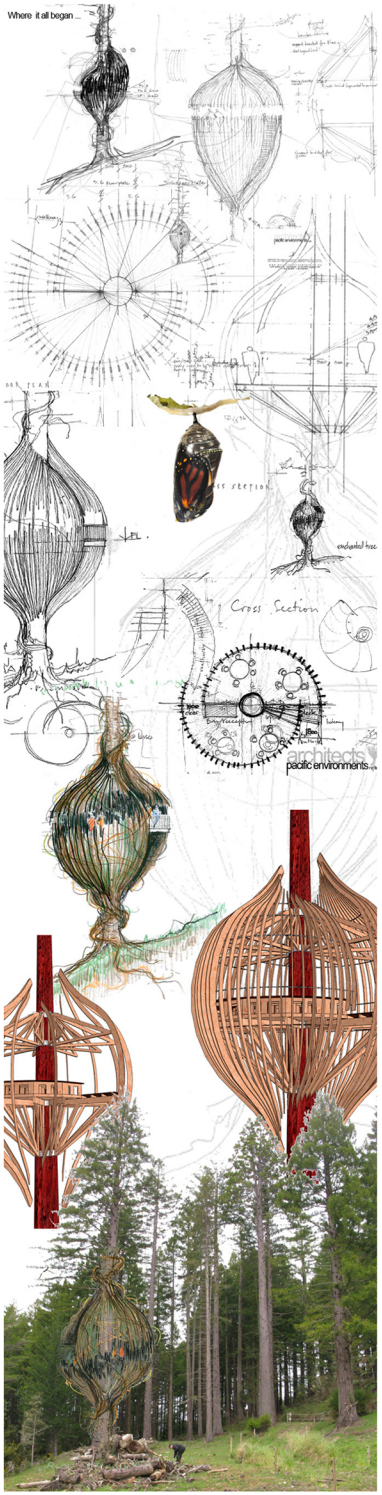




Double Gable Thin-Shell Concrete

A thin-shell concrete perforated pod designed by Kazuya Morita: The thinness is acheived by using glass fibre reinforced concrete, which is hand troweled onto a mould, dried, and removed. The result is an eggshell-like structure that is strong and beautiful.













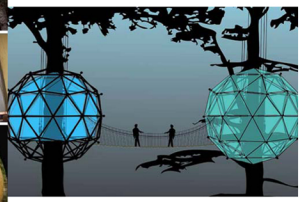








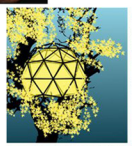
Freespirit spheres designed by tom chudleigh, BC, Canada



O2 sustainability treehouse designed by dustin felder

Yellow treehouse restaurant designed by peter eising and lucy gauntlett, Auckland, New Zealand























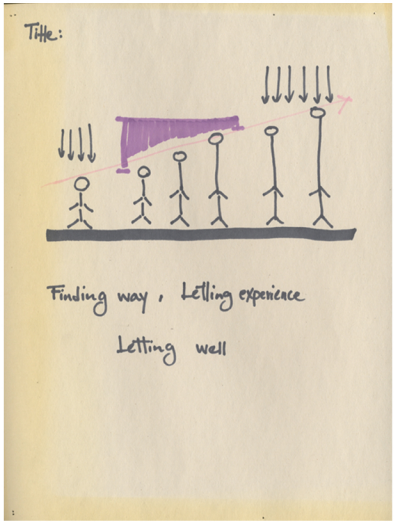


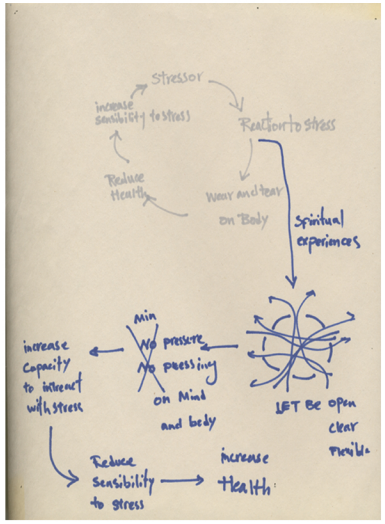
Takasugi-an, a tea house designed by Terunobu Fujimori, in Chino, Nagano Prefecture, Japan.

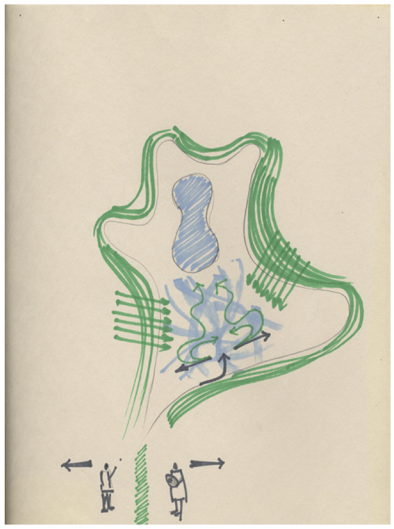
Portable Treehouse tent

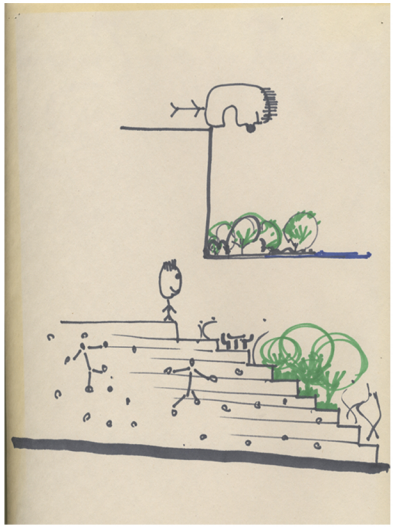


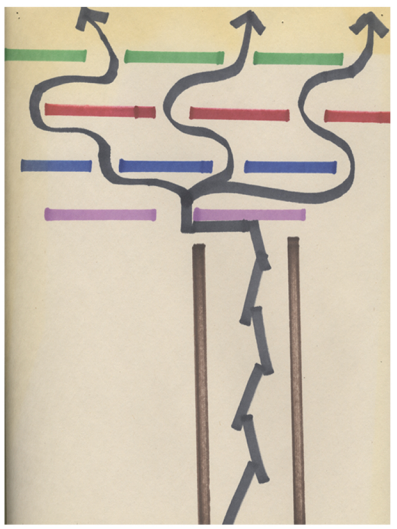
Site Analysis









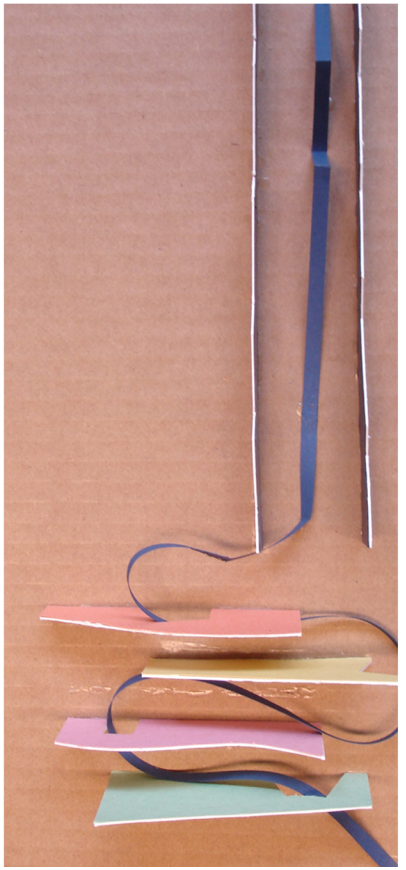




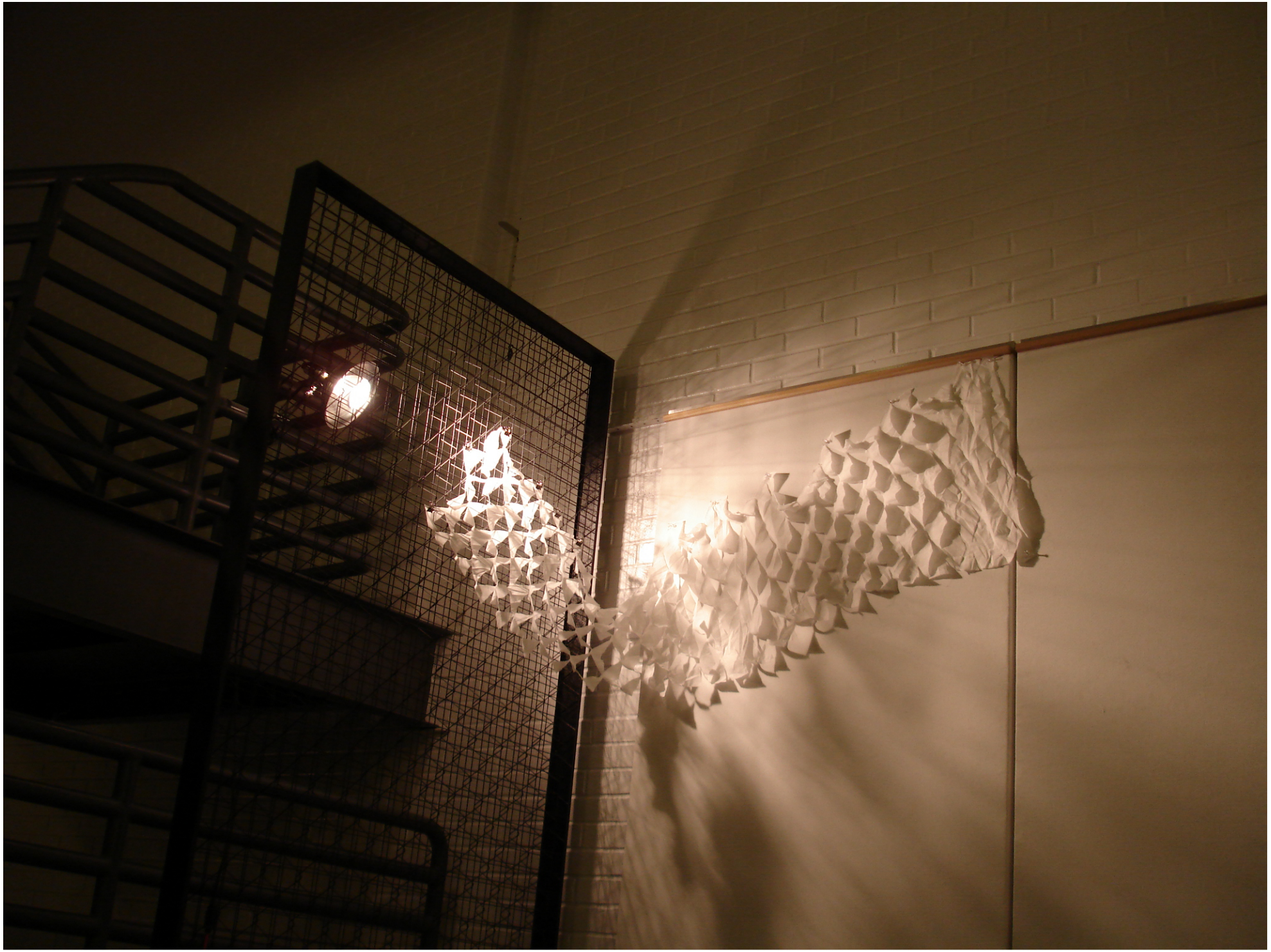








Conceptual Diagrams



Site Number One

IN the Urban Environment

Centeral Pkwy and Broadway St.







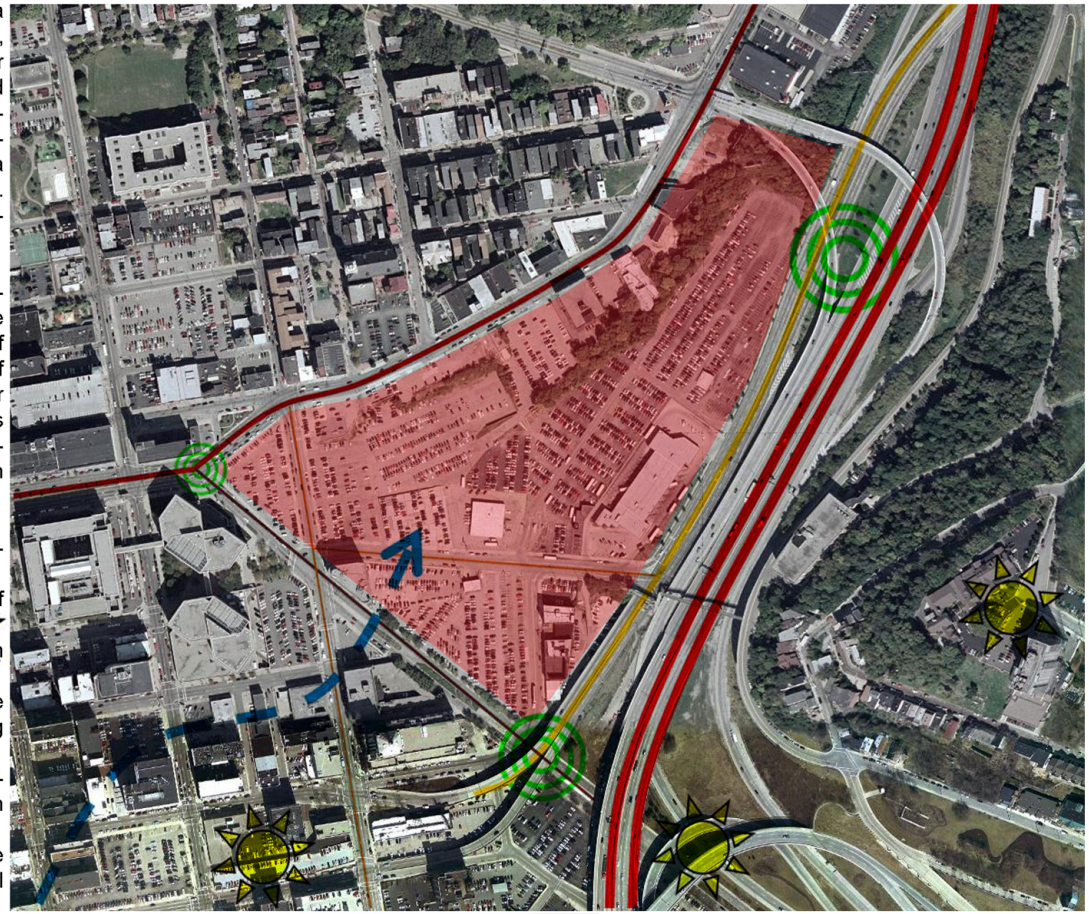


Site number 1 is in the heart of downtown. It is a civic environment that deals with the cultural, social, and economical issues. It is in the core of traffic, air or sound pollution. It has a high level of stress and pressure. Three different edges make it more interesting and challenging. The form suggests penetration in the two most important elements in this area that are over the Rhine and downtown Cincinnati. Currently, the site is a vast parking lots that has a private ownership.

There is a delicate contrast in this site that has a significant impact on the design decisions. It is on the edge of low income and high income, on the edge of historical and modern texture, and on the edge of residential, commercial and natural zones. Designer has to deal with over the Rhine problematic issues like low income African American families, drug dealing, addiction and inappropriate situation of health and healing both physically and mentally.

There are different kinds of stress in this site because of diverse issues.

1. The ***psychological*** Stress: because of location of court and jail buildings in downtown area
2. The ***economical*** Stress: because of locating on the edge of wealth and poverty
3. The ***social*** Stress: because of locating on the edge of American and African American living spaces
4. The ***cultural and historical*** Stress: because of locating on the edge of the most historical and modern environment
5. The ***functional*** Stress: because of location I the edge of most residential, commercial, and natural zone



Visual Noise or Visual Stress



Site Number 1

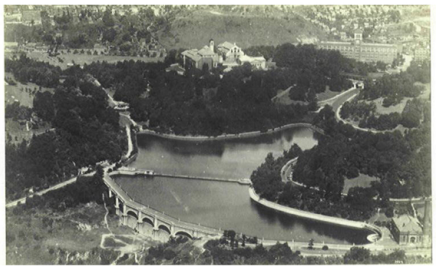


Site Number Two

IN/OUT the Urban Environment

Mount Adams



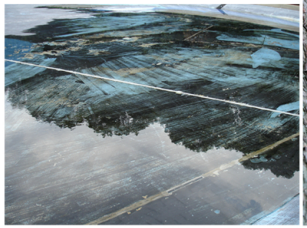


HISTORY

Site number 2 has a unique position. Although it is not far from downtown and the center of stress and tension, but people can feel they are in an especial environment which could be rarely found in big cities. It is surrounded by inspiring and gorgeous natural qualities. In this process, it gets the third level of traffic, air and sound pollution. Also, it has the least level of stressful and under pressure issues. Great nature, great history, desirable and undesirable views at the same time, great access to the heart of stressful urban environment and extreme ignored potential are the most important issues of this site.

From the site plan in Google earth , I thought that the site located in the same level of water fountain and surrounding green environment and I thought it has the possibility of having fantastic green hills views. When I went to the site, I find out a huge difference from what I thought and what I observed. There a big difference between levels of the water fountain and the considered site. It was a mysterious location. I feel that this site is an empty destination. I reach the site from the southern edge, I parked in the parking lot, I got out of the car and I faced with a destination of emptiness. I was expecting to face with a specialty and I just faced with a vast grass ground with two fantastic historical stone wall. On that time, I felt that this site asks for something, the audiences ask for some space in order to be accommodated. There was a lot of potential in this site that now is completely ignored.

Details









Height and Weather Stress especially in winter





Site Number 2



Site Number One, **IN** the Urban Environment, Centeral Pkwy and Broadway St

STRESS

1. The ***Physical*** Stress: because of traffic, air or sound pollution
2. The ***psychological*** Stress: because of location of court and jail buildings in downtown area
3. The ***economical*** Stress: because of locating on the edge of wealth and poverty
4. The ***social*** Stress: because of locating on the edge of American and African American living spaces
5. The ***cultural and historical*** Stress: because of locating on the edge of the most historical and modern environment
6. The ***functional*** Stress: because of location I the edge of most residential, commercial, and natural zone



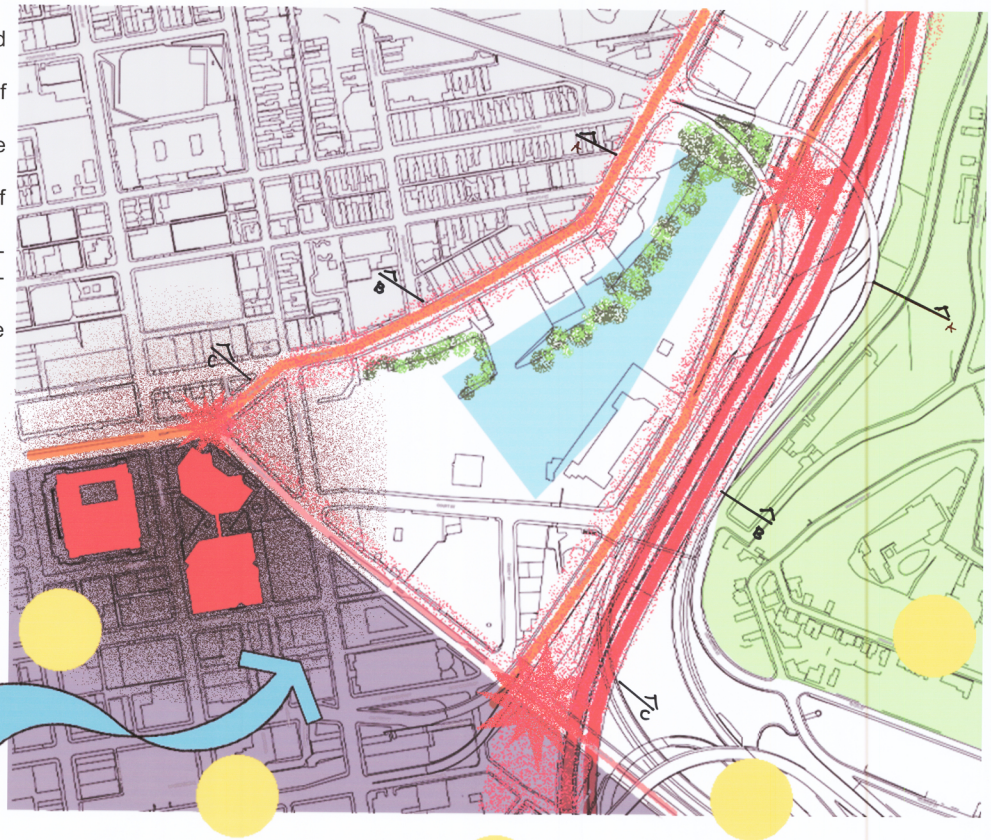
D E T A I L S



The special characteristics of this site is locating IN the Heart of Urban Environment.

Being Neighbor with

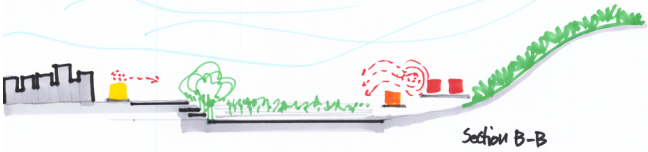
- over the Rhine
- Downtown Cincinnati
- Jail and Court Buildings
- 71 Highway
- Nice view to mount Adams Areas.



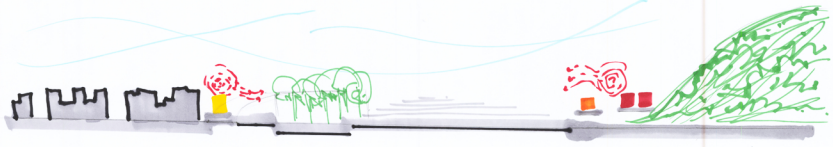


Section A-A





Section B-B



Section C-C

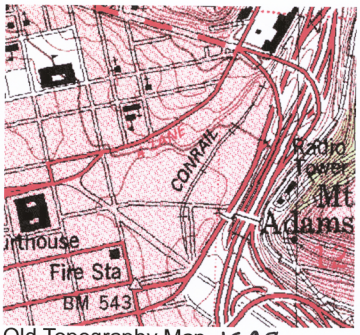


There are alot of challenging forces in this site: How we could solve the negative forces and how we could enhance positive ones are the most important part of site Analysis. We cannot ignore the negative effects of jail building or huge amount of Noice, But we should try different ways to Deal with them.

There are many contradiction in this site. For example: worst source of Noice + Best view of Nature (mount Adams)



nborn Map 1887

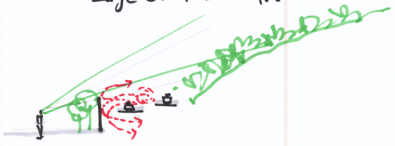


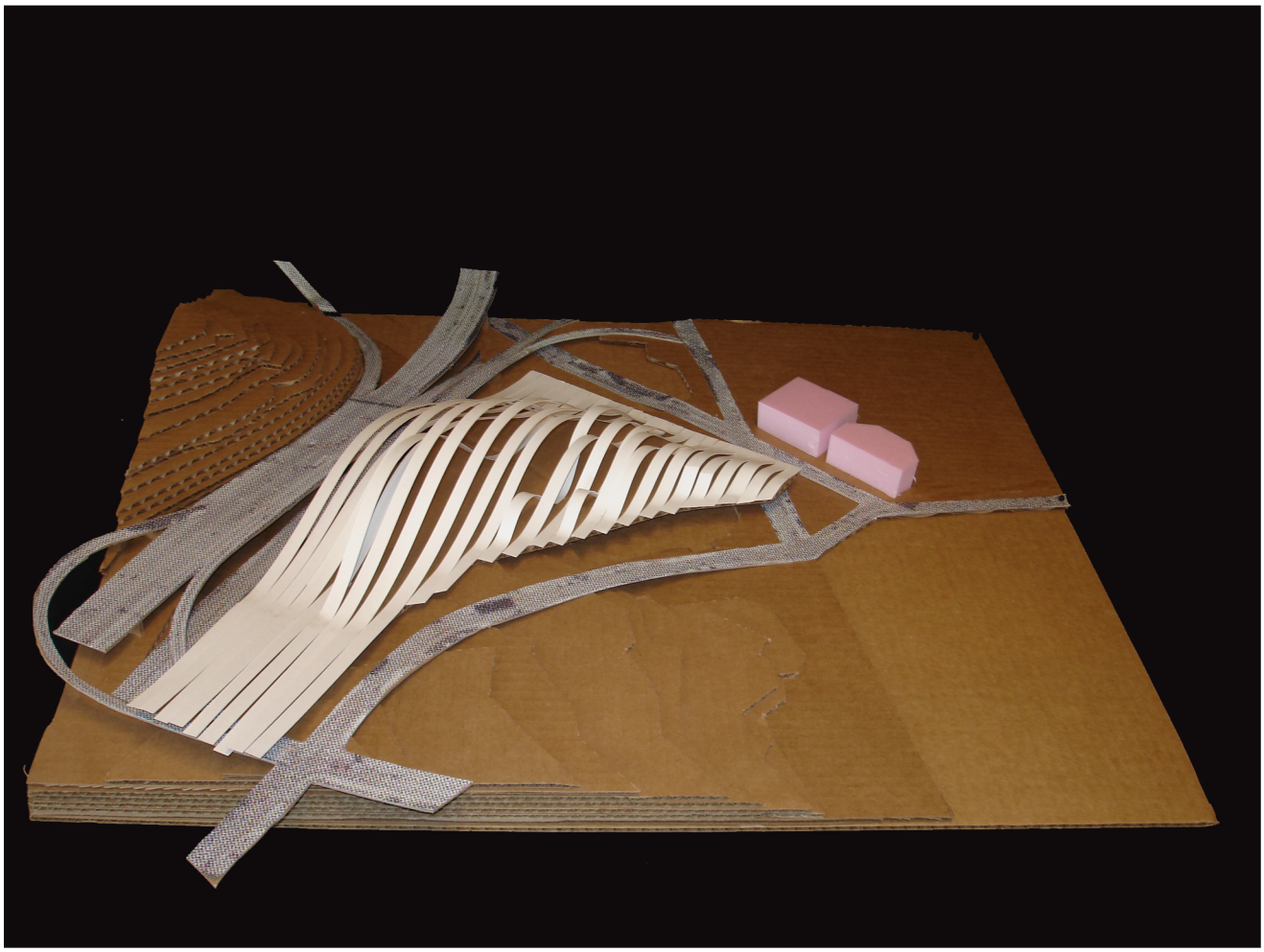
Old Topography Map 1898

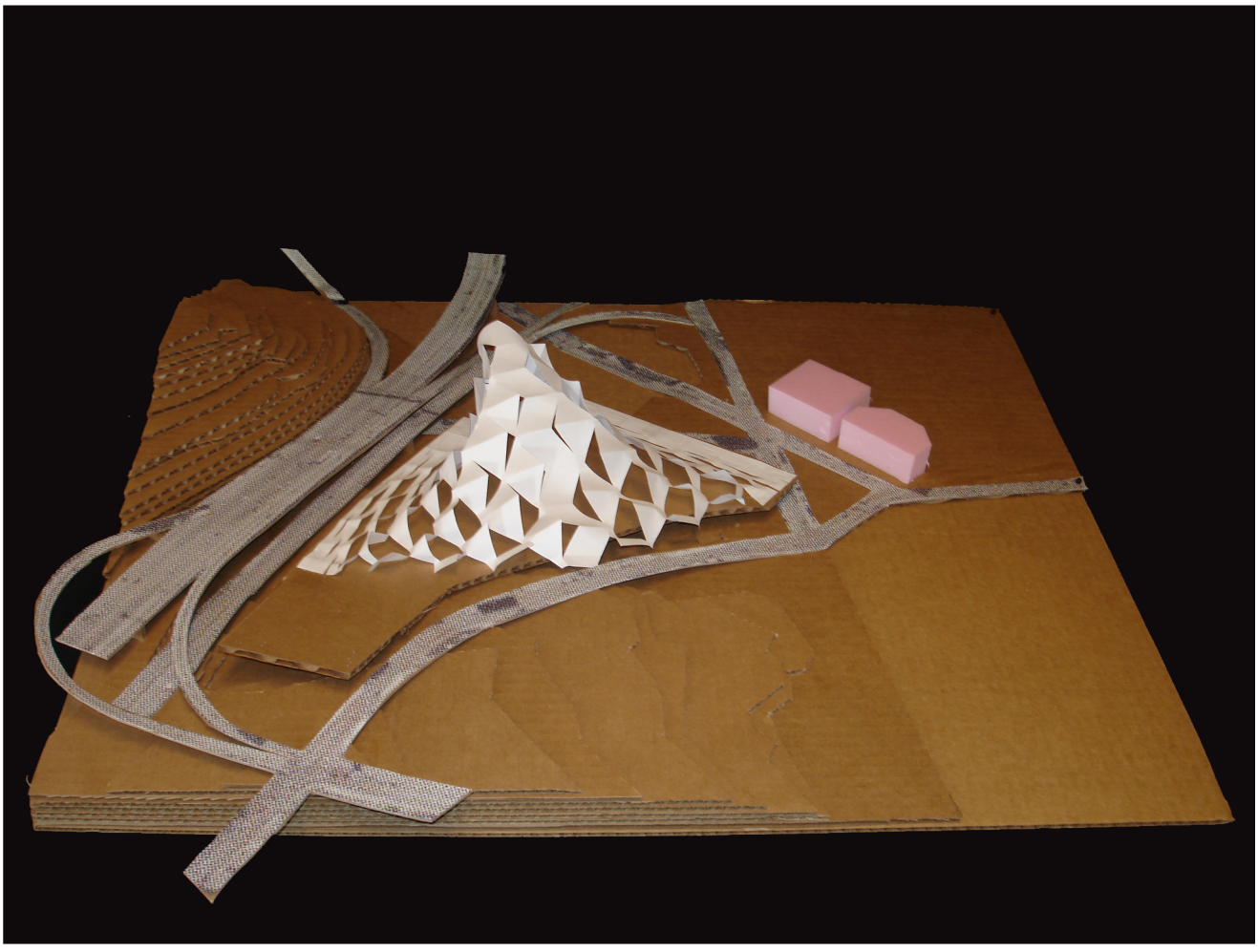


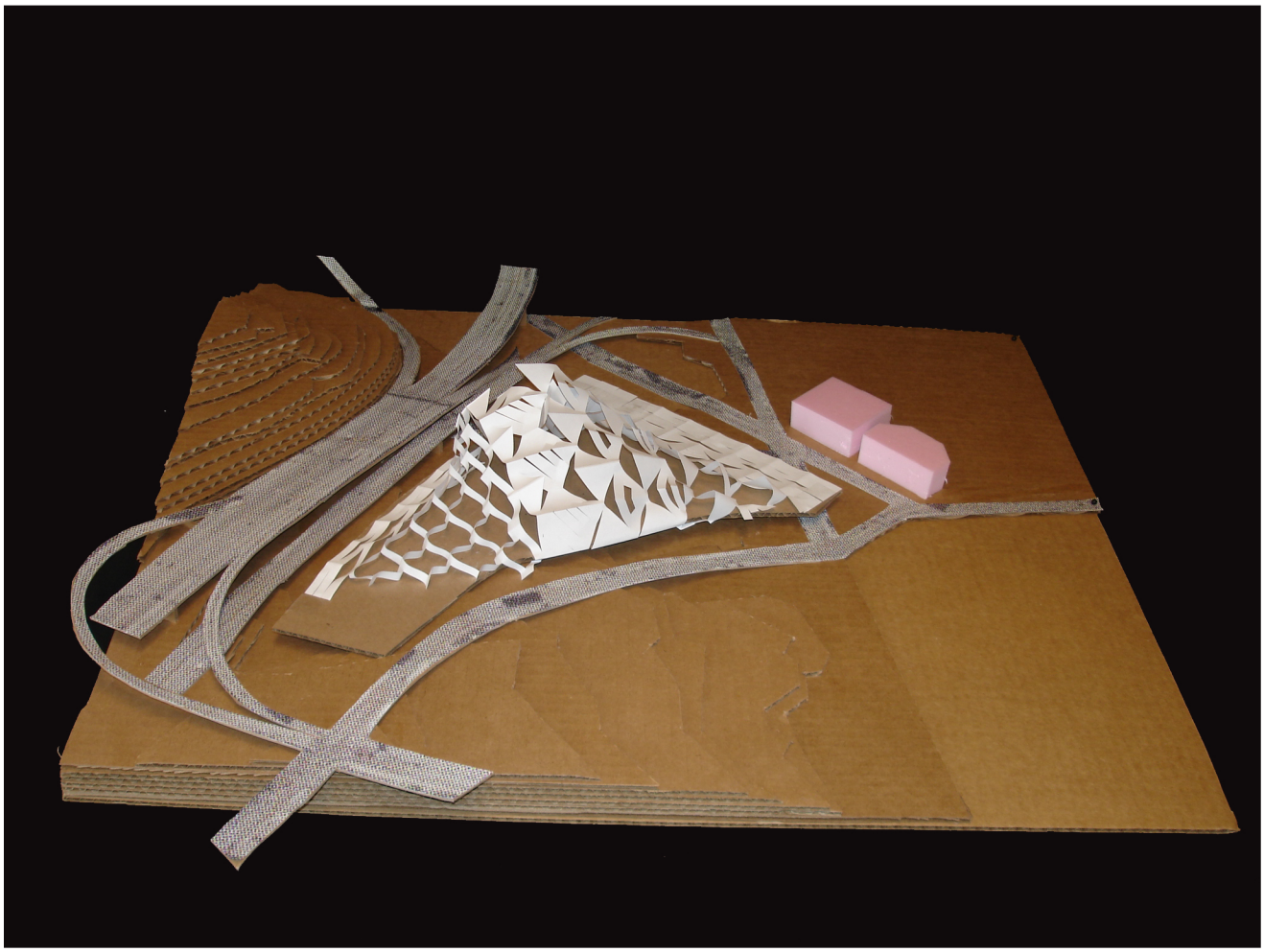
Public Transportation

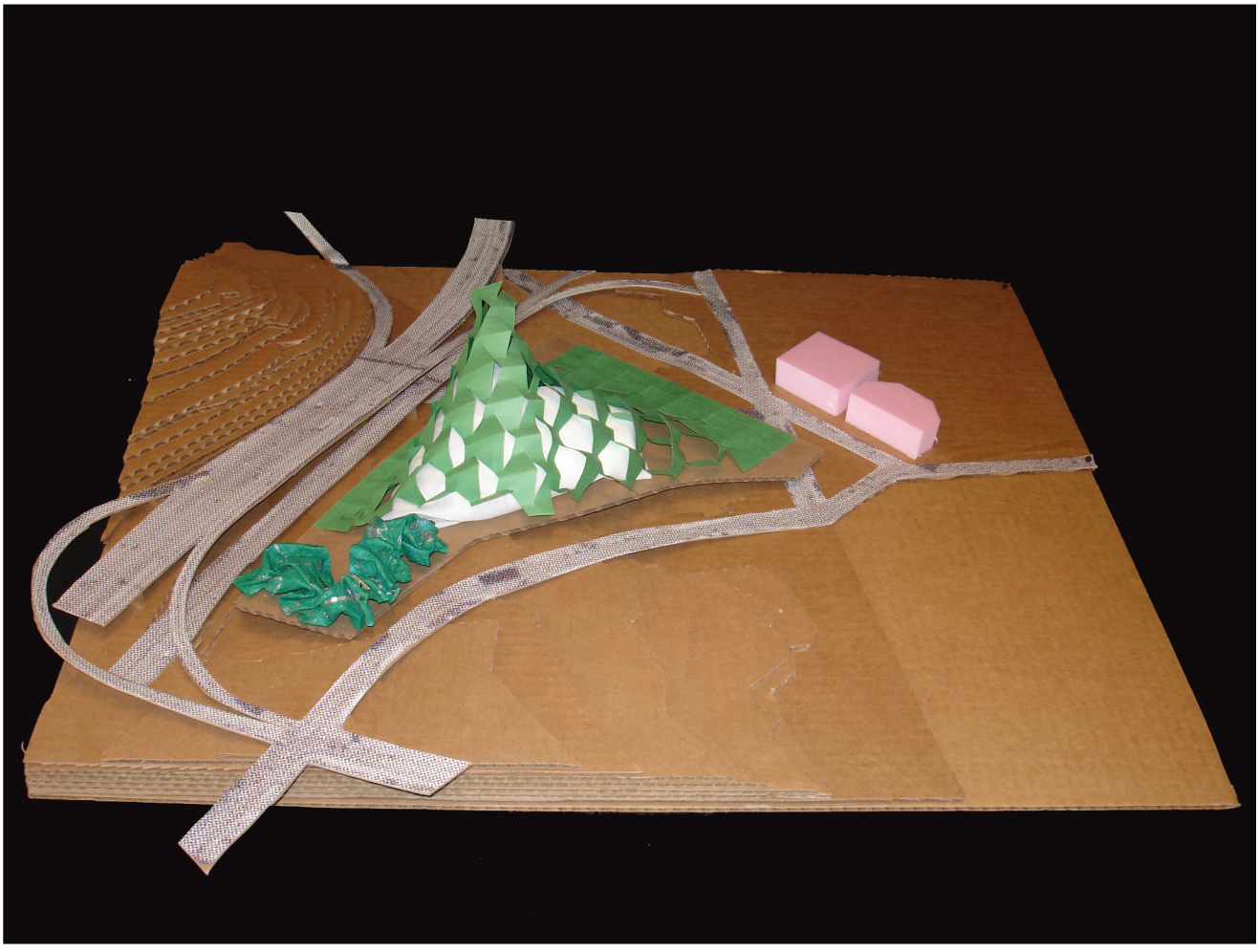
Edge of East-South











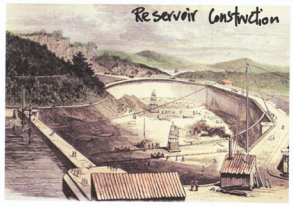
Site Number Two, **IN/OUT** the Urban Environment, Mount Adams

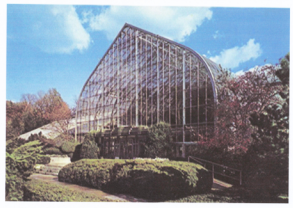
History, Art, and Nature



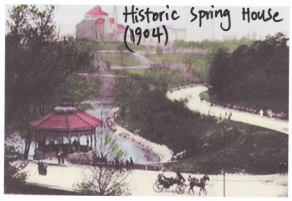


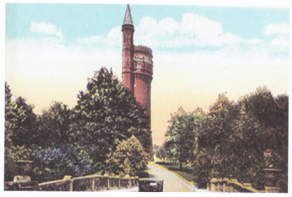
Cincinnati Art museum (1886)





Krohn_Conservatory (1933)





172 Feet- water tower (1894)



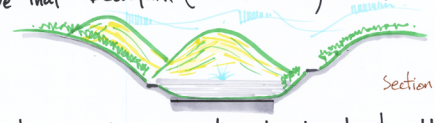
Eden park in Cincinnati OH is one of the most interesting sites Which collect Greeat History, Art and Nature.

- Cincinnati Historic Reservoir
- Krohn-Conservatory
- Historic Spring House
- Elsinore Water Tower

- Great Cincinnati Art museum
- Sculptures and memorial pieces

- Green landscape + water + Stone

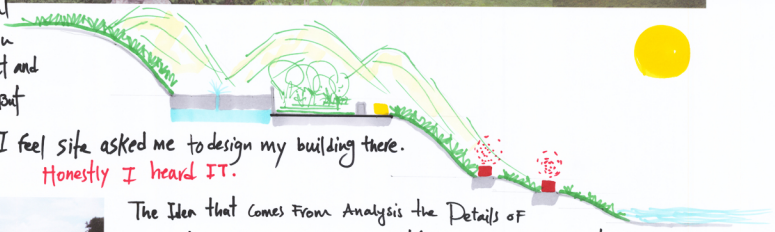
I believe that Eden park (mount Adams) is a piece of Heaven in the City of Cincinnati.



Section A-A



The mount Adams site is a Great location in order to add another primordial Experential space to this wonderful collection. You Feel emptiness in this destination But Emptiness in not Nothing. To Empty= to gather, to collect. This site collect and gather all the aspects of a Healing location. It is in the heart of city Physically But It is essentially out of Urban Environmental qualities. when I visit this site, I feel site asked me to design my building there. Honestly I heard IT.

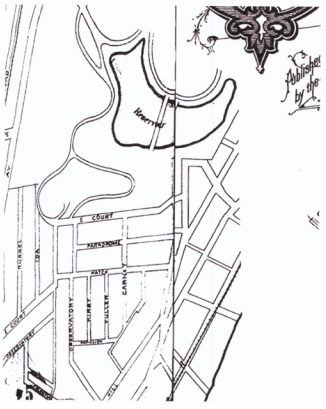


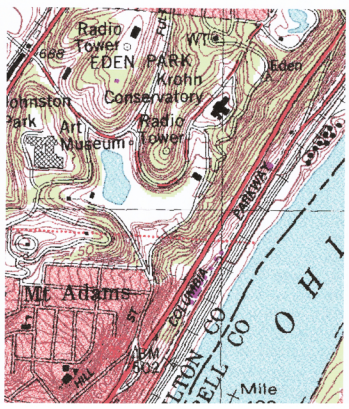
Section B-B



The Idea that comes From Analysis the Details of this site is How Natural Element
- Green Hills dwell with together and How
- water
- Stone water or leaves can come

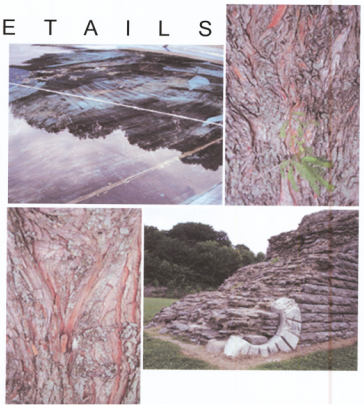
the most soft Elements like out of the most Hard Element like Stone and Wood.

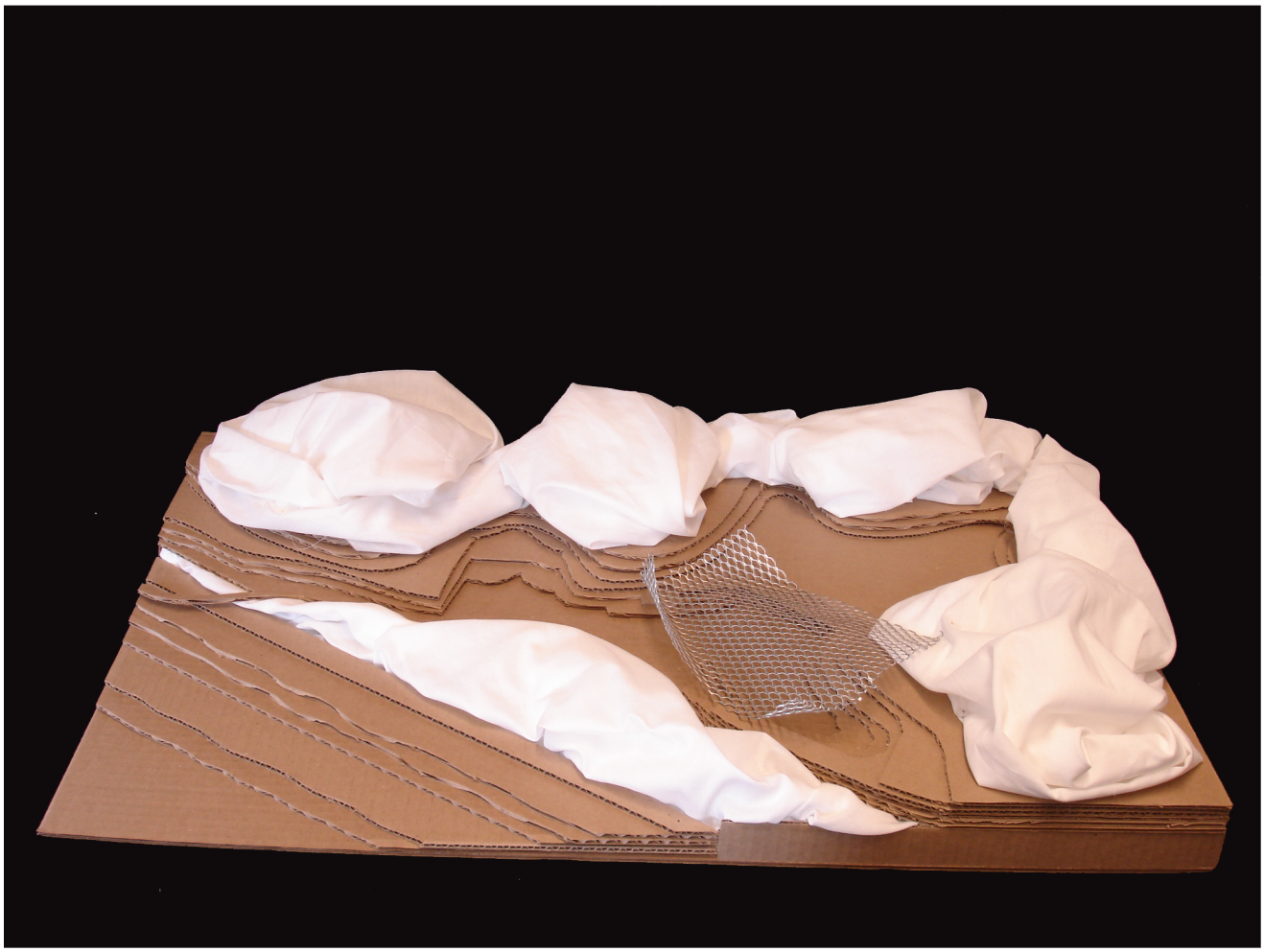


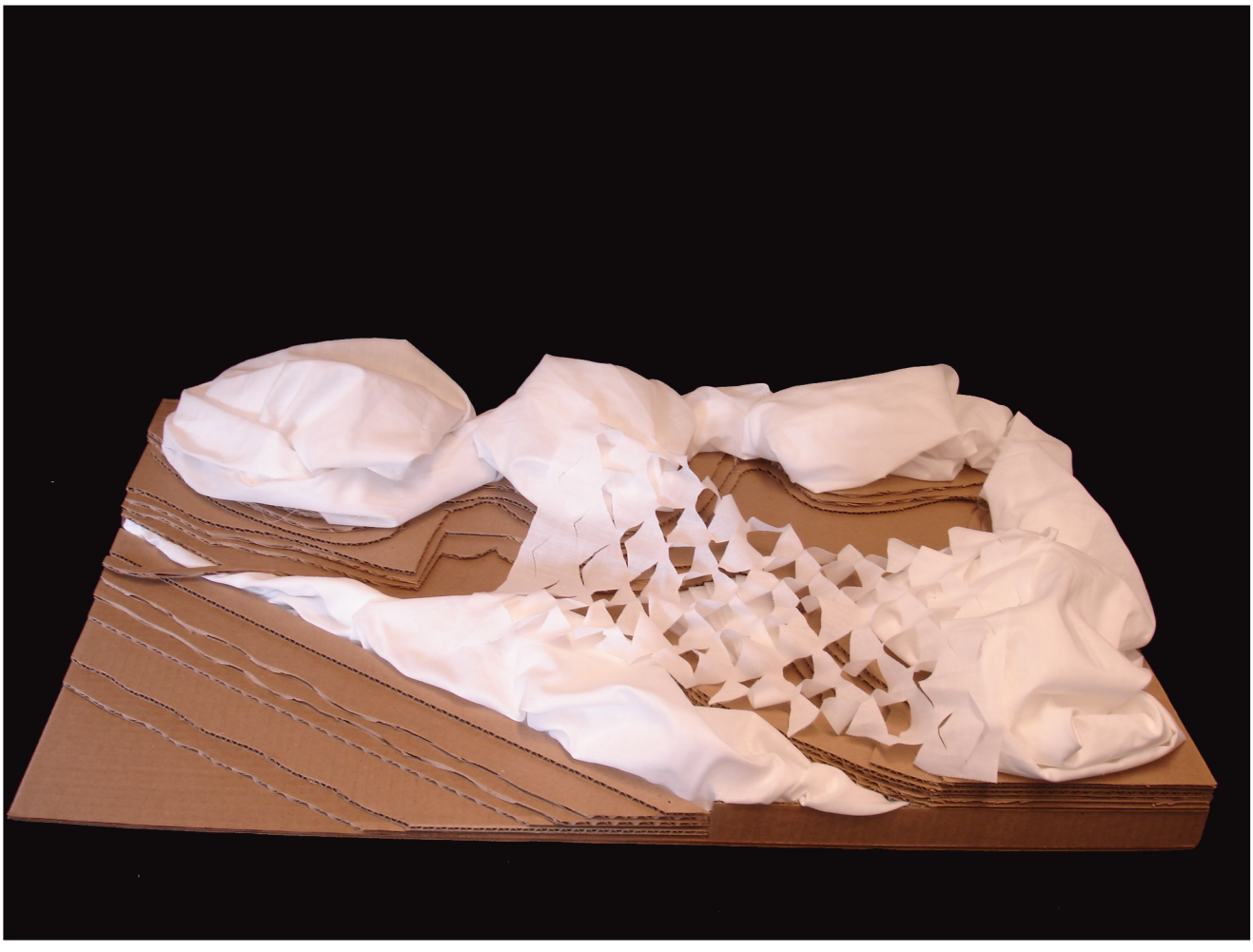


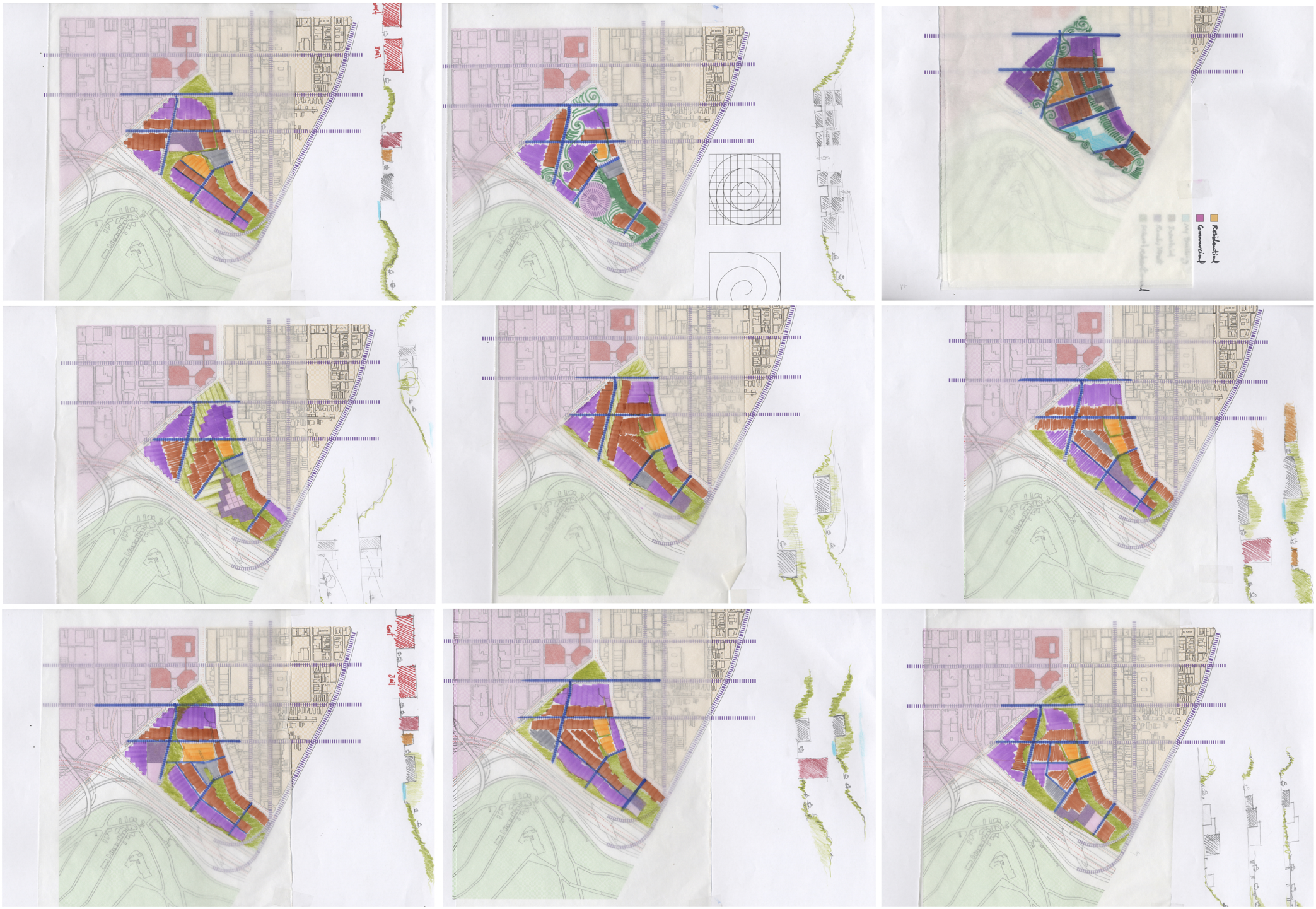


D E T A I L S

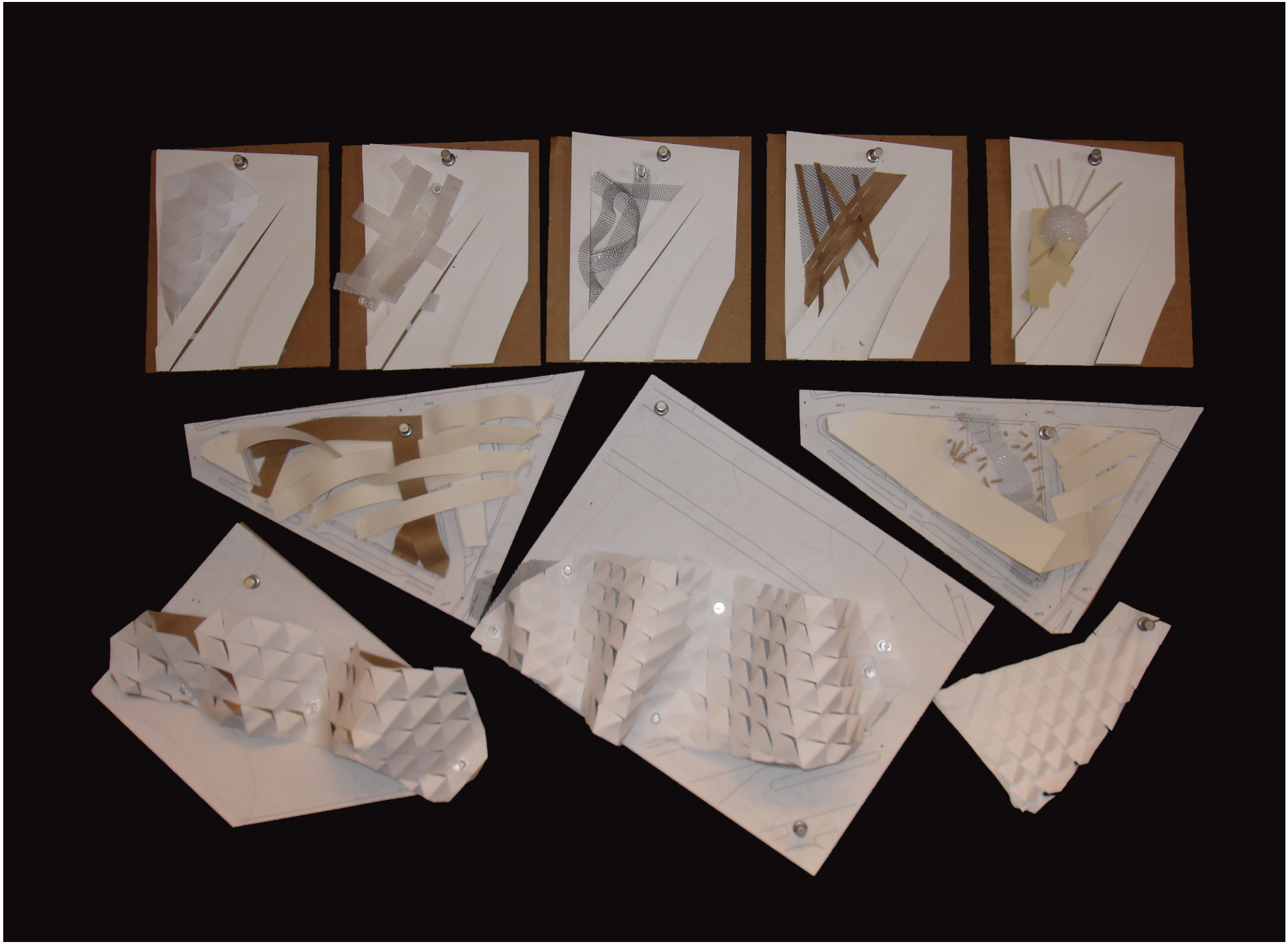








Master planning for the site number 1



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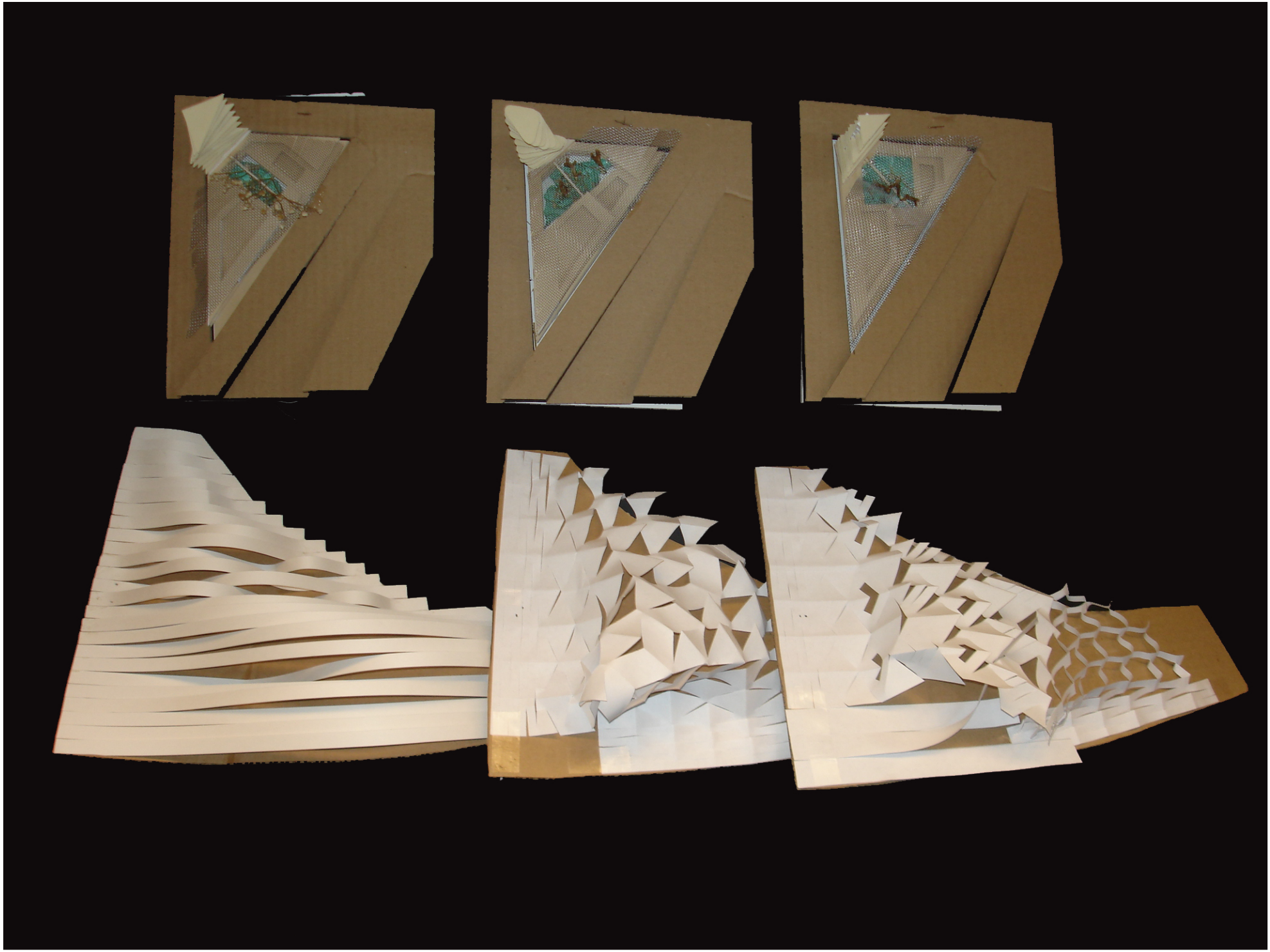
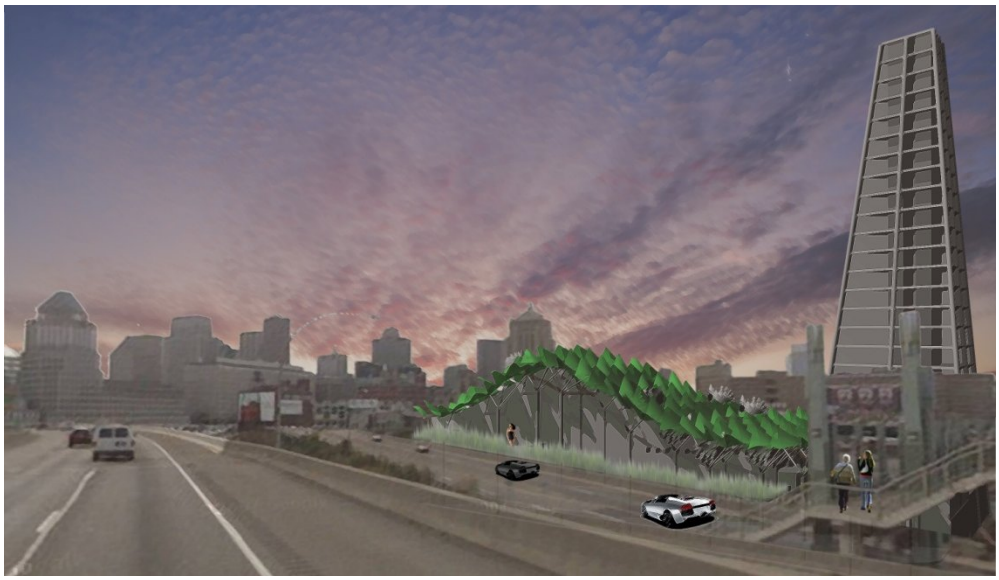


:: Presentation

Paul Lukez
Paul Lukez Architecture, Washington University
Susan Ubbelohde
University of California, Berkeley
Afsaneh Ardehali
University of Cincinnati





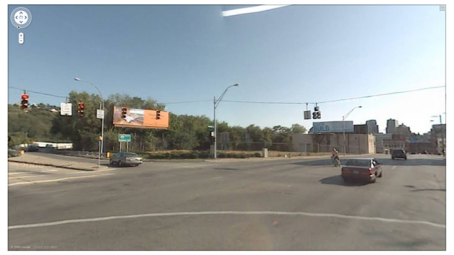
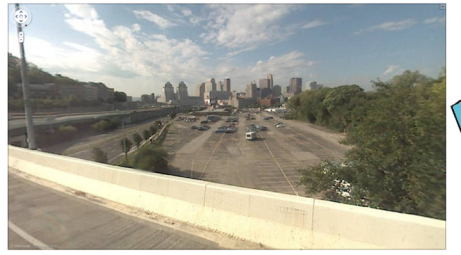
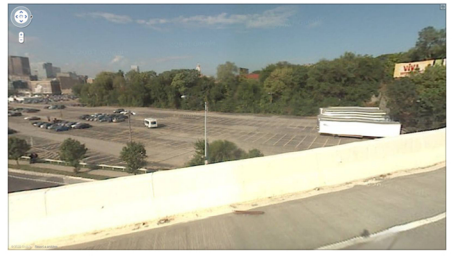
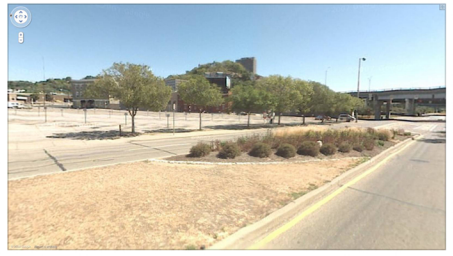


Site Analysis

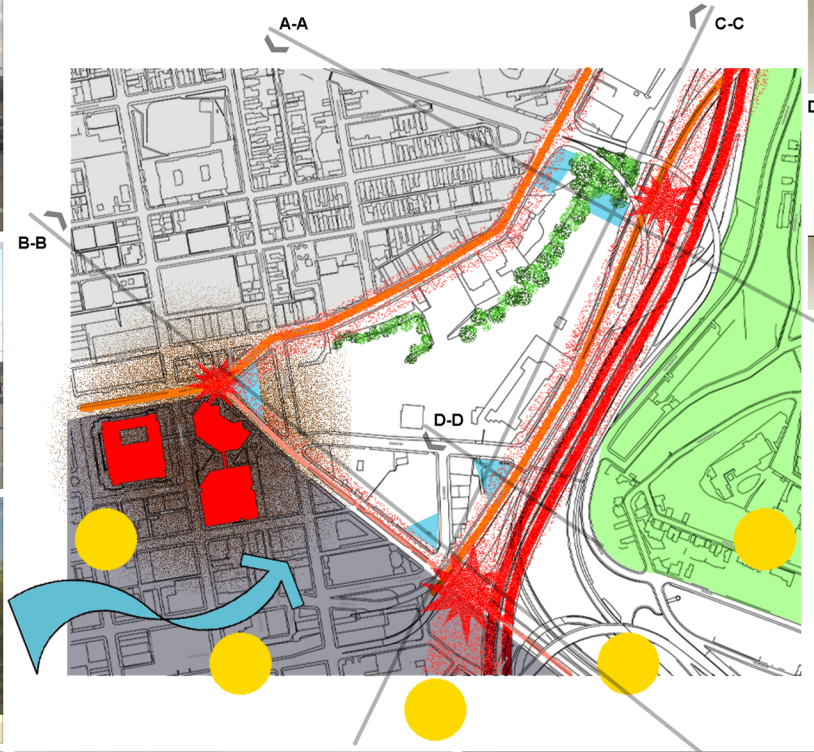
One of the most important parts of site visit with committee members was discussing the spot number 2 from different viewpoints. Spot no.2 has particular characteristics:

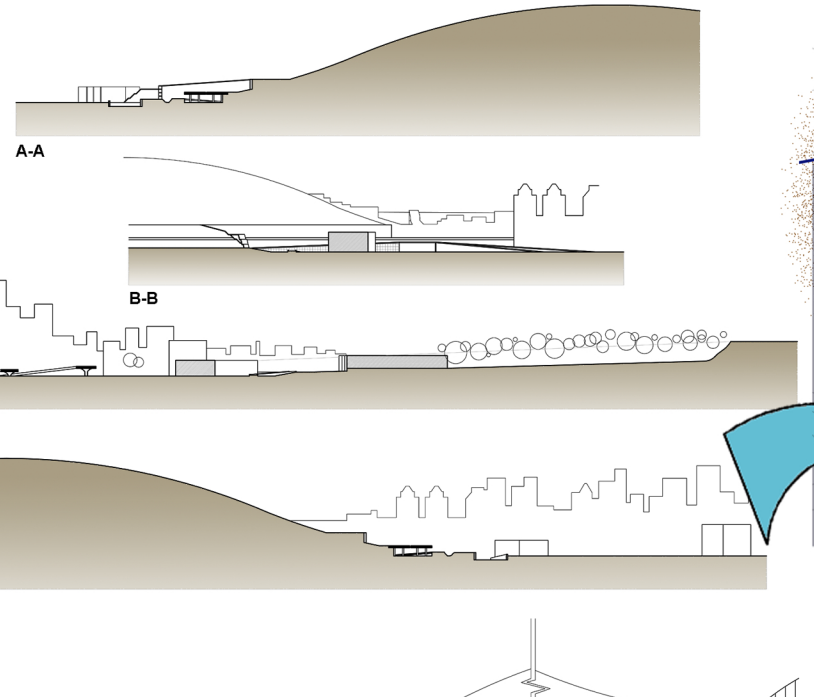
1. Great accessibility to three - downtown, OTR, and Mount Adam - communities
2. Great access to GILBERT Ave in order serve other areas in Cincinnati, OH
3. Great pedestrian access in order to serve three neighborhoods
4. Great view to downtown, highways, Mount Adam, and bridges on Ohio River (in high position)
5. Adjacent to the source of noise, hum of highway and sound of streets' traffic
6. Specific topography which let me to take advantage of applying different height levels.
7. Reasonable distance to Jail and Court buildings

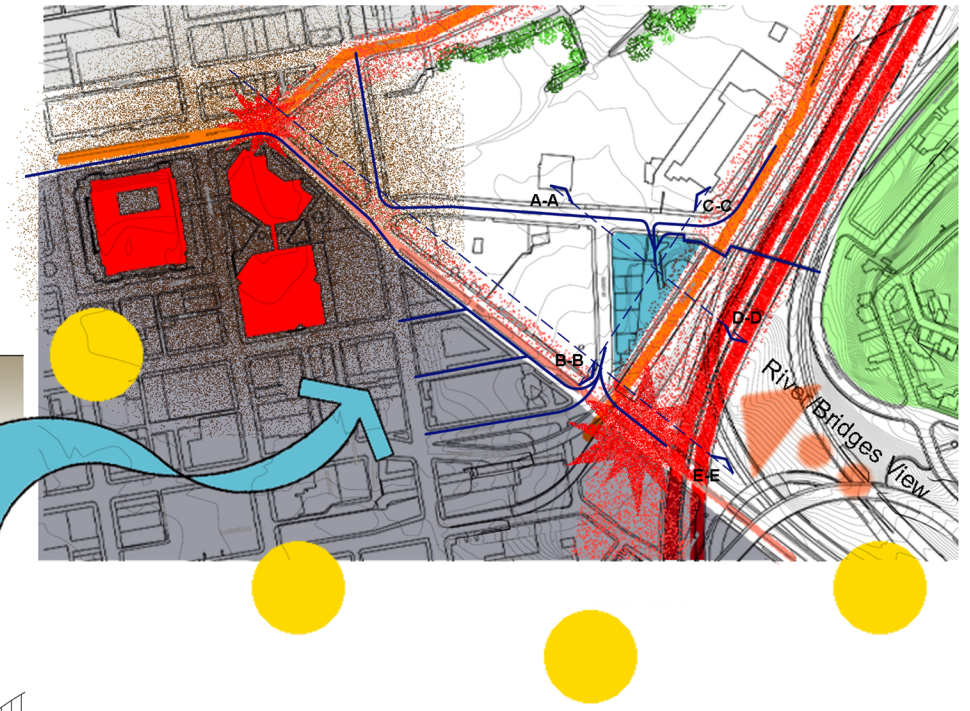














Program: Must Have

Healing Thermae 4500sm

WET

Shared

Pool

Small close pool with connection to Sky

Big pool with multi-form ceiling

Small group

Bath

Capable to play with senses

Temprature:
Hot and Cold
Light and Color:
Dark and Bright, Red or Blue
Sound: Height
Tasting: Drinking Water
Smelling: Rose

Individual

1. Shower
2. Sweat Chamber
3. Fango, Mud Traditional bath
4. Medicinal (Oil) bath
5. Under water massage
6. Inhalation Room
7. Herbal Bath/ Flower bath
8. Indonesian Creme bath and wrap

DRY

Shared

1. Healing Class like Yoga, Tai Chi Chuan, Qigong and Taiji

2. Disrobing Area like Persian Bath that can play the role of social interaction space (sexually seperated)

Small group

Rest Areas
Close (with connection to Sky)

Semi Open (with connection to exterior views)

Open (with connection to lanscape)

Individual

1. Individual centring down space

A.Tea Ceremony Room, in and out of the building
B.Individual
Cooling Down Spaces

2. Private Health Treatment Units

A. Massage/ Warm stone massage/ Tui Na
B. Physiotherapy
C. Acupuncture
D. Moxibustion
E. Cupping
F. Acupressure
G. Reflexology
H.Orthopedic Bed
I. Aromatheraphy

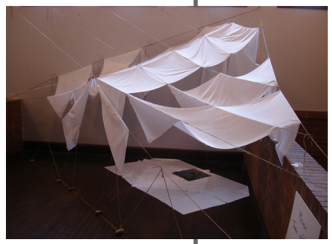
3. Tree Houses

Program: Want to Have

Commercial 2700sm	Educational 1500sm Online research center	Clinic 3000sm	Hotel 5000sm	Miscellaneous
Restaurant	Library (user and research)	Physical therapy	Lobby	Parking
Gift shop	Computer Lab	Dermatology	Reception and offices	Loading Dock
Professional health store	Seminar rooms	Rheumatology	Single, Double and Extended stay Rooms	Storage
Beauty store and salon	Lecture Halls	Podiatry	Special Rooms for Clinic	Mechanical and electrical
Pharmacy	Offices	Hypnosis therapy	Restaurant and kitchen (share with Clinic)	Service Area
		Radiology	Laundry (share with Clinic)	Restrooms
		Laboratory		

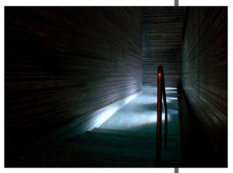
Program: Won't Have

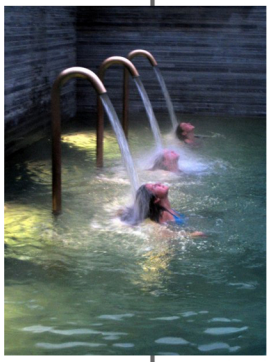


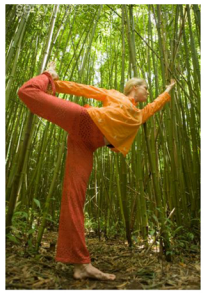




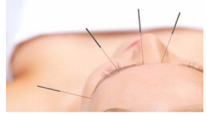
Aromatherapy
therapeutic use of fragrances and plant essences to improve mood or physical and emotional health (alternative medicine technique)







Acupuncture
Chinese method in which illnesses are treated by applying small needles to specific points on the body



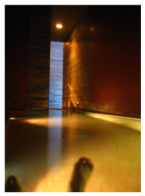
Acupressure
traditional Chinese method in which illness is treated by applying manual pressure to the body at specific points















Moxibustion
oriental medicine therapy in which moxa is burnt on the skin as an anti-irritant and to treat diseases or produce analgesia





Fango
mud from certain hot springs in Italy



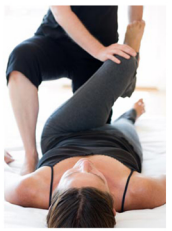




Cupping
application of a cupping glass to draw blood to the surface of the body for relieving internal congestion (Traditional Chinese Medicine therapy)







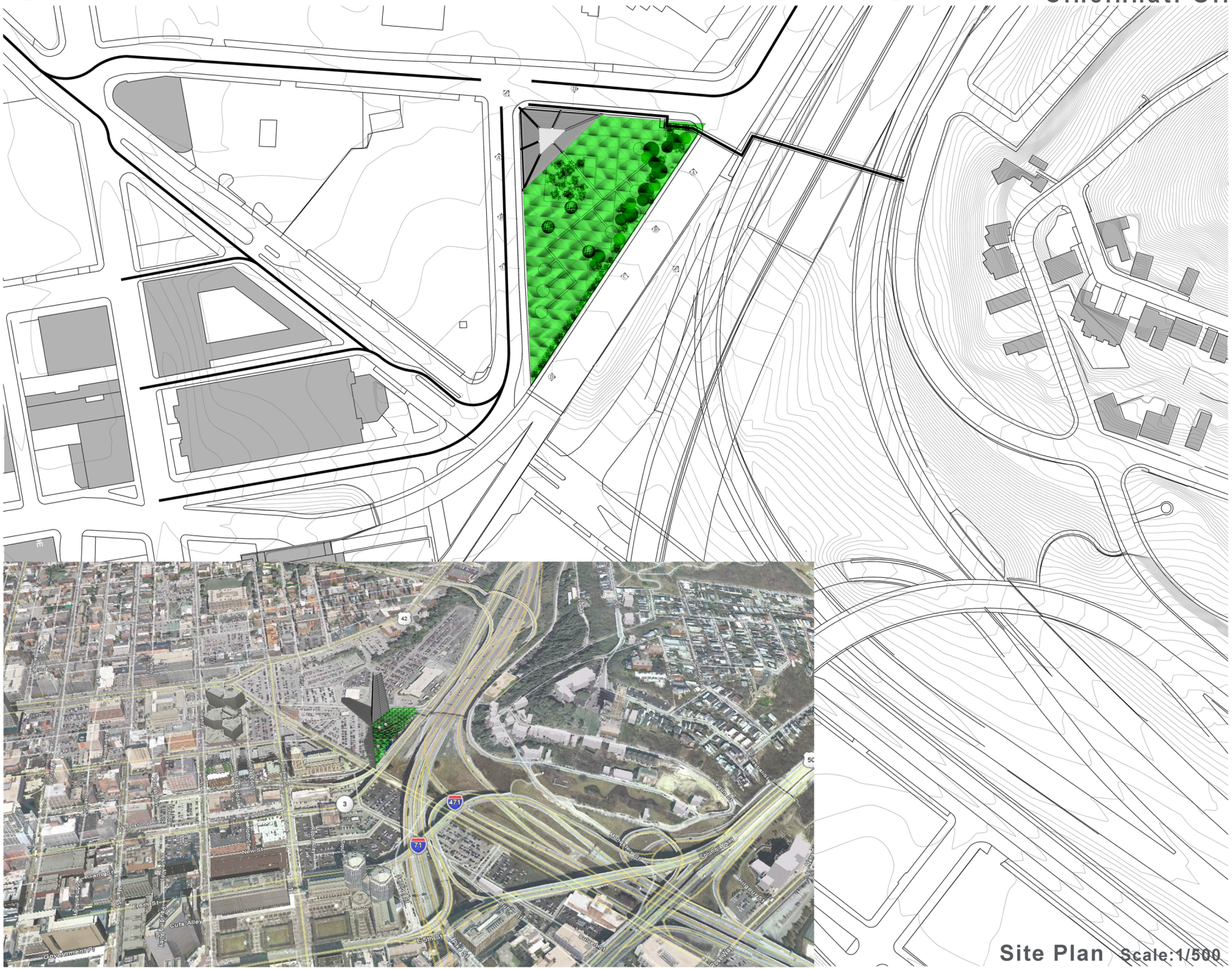


Reflexology
theory that behavior can be described as a series of reflexes; natural healing method based on massage of the feet and hands



URBAN HEALING OASIS

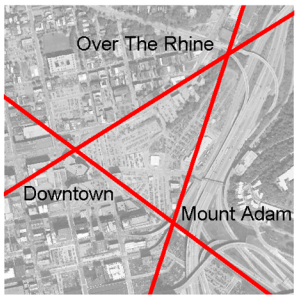
Cincinnati OH

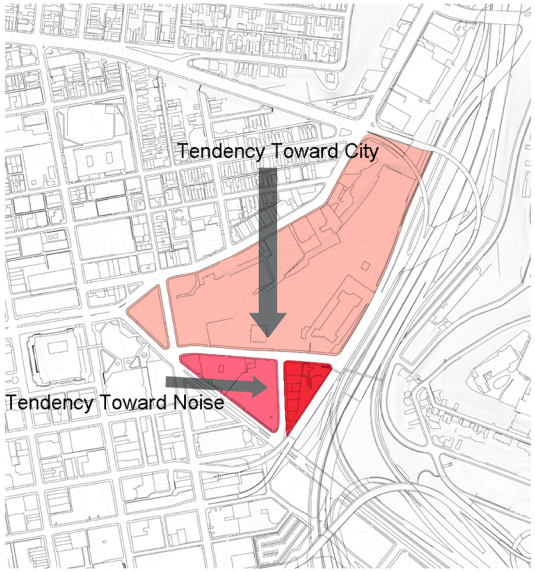


Site Plan Scale:1/500

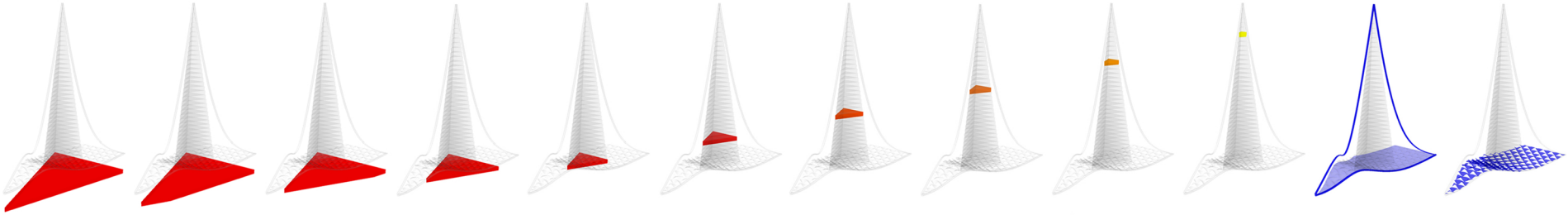




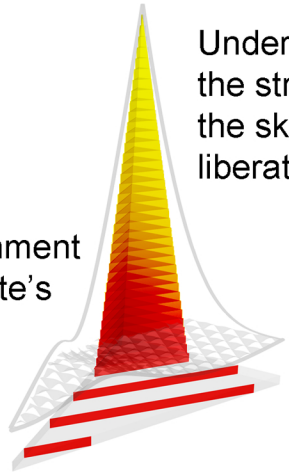






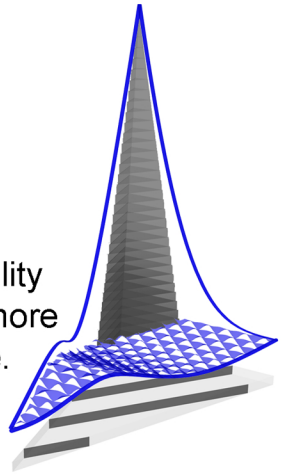


Stress from urban environment begins to compress the site's triangular geometry to its minimum.



Under the extreme compression, the strong desire for going towards the sky becomes the beginning of liberation.

Reaching the sky gives the ability to be reborn, to be recreated more relaxed, flexible and adaptable.

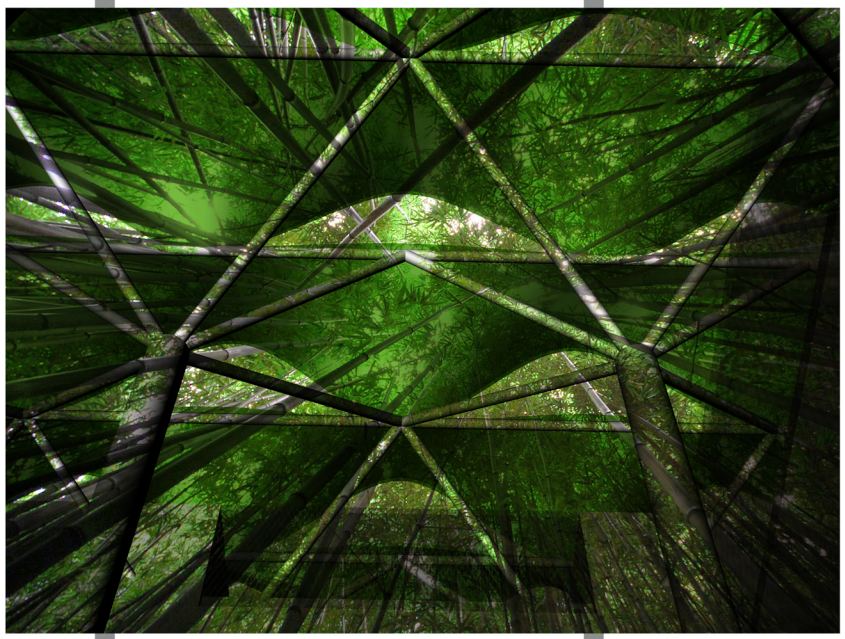


Begin
To open,
To be light,
To be clear and transparent,
.
.
.
.
Begin TO BREATHE



Lower Level 2 Scale:1/250





Section E-E Scale:1/250

Program

1. Lobby
- 1A. Circulation core
- 1B. Service Circulation core
- 1C. Reception

2. Commercial
- 2A. Professional health shop
- 2B. Gift shop
- 2C. Pharmacy
- 2D. Beauty store and salon
- 2E. Restaurant
  - 2E1. Reception
  - 2E2. Kitchen
  - 2E3. Roof Garden
- 2F. Office

3. Healing Thermae
- 3A. Preparation core
- 3B. Circulation core
- 3C. Small pool
- 3D. Bath
- 3E. Wet individual room
- 3F. Dry individual room
- 3G. Hot tub
- 3H. Big interior pool
- 3I. Big exterior pool
- 3J. Rest area
- 3K. Waiting area
- 3L. Shower
- 3M. Rest room

4. Educational
- 4A. Library
- 4B. Yoga class
- 4C. Computer Lab
- 4D. Lecture Hall
- 4E. Seminar room
- 4F. Offices

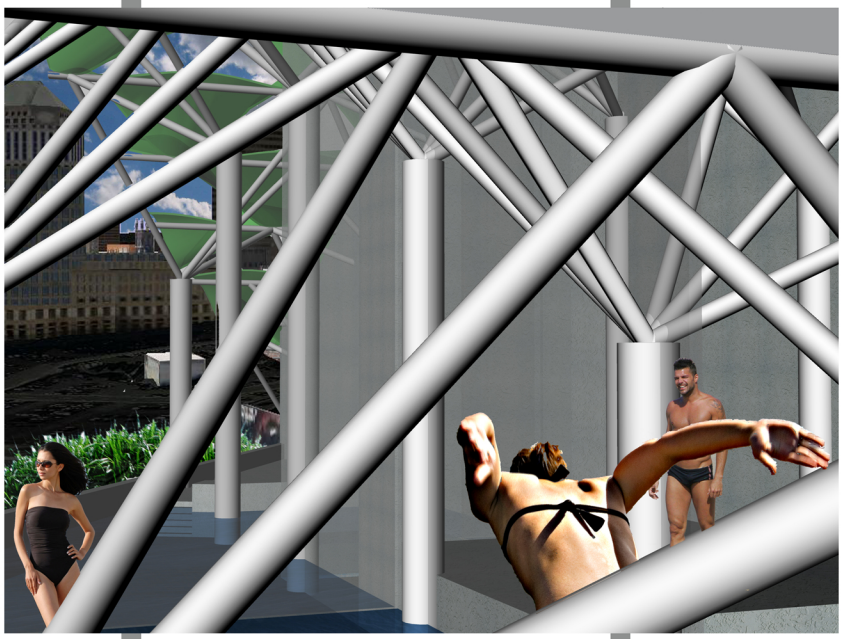
5. Clinic
- 5A. Exercise area
- 5B. Treatment Cubicle
- 5C. Exam room
- 5D. Whirlpool
- 5E. Doctor Office
- 5F. Office
- 5G. Rest room
- 5H. Patient room

6. Hotel
- 6A. Single room
- 6B. Double room
- 6C. Extended stay room

7. Parking
8. Loading dock
9. Storage
10. Laundry room
11. Mechanical and electrical room
12. Court yard
13. Green edge
14. Ramp System
15. Tree houses



Lower Level 1 Scale:1/250



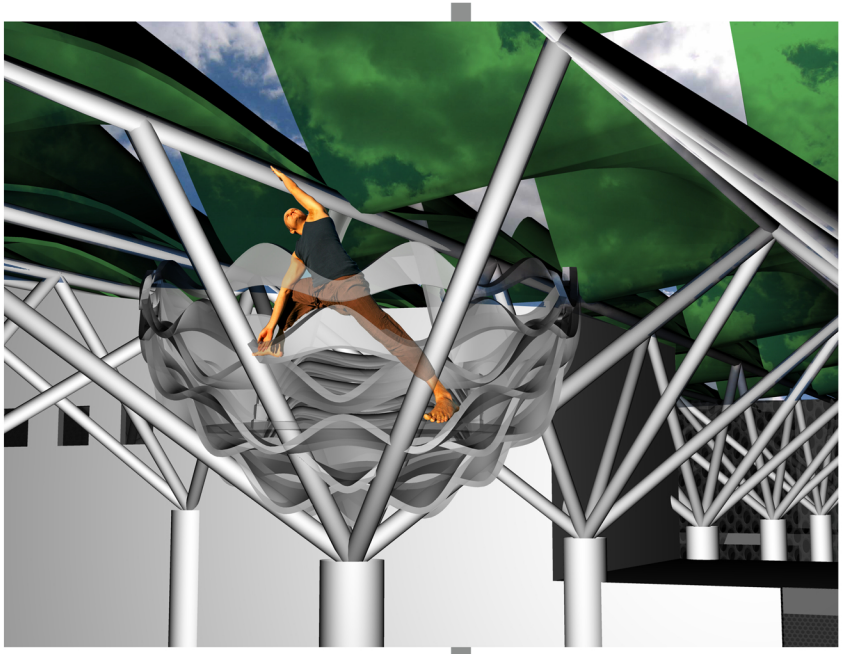


Water Therapy



Section A-A Scale:1/250

Ground Floor Scale:1/250





Tree houses or Open individual rooms

1. Individual yoga room

2. Tea ceremony room

3. Different therapy rooms

For example:
Color therapy room





Section B-B Scale:1/250



First Floor Scale:1/250

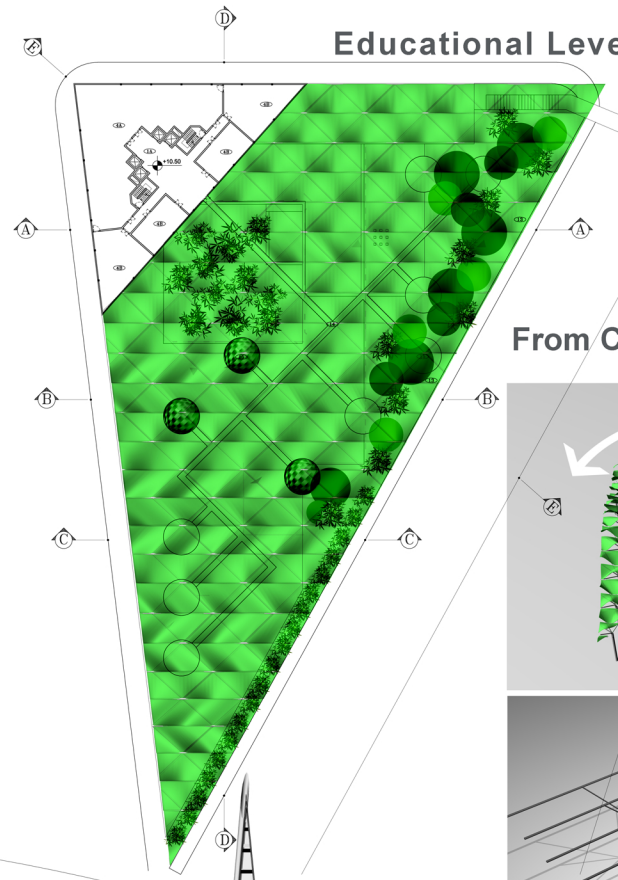


Night View from Downtown

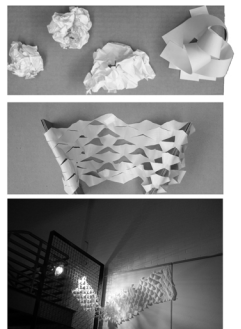


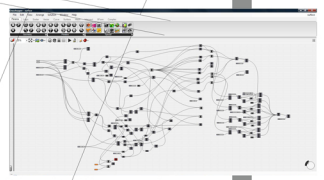
Section C-C Scale:1/250

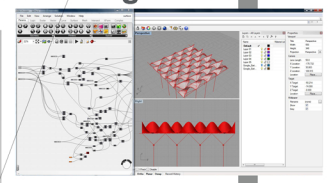
Educational Level 1 Scale:1/250

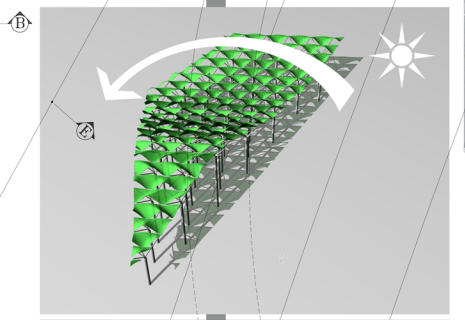


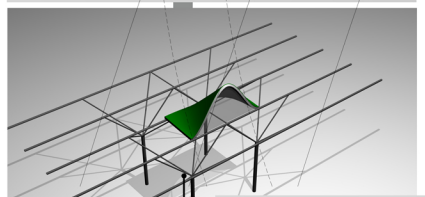
From Conceptual Fabric to Building Form







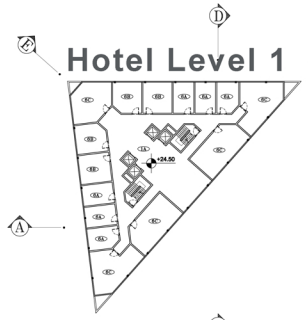






Section D-D Scale:1/250

Hotel Level 1 Scale:1/250



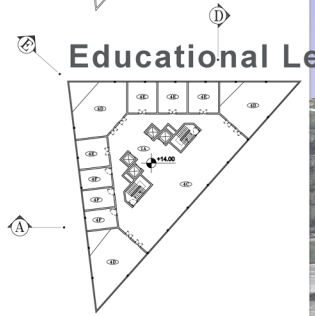
Clinic Room Level 1 Scale:1/250

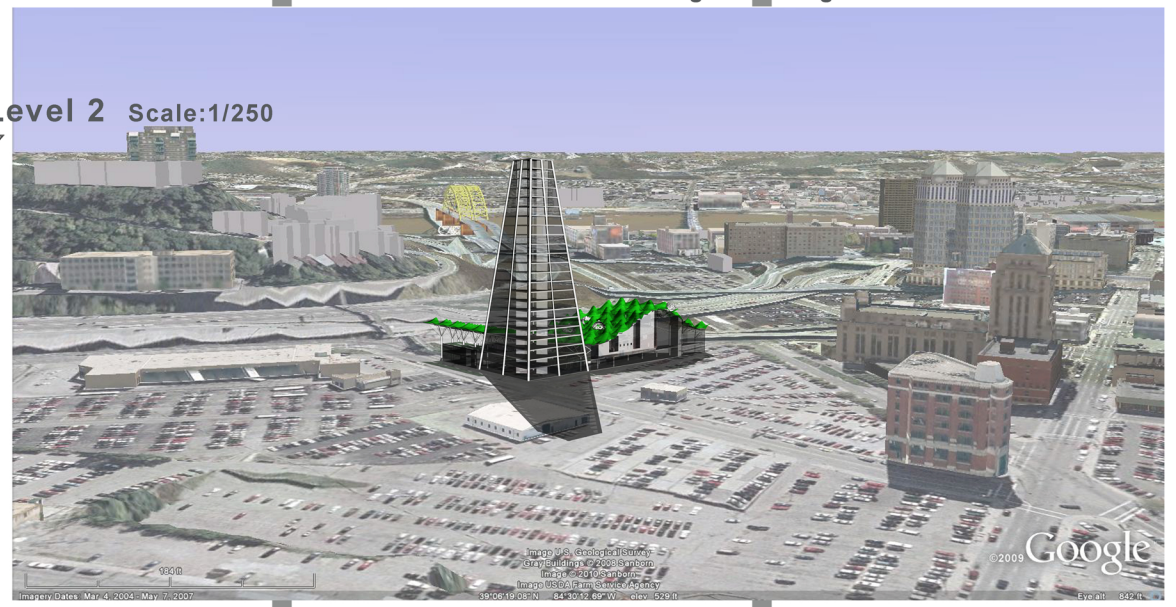


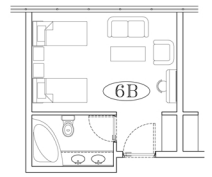
Clinic Level 1 Scale:1/250



Educational Level 2 Scale:1/250



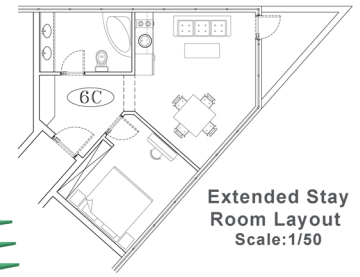




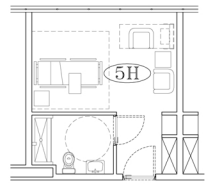
Double Room Layout
Scale:1/50



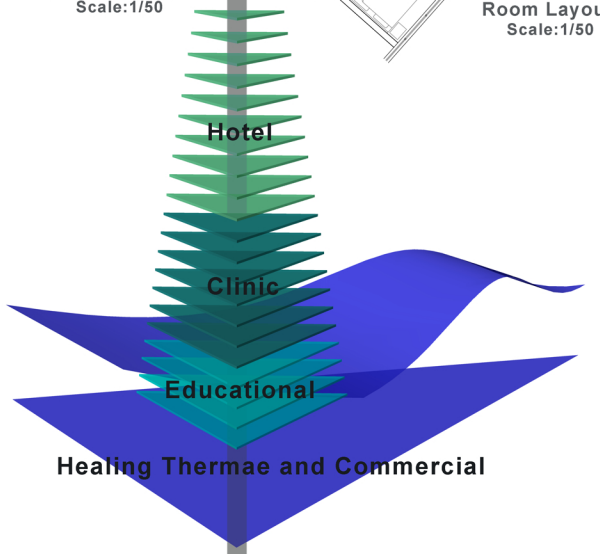
Single Room Layout
Scale:1/50



Extended Stay
Room Layout
Scale:1/50



Clinic Room Layout
Scale:1/50



Program Diagram

