

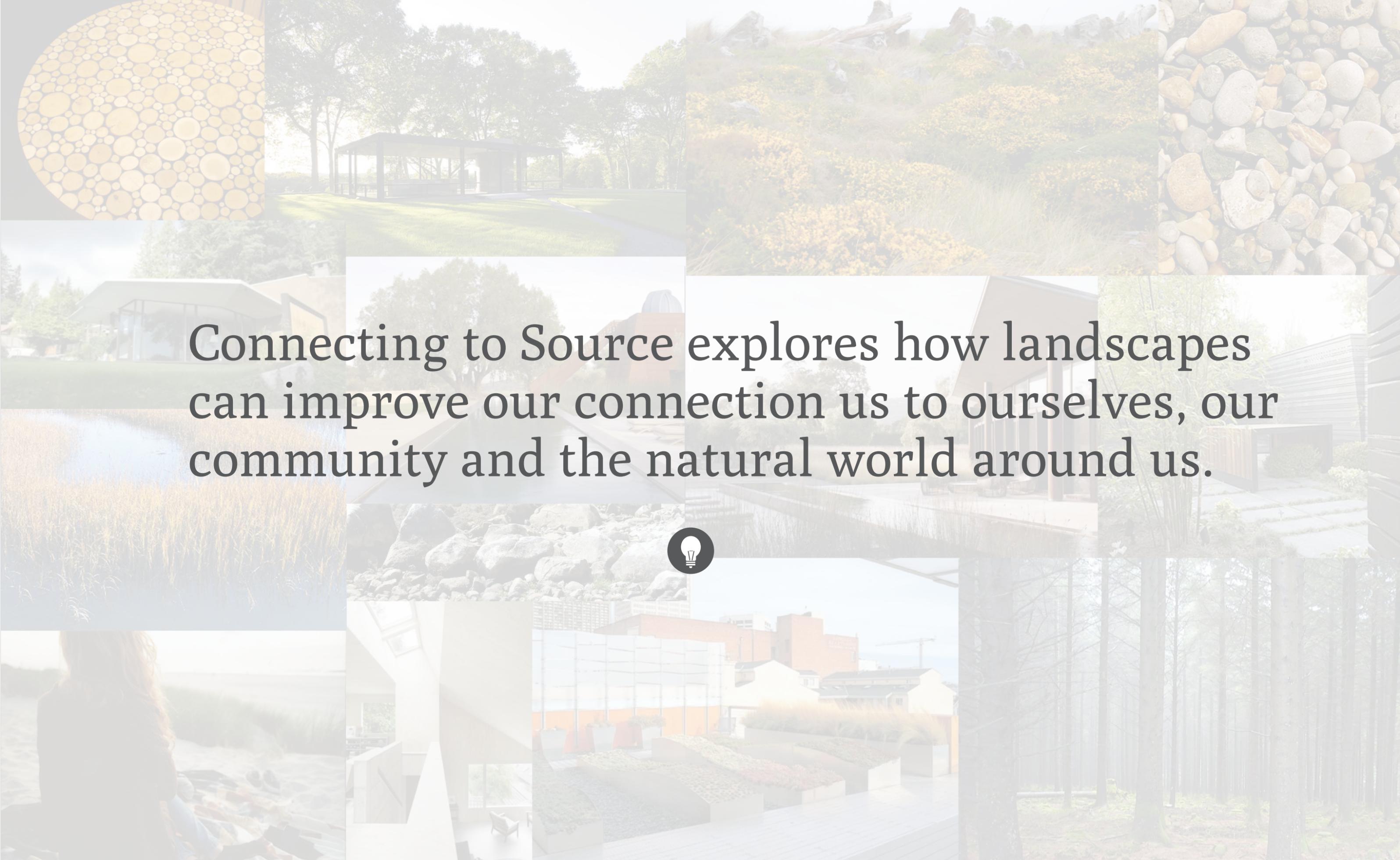


CONNECTING TO

# SOURCE

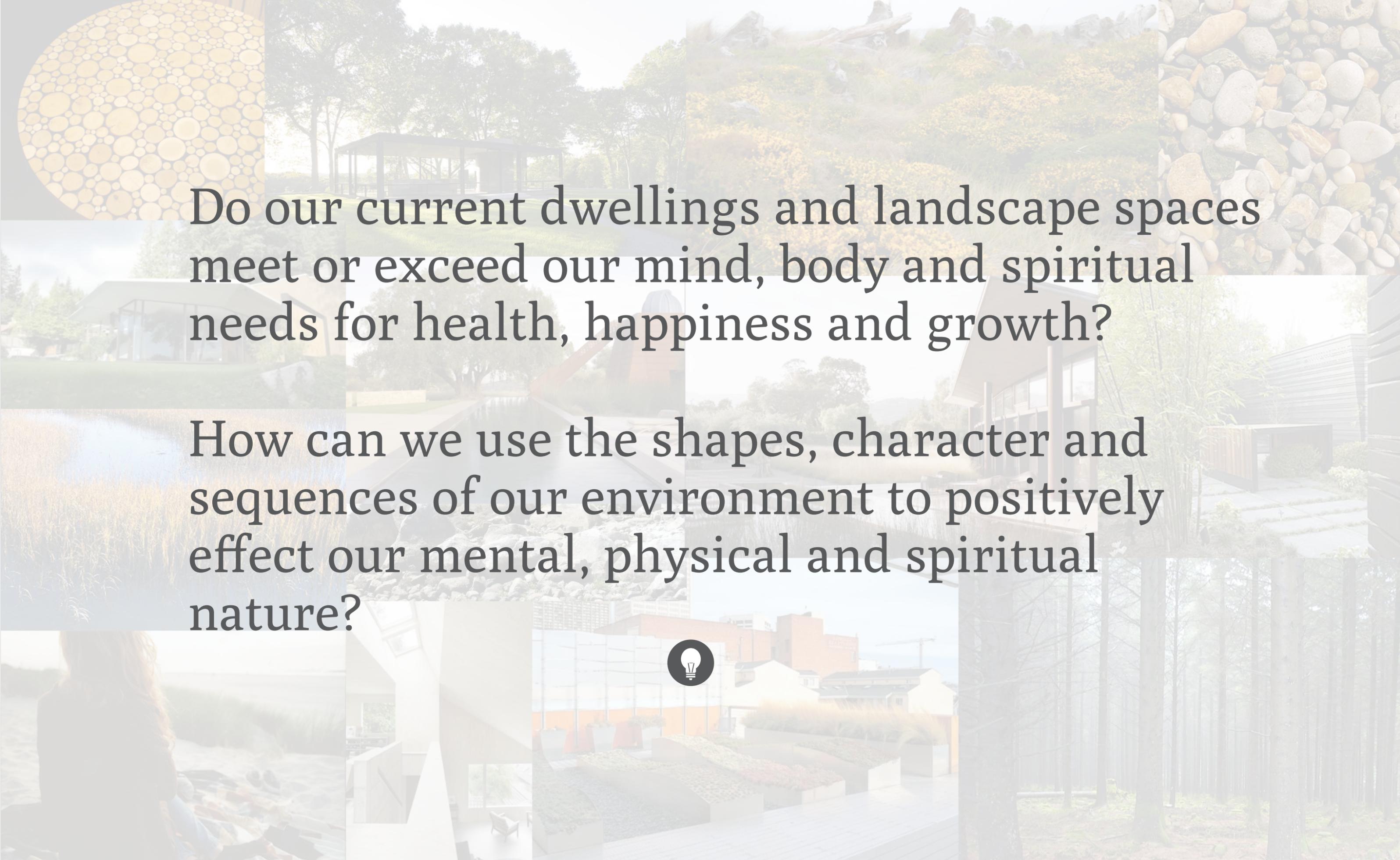
ALEXANDER SUVAJAC

*Instructors: Douglas Patterson & Cynthia Girling*  
*Mentors: Patrick Mooney & William Marsh*



Connecting to Source explores how landscapes can improve our connection us to ourselves, our community and the natural world around us.





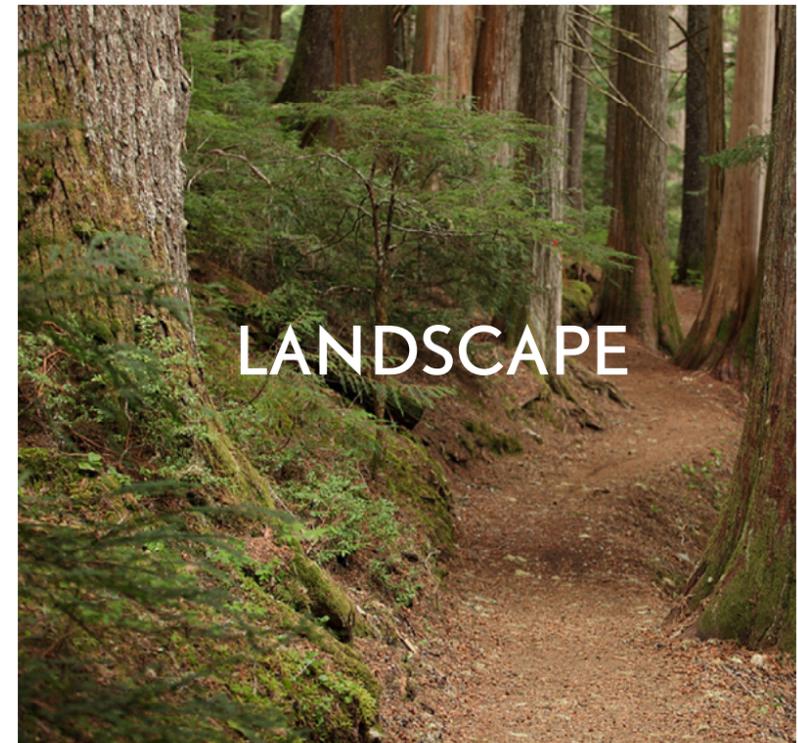
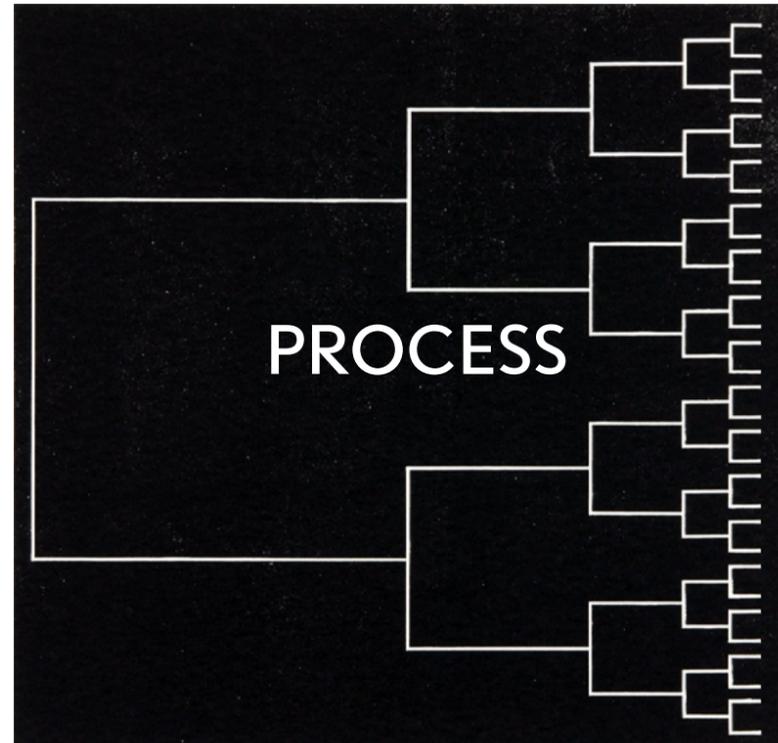
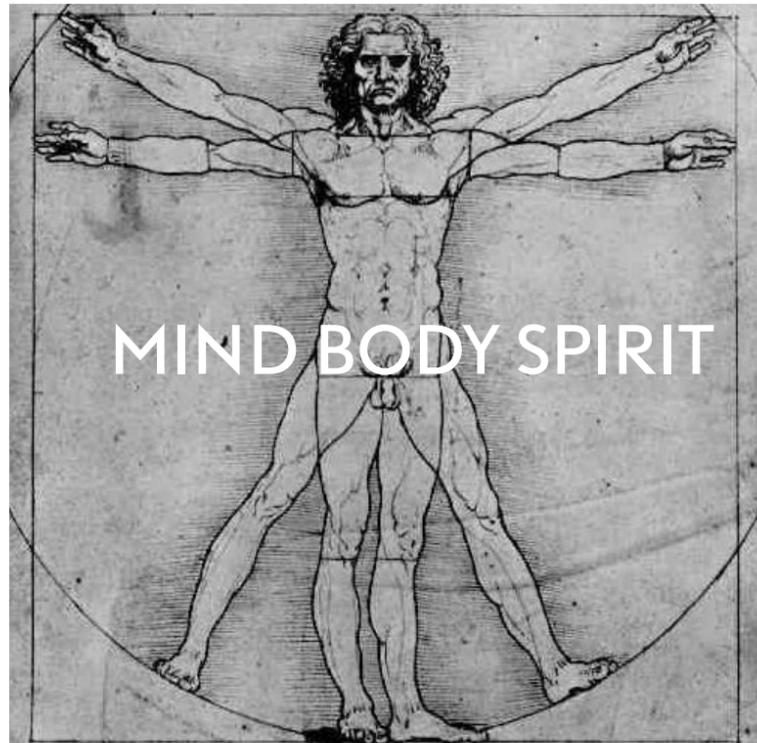
Do our current dwellings and landscape spaces meet or exceed our mind, body and spiritual needs for health, happiness and growth?

How can we use the shapes, character and sequences of our environment to positively effect our mental, physical and spiritual nature?



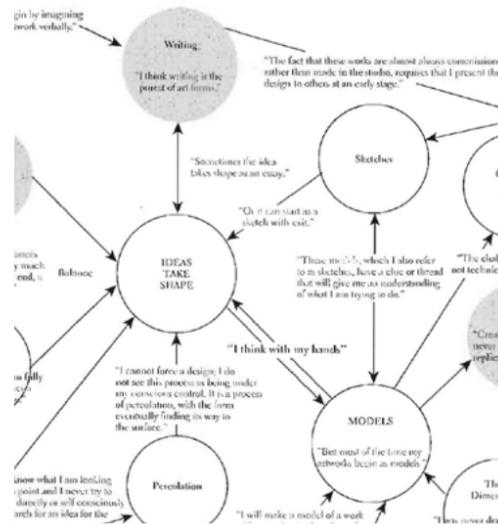


# Research.





# Research into Process, Ways of Seeing and Restorative Approaches to Landscape



EXAMPLES OF DESIGN PROCESS  
LAURENCE HALPRIN, GUNTHER VOGT



SENSITIVE APPROACHES TO DESIGN SEEING & WORKING  
WORKING WITH THE AND BEING INSPIRED BY THE LAND

Nature & Common Sense  
Clare Cooper Marcus  
Rachel & Steven Kaplan  
Gaston Bachelard  
Douglas Patterson  
Patrick Mooney Alex Stark  
Rudolf Steiner Deepak Chopra  
Roger Ulrich Pamela Woods  
Frederick Law Olmsted

COMPILED CONSIDERATIONS FOR INTEGRATIVE SETTINGS  
FROM LECTURES, RESEARCH & EVIDENCE

MAYA LIN

1. WRIT FIRST  
DEVELOP DIRECTION FOR CONCEPT
2. RESEARCH AND ANALYSIS (LEFTBRAIN THINKING) ABSORB ANALYSIS
3. SWITCH TO RIGHT BRAIN  
INTUITIVE SYNTHESIS THROUGH USING THE HANDS AND MAKING SKETCH MODELS

SATELLITE EYES

CAMERA

TELESCOPE

BINOCULARS

MICROSCOPE  
BEING NATURE

MAGNIFYING GLASS

ELECTRON MICROSCOPE

MEGALITHS

RICHARD LONG

MARKO POGACNIK

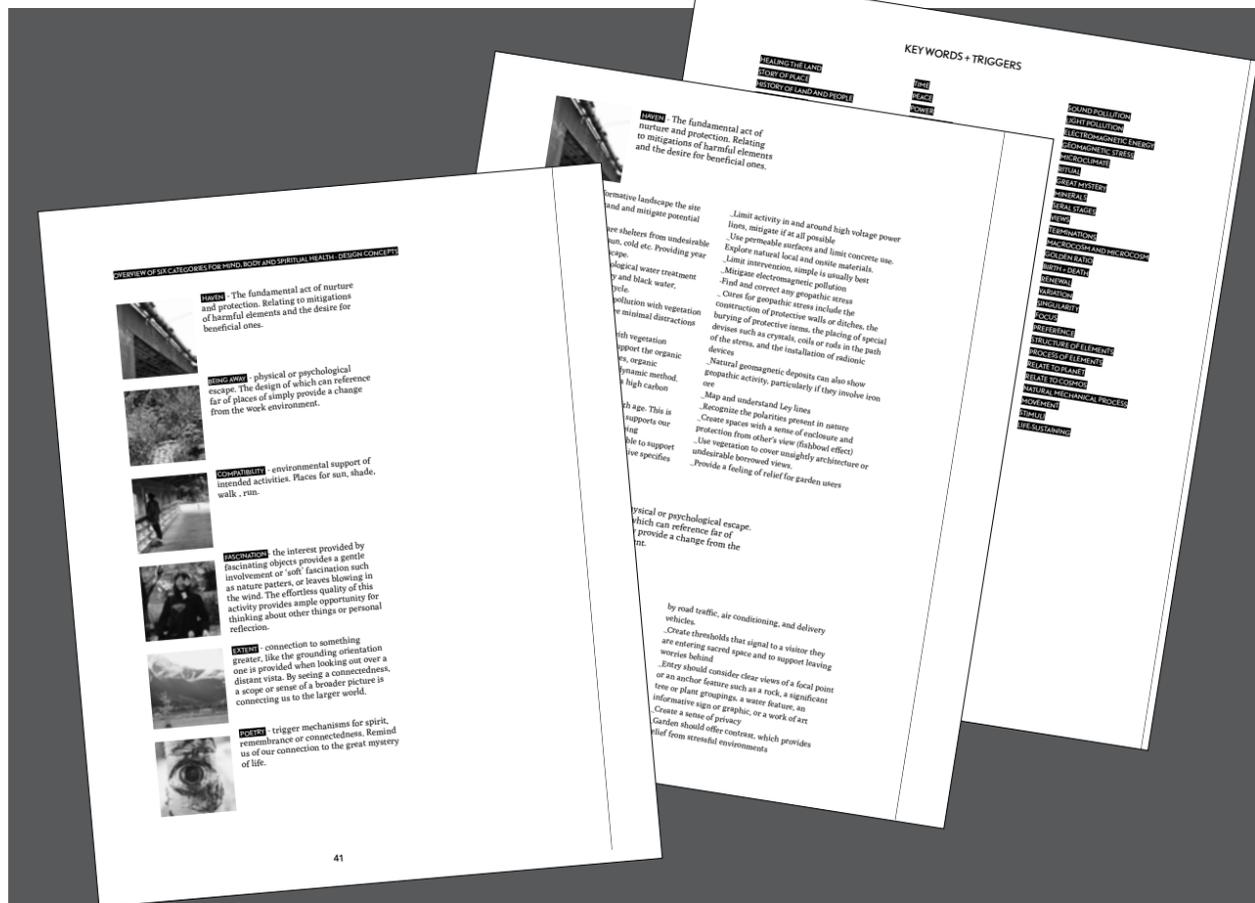
ANDY GOLDSWORTHY

CREATING WITH NATURE

GIUSEPPE RANDAZZO

ANTON STANKOWSKI

ZEN MONKS





# Restorative Landscapes for Mind, Body & Spirit

*In healthcare healing relates to some of the following*

- (1) relief from physical symptoms or awareness of those symptoms
  - (2) stress reduction
  - (3) improvement in overall sense of wellbeing
- Clare Cooper Marcus

*Design can be our aid in triggering the meditative process.*  
Heinrich Hermann

*four levels of development related to the restorative experience - each taking increasing amounts of time.*

- (1) "clearing the head"
- (2) "the recovery of directed attention"
- (3) "the recovery of cognitive quiet"
- (4) "reflections on one's life" which may include "a concern for meaning, for tranquillity, and for relatedness."

“

*"Nature employs the mind without fatigue and yet exercises it; tranquillizes it and yet enlivens it; and thus, through the influence of the mind over the body, gives the effect of refreshing rest and reinvigoration to the whole system." 19*  
Fredrick Law Olmsted

*Each person is an integration of physical, psychological, intellectual, and spiritual aspects, of which all are equally important when approaching health.*  
Leslie Freels Lloyd

*To achieve the highest level of restoration one requires "increasingly high quality restorative settings" in which they reference only the sacred groves of ancient Greece as a starting point.*  
Rachel & Steven Kaplan

*"the longing for nature is built into our genes", adding, "nature holds the key to our aesthetic, intellectual, cognitive and even spiritual satisfaction."*

E.O.Wilson, Biophilia

”

*"Just as in the body, eye and ear develop as organs of perception, as senses for bodily processes, so does a man develop in himself soul and spiritual organs of perception through which the soul and spiritual worlds are opened to him. For those who do not have such higher senses, these worlds are dark and silent, just as the bodily world is dark and silent for a being without eyes and ears."*  
Rudolf Steiner

*Re-stor-a-tive*

*as having the ability to restore health, strength, or well-being:*

*- the restorative power of long walks*

*Oxford Definition*

*"It is an old idea that the mind is in the brain, it is in fact in every cell of our body and part of a larger mind."*  
Deepak Chopra



# Integrating Sensitive Approaches

What makes an appropriate approach for a given project? What to consider? what is missed?

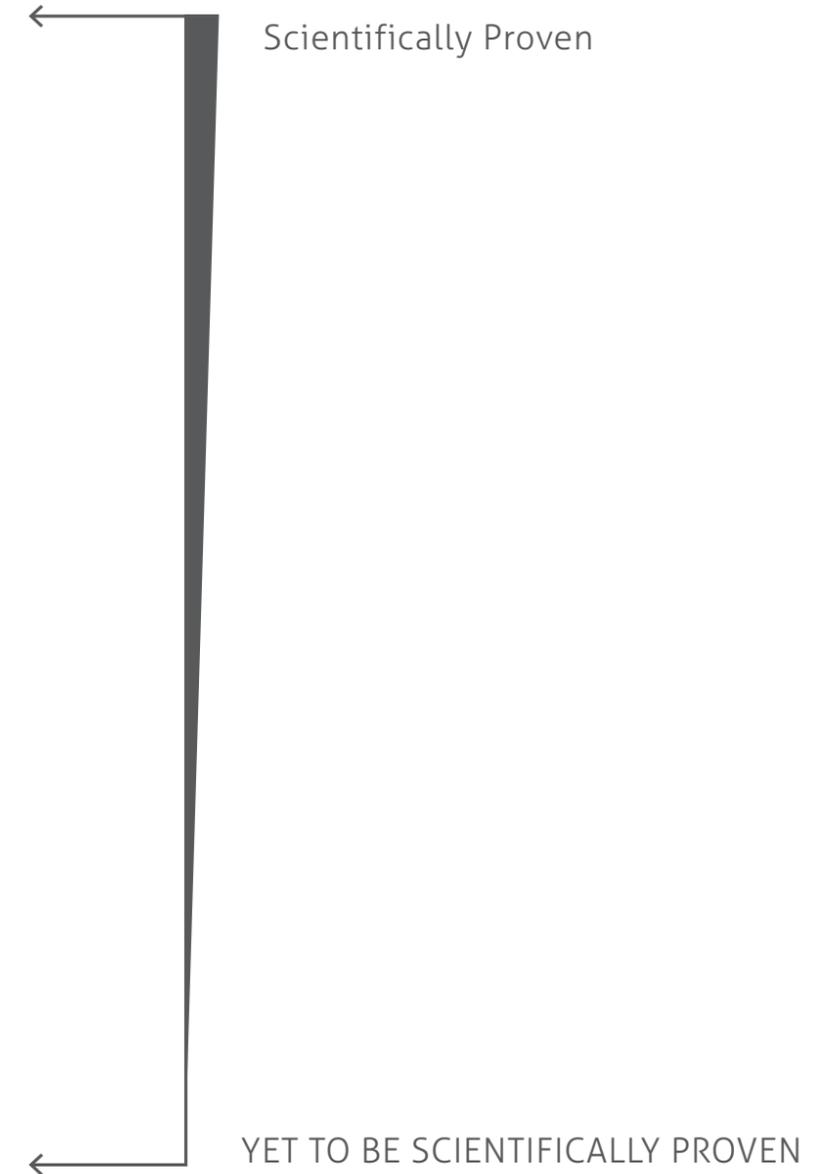
## Conventional Approach

- ● ENVIRONMENTAL PSYCHOLOGY
- ● BEST LANDSCAPE PRACTICES
- ● HIGH NATURAL CONTENT
- ● VERNACULAR DESIGN
- ● PLACE MAKING
- ● BIOMIMICRY
- ● BIOPHILIC DESIGN

## Alternative Modalities

- HERBOLOGY
- INDIGENOUS + ANCIENT WISDOM
- ● BEHAVIOURAL APPROACH TO PLANTING DESIGN
- ORGANIC ARCHITECTURE
- REGENERATIVE DESIGN
- PERMACULTURE
- ● FENG SHUI
- VASTU SHAstra
- ● SACRED GEOMETRY
- SACRED ARCHITECTURE
- BIODYNAMIC METHOD
- ● HORTICULTURAL THERAPY
- ● COLOUR THERAPY
- ● AROMATHERAPY
- ● VIBRATIONAL MEDICINE
- BUILDING BIOLOGY BAU-BIOLOGY
- DOWSING
- WESTERN GEOMANCY
- ● ART THERAPY IN NATURE
- ● LABYRINTHS - WALKING MEDITATION
- CRYSTAL HEALING
- ● CAIRN BUILDING
- ● LAND ART
- LITHOPUNCTURE

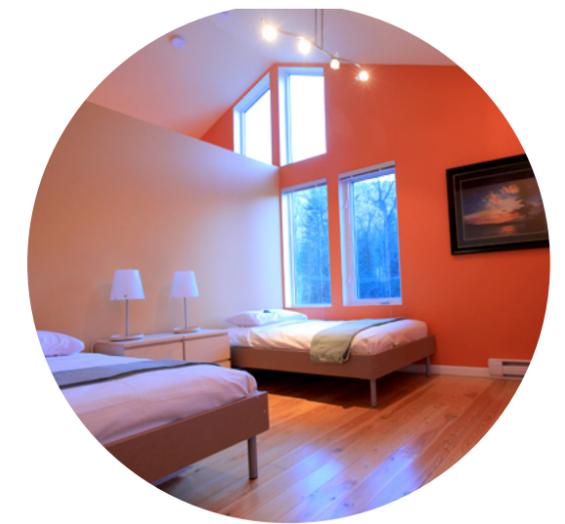
## Gradient





# Client: Chopra Addiction & Wellness Center

Chopra Addiction & Wellness Center offers a unique focus on promoting balance through an integration of body, mind and spirit.



INTEGRATIVE TREATMENT RESIDENTIAL ADDICTION CENTRE

## PROGRAM CREATORS

## TEAM OF SPECIALIST



**NIRMALA RANIGA**  
*founder*



**DEEPAK CHOPRA, M.D.**  
*partner*

- *psychiatrist* • *physician* • *nurses* • *master's level therapists* • *yoga & meditation instructors* • *art therapist* • *residential support workers* • *nutritionist* • *acupuncturist* • *massage therapists* • *chefs*

# Location

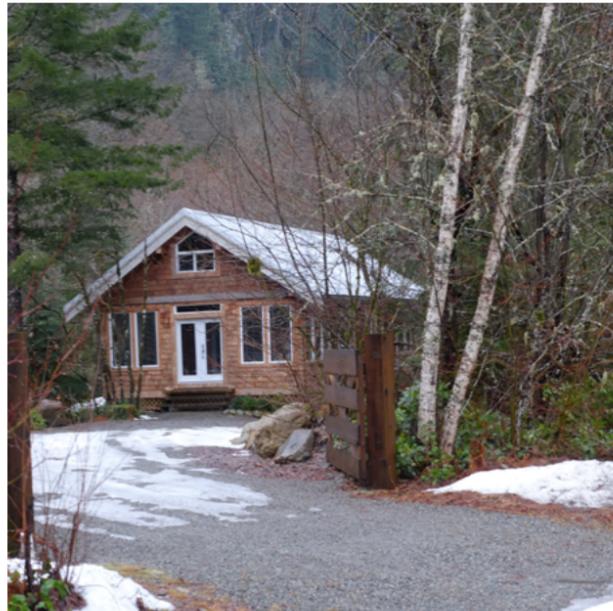
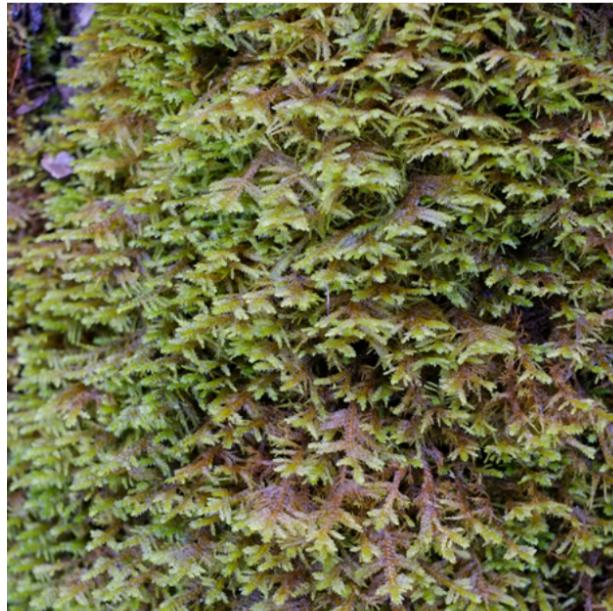
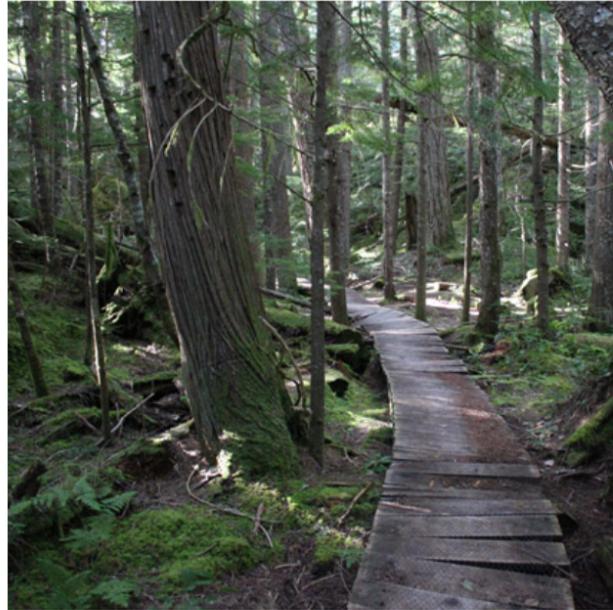


PARADISE VALLEY

BRAKENDALE

DOWNTOWN SQUAMISH

# Paradise Valley, North Squamish BC





# Site & Neighbours

## Chopra Addiction & Wellness Centre



### Site • A

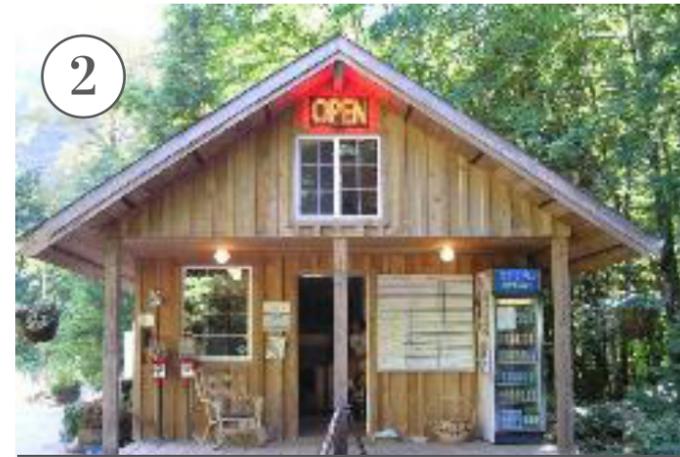
CENTRE FACILITIES, RESIDENCE, PARKING, FOREST TRAILS

### Site • B

NOT CURRENTLY UTILIZED, FOREST PLOT, ADJACENT POND



**NVOS • North Vancouver Outdoor School**  
420 ACRES OF ECOLOGICAL RESERVE & ED. INSTITUTE



**Paradise Valley Campground**  
DIRECTLY ACROSS PARADISE VALLEY RD SUBDIVIDED LAND TO CREATE THE WELLNESS CENTRES CURRENT 10 ACRE LOT.



**Tenderfoot Creek Hatchery**  
BUILT IN 1981 TO INCREASE CHINOOK SALMON IN THE SQUAMISH RIVER WATERSHED



# Understanding the Risks & Realities

## RESPONSE

①

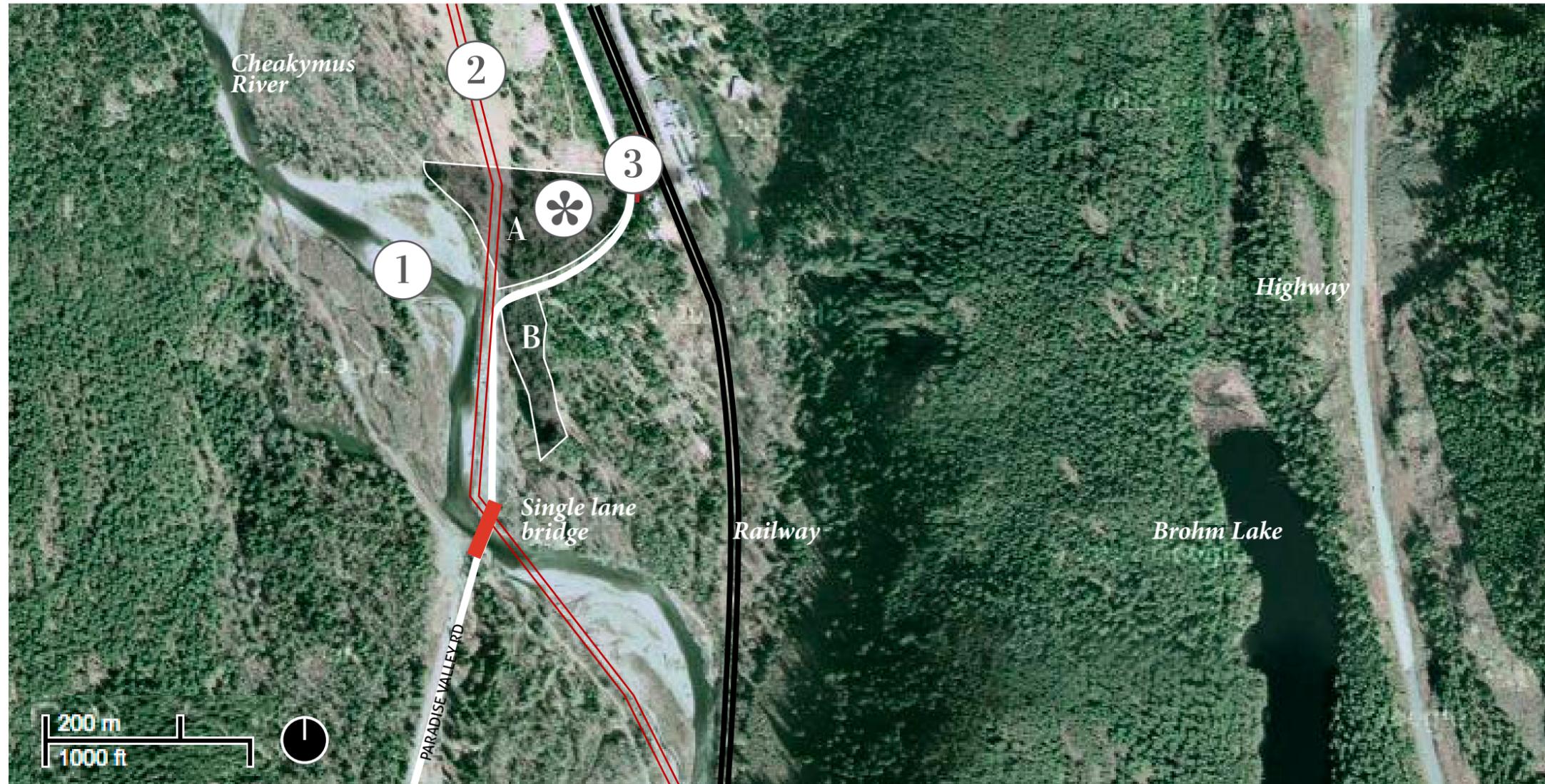
- Build High
- Build appropriate drainage patterns & score protection
- Restore Healing Qualites of Water to Site

②

- Electromagnetic pollution & geopathic stress can be mitigated through proprietary device.
- ie. GFD-2 SFT Field Resonators covers 800 sq. metres.

③

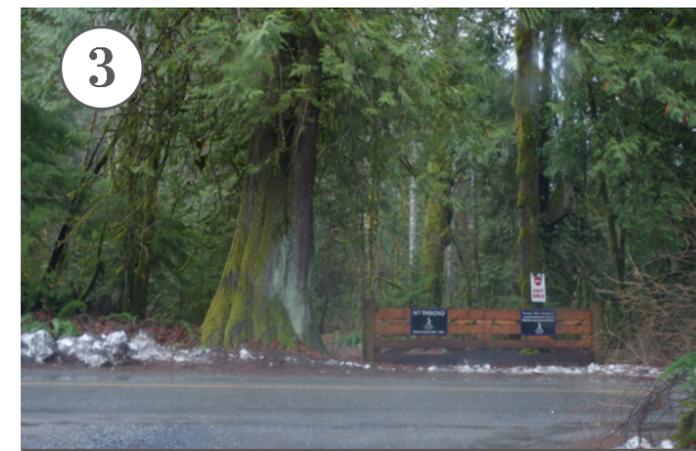
- Limit risk through design
- Exprore alternative arrival opportunities



**Cheakamus River Floodplain - Flood Risk**  
420 ACRES OF ECOLOGICAL RESERVE & ED. INSTITUTE



**Hydro Corridor - High Voltage EMF**  
DIRECTLY ACROSS PARADISE VALLEY RD SUBDIVIDED LAND TO CREATE THE WELLNESS CENTRES CURRENT 10 ACRE LOT.



**Blind S-Cuvre - Auto & Train Noise**  
BUILT IN 1981 TO INCREASE CHINOOK SALMON IN THE SQUAMISH RIVER WATERSHED



# Site

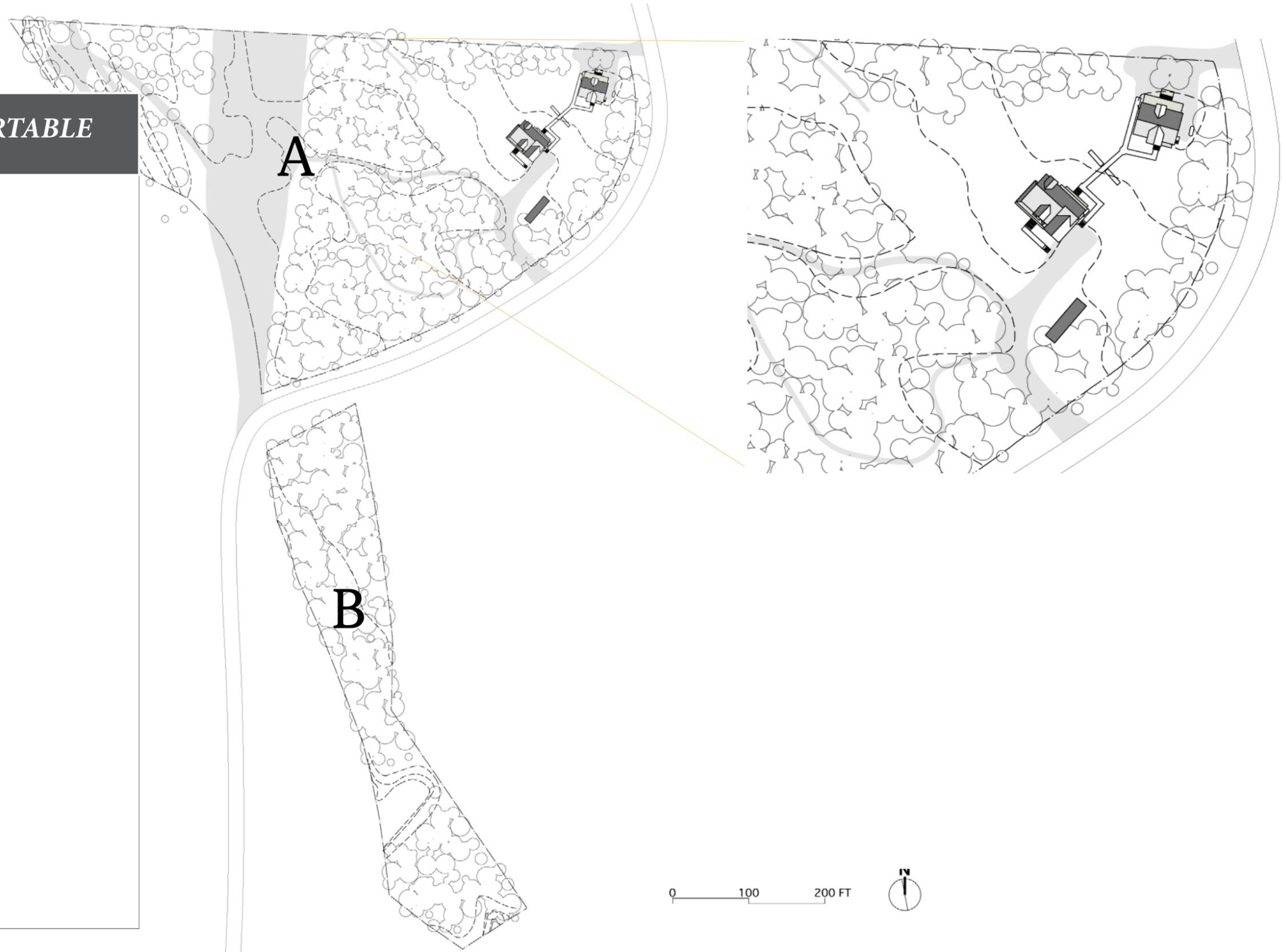


## HOUSE, GUEST HOUSE & PORTABLE EXISTING - 16 RESIDENCE

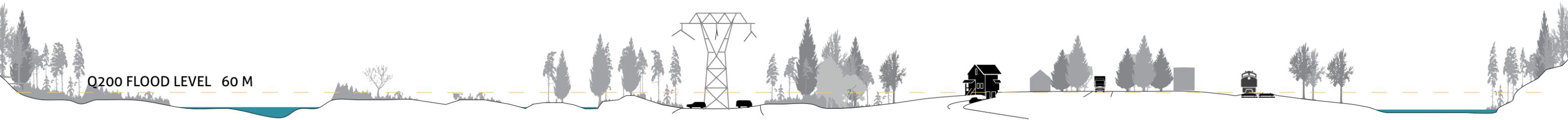
BLDG • A    2.5 STORY  
*reception  
 offices  
 s/m therapy rm meditation room  
 fitness room  
 yoga (garage)  
 sleeps 8 (f) guest  
 bathrooms  
 storage*

BLDG • B    2 STORY  
*kitchen  
 eating hall  
 sleeps 8 (m) guest*

PORTABLE 1 STORY  
*storage  
 office space*



# CURRENT CONDITIONS



Q200 FLOOD LEVEL 60 M

VALLEY EDGE

CHEAKAMUS

RIVER DIKE  
+ FIRE PIT

HYDRO CORRIDOR  
+ CENTER PARKING

DENSE FOREST  
+ TRAILS WALKS

HUGE OPEN YARD

PARADISE VALLEY RD CP RAIL

SALMON HATCHERY

STREAM BED

VALLEY EDGE

SECTION A-A



# Site Developments

P

## PROPOSED 3-STORY PROPOSED WITH ZONING PLAN

**BLDG • A**  
2.5 STORY

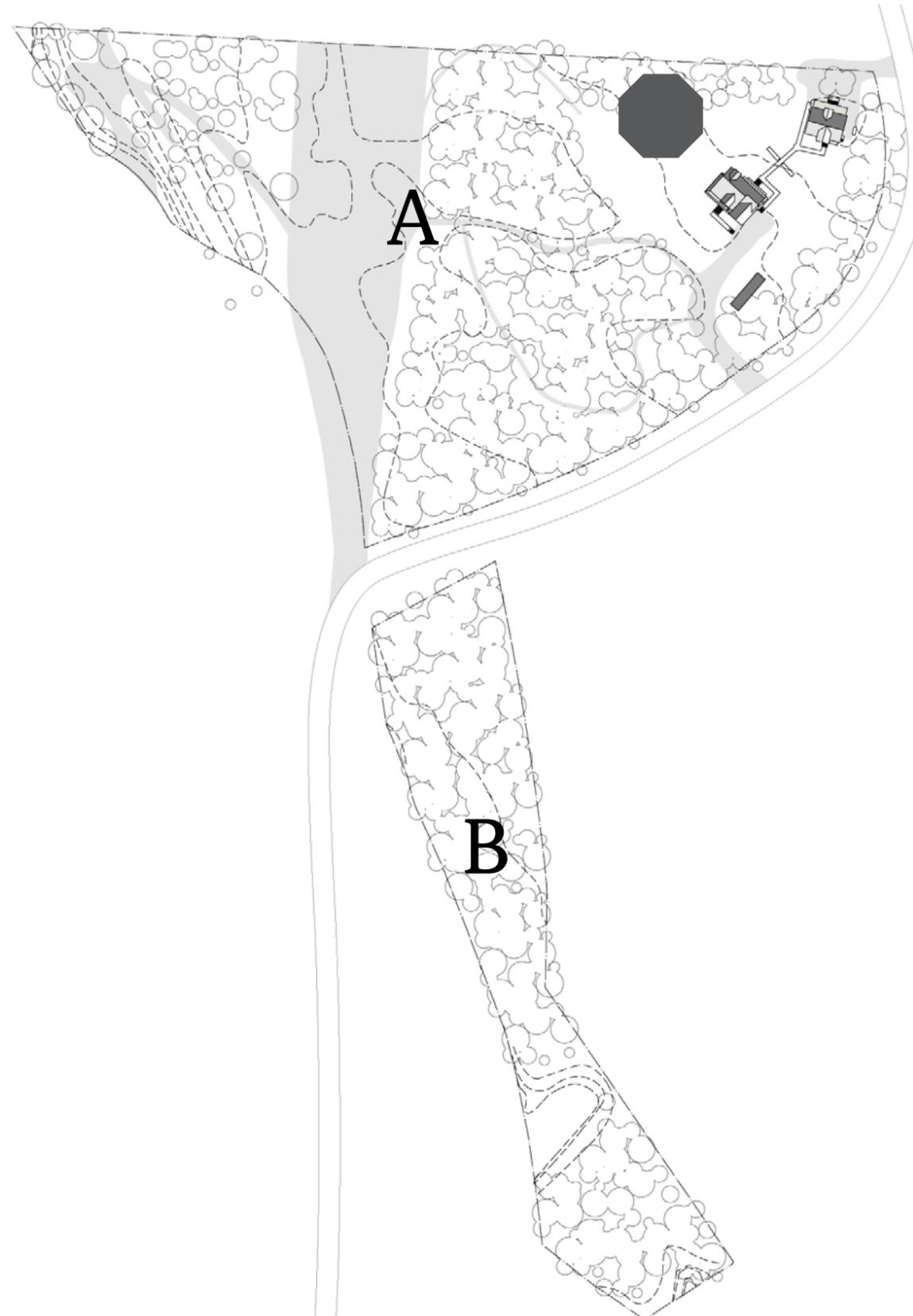
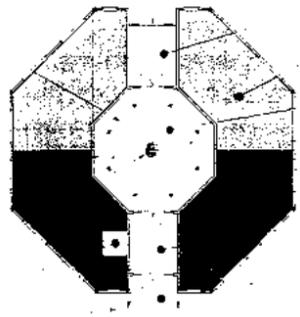
RECEPTION  
OFFICES  
THERAPY SPACES

**BLDG • B**  
2 STORY

KITCHEN  
EATING HALL  
SOLO RESIDENT RM

**NEW - C**  
3 STORY

OFFICE  
THERAPY ROOM  
W RESIDENCE (24)  
M RESIDENCE (24)  
COMMON SPACE  
STORAGE  
WASHROOM



0 100 200 FT



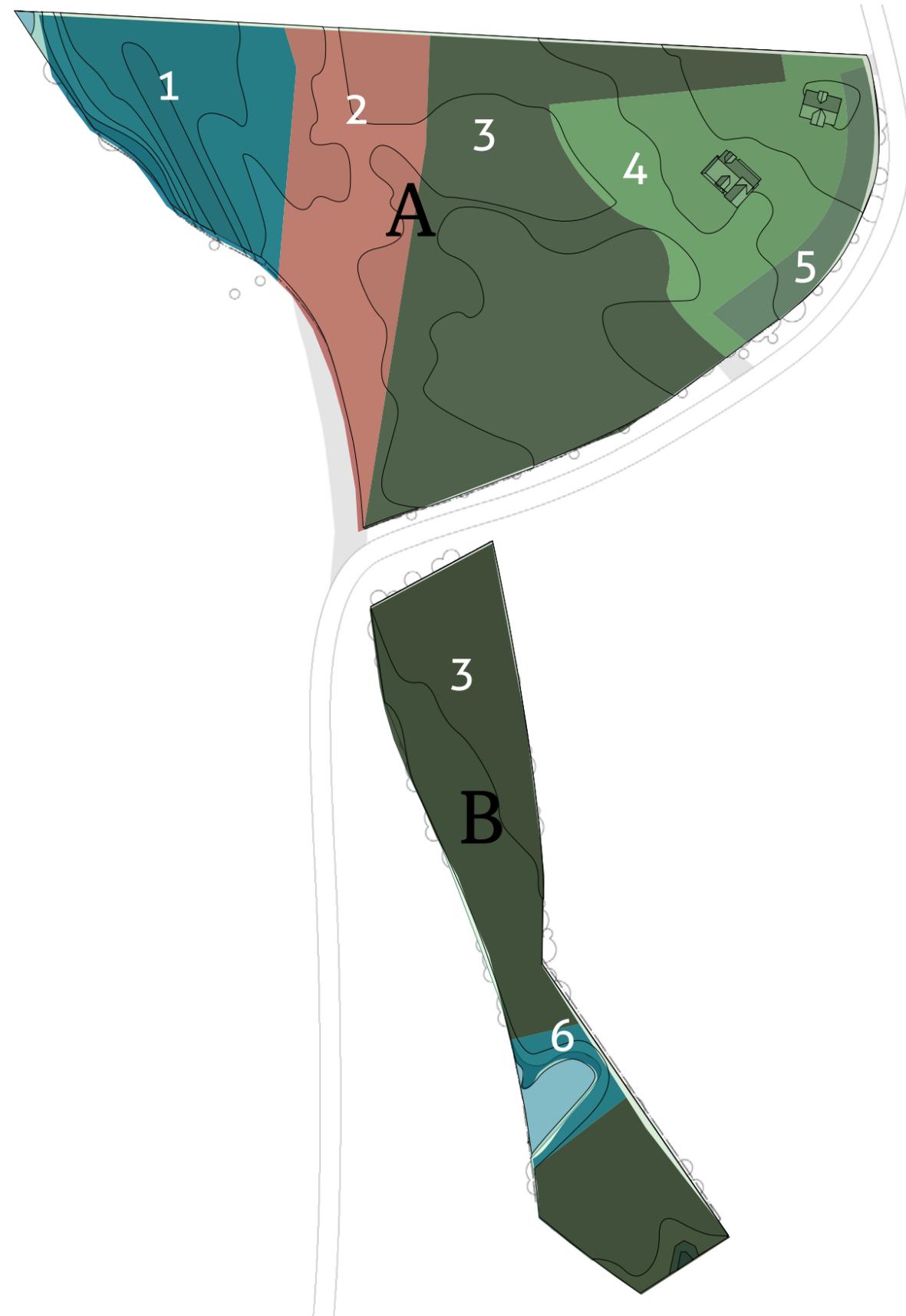
# TOPOGRAPHY





# CHARACTER MAPPING

- 1 RIVERSIDE
- 2 HYDRO CORRIDOR/PARKING
- 3 FOREST
- 4 YARD
- 5 BUFFER
- 6 CREEKSIDE



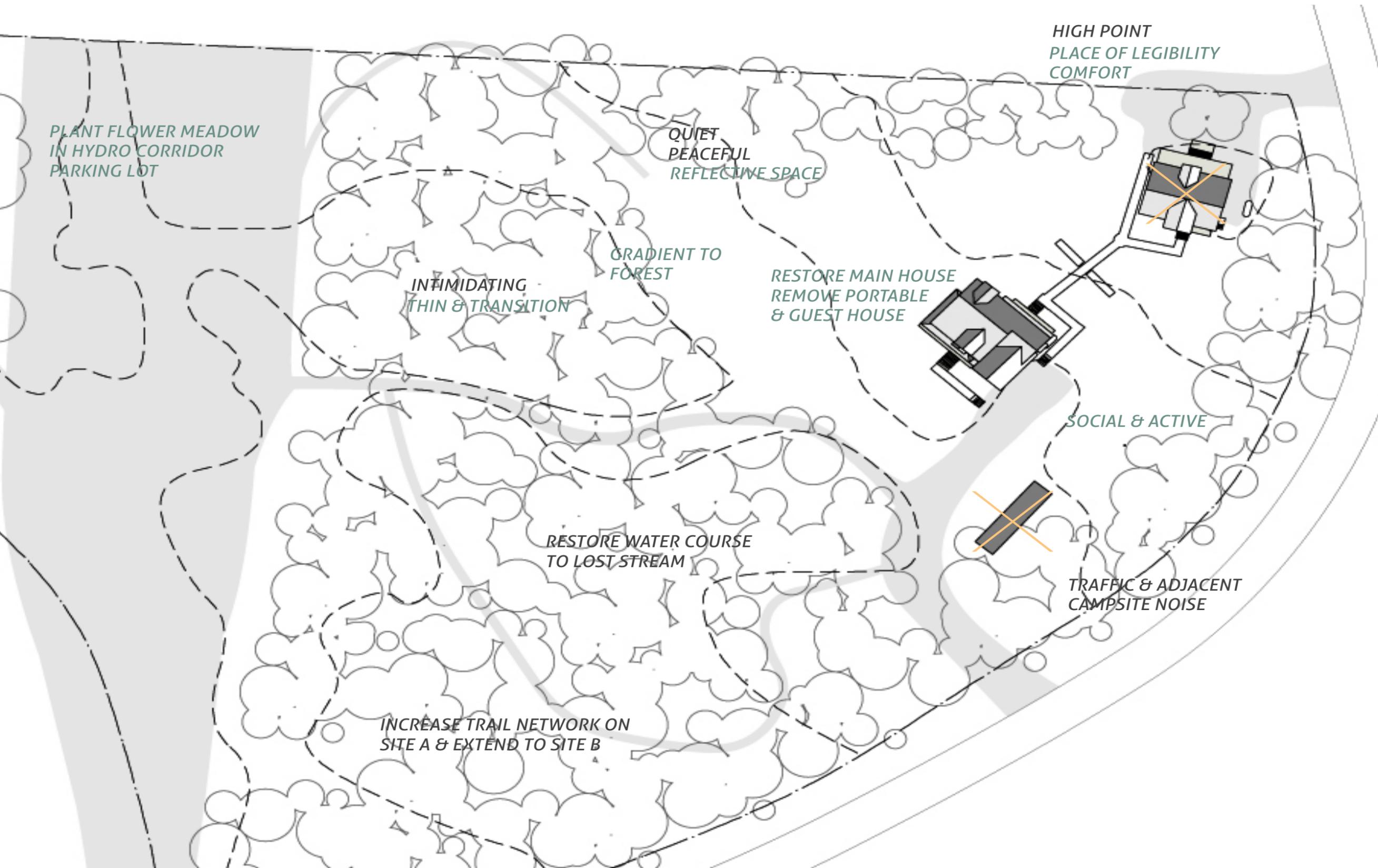
0 100 200 FT





# Site Assosiations

OBSERVED SUGGESTED





SO WHY DOES THE CHOPRA ADDICTION AND WELLNESS CENTER NEED A LANDSCAPE ARCHITECT ?





HEALING CENTERS REQUIRE HIGH QUALITY RESTORATIVE LANDSCAPES TO  
ENHANCE THE PROGRAMING & EFFECTIVNESS OF THE CENTER



# SITE REALITY



RETROFITED HOUSE AND GUEST HOUSE FOR 16 RESIDENTS

NEW BUILDING NEEDED FOR EXPANSION

CURRENT BUILDINGS ISOLATED ON HUGE OPEN LAWN SURROUNDED BY DENSE FOREST EDGES.



## *LIMITED RESTORATIVE QUALITIES*

ACHIEVES

- OPEN SPACE
- PICNIC TABLE SEATING
- GAZEBO AS DESTINATION
- FOREST TRAIL WALK

LACKS

- SPATIAL VARIETY
- INTEGRATION WITH NATURAL LANDSCAPE
- VARIETY OF LIGHT CONDITIONS
- TRIGGERS FOR MINDFULNESS
- PROSPECT / REFUGE

## *OVER SIZED OPEN SPACE*

ACHIEVES

- MAXIMUM SOLAR EXPOSURE
- PLAY FIELD LIKE SPACE
- SENSE OF ISOLATION & OVER EXPOSURE

LACKS

- VARIETY IN SPATIAL TYPES
- INTEGRATION WITH CENTRES PROGRAMS
- COMFORT
- PRIVACY
- PROSPECT & REFUGE
- HUMAN SCALE
- VARIETY IN LIGHT QUALITY
- WATER FEATURES

## *DENSE FOREST EDGE*

ACHIEVES

- TRAIL WALKS
- PRESERVATION OF NATURE
- PRECIVED BOUNDRY / EDGE
- INTIMIDATING PRESENCE
- DARK CONTRAST TO LIGHT YARD

LACKS

- GRADIENT OR TRANSITION
- INTEGRATION WITH YARD / GARDEN / DWELLINGS
- INTEREST AS AN AMENITY
- FEELING OF SAFETY IF ALONE



# IDEAL



INTEGRATED CENTER BLENDING THE BENEFITS OF BUILDING AND LANDSCAPE

'LANDSCAPE THAT SUPPORT THE CENTER AND PROGRAMING'

PROFITABLE MAXIMUM CAPACITY CENTER



## *RESTORATIVE OPPORTUNITIES*

ACHIEVES

- VARIETY IN SPATIAL TYPES
- INTEGRATE CENTRES PROGRAMS
- VARIETY IN LIGHT QUALITY
- SENSE OF PLACE
- CHOICE & VARIETY
- COMFORT OPTIONS
- PRIVACY OPTION
- PROSPECT & REFUGE
- HUMAN SCALE
- DESTINATIONS & JOURNEY
- THRESHOLDS & TRANSITIONS

## *RANGE OF OPEN SPACE*

ACHIEVES

- MAXIMUM SOLAR EXPOSURE
- AMPLE GROUP SPACE

## *ROOMS IN NATURE*

ACHIEVES

- SENSE OF ENCLOSURE
- USING TOPOGRAPHY TO CREATE SPACES
- PROSPECT & REFUGE
- INCREASES LEVEL OF PRIVACY AND SAFETY
- COMFORT

## *WOODLAND GARDEN*

ACHIEVES

- THERAPUTIC BENEFITS OF WATER
- SOUND, SIGHT, TOUCH
- INCREASE IN WILDLIFE
- STREAM LEADS TRAILWALK
- THINED FOREST TO CREATE WOODLAND GARDEN
- MYSTERY & INTEREST

## *CLIMAX FOREST*

ACHIEVES

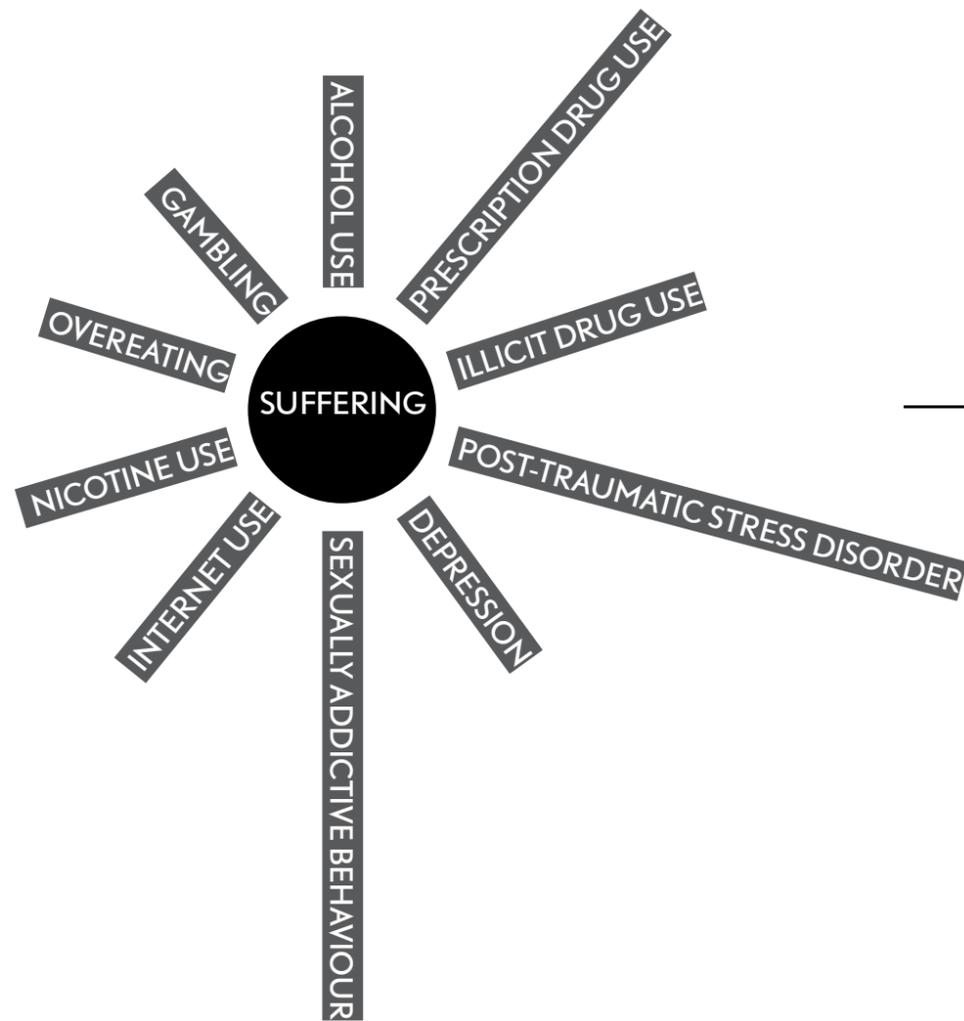
- GRADUAL TRANSITION TO DEEP FOREST
- INCREASE AWARENESS OF CLIMAX FOREST
- SENSE
- GENTLE GRADIENT FROM YARD TO FOREST
- WELCOME PRESENCE
- GRADIENT OR TRANSITION
- INTEGRATION WITH YARD / GARDEN / DWELLINGS
- GREATER SENSE OF SAFETY IS CREATED



# Treating Detrimental Habits with Beneficial Habits

ADDICTIONS TREATED AT CENTER

*Toxic Habits = Temporary Relief & Decline in Well-being*



TREATMENT APPROACH AT CENTER  
EASTERN MODALITIES + WESTERN SCIENCE

*Treatment Solution = Therapy & New Healthy Habits*





# Supporting the Centre with Restorative Design

*Swapping 'Toxic Habit's with 'Healthy Supportive Habits' within 'Environments that Echo Intent'*

## ADDICTIONS TREATED AT CENTER

- DESTRUCTIVE HABITS
- ALCOHOL ABUSE
- GAMBLING
- OVEREATING
- NICOTINE USE
- INTERNET USE
- SEXUALLY ADDICTIVE BEHAVIOUR
- DEPRESSION
- PRESCRIPTION DRUG USE
- ILLICIT DRUG USE
- POST-TRAUMATIC STRESS DISORDER

## TREATMENT APPROACH AT CENTER EASTERN MODALITIES + WESTERN SCIENCE

- BENEFICIAL PROGRAMS
- INDIVIDUAL & GROUP THERAPY
- INTERACTIVE EDUCATIONAL SESSIONS
- SPIRITUALITY
- ART + MUSIC THERAPY
- WORKING WITH FAMILY & FRIENDS
- MESSAGE THERAPY
- CONTINUING CARE
- FITNESS
- MINDFULNESS & MEDITATION
- SELF HELP GROUPS
- YOGA
- SMOKING CESSATION
- AYURVEDA
- NUTRITION AND VEGETARIAN DIET

## RESTORATIVE LANDSCAPE ARCHITECTURE

- LANDSCAPE SUPPORT
- HIGH NATURAL CONTENT / VEGETATION
- WILDLIFE HABITAT
- NATURE VIEWS
- ECOLOGICAL PROCESS
- INSPIRATION / CREATIVITY / MYSTERY
- COMFORT / JOY / RELAXATION
- NATURAL COLOUR
- NATURAL SOUND
- TOUCH & PERCEPTION
- NATURAL SCENT
- SYMBOLIC ELEMENTS & POSITIVE VIEWS
- SOOTHING MATERIALS
- QUALITY OF LIGHT



# Criteria For Restorative Landscapes - Sensitive Design Elements



SCENT / NATURAL MATERIALS



WILDLIFE / HABITAT



MOVEMENT / TOUCH / ELEMENTS



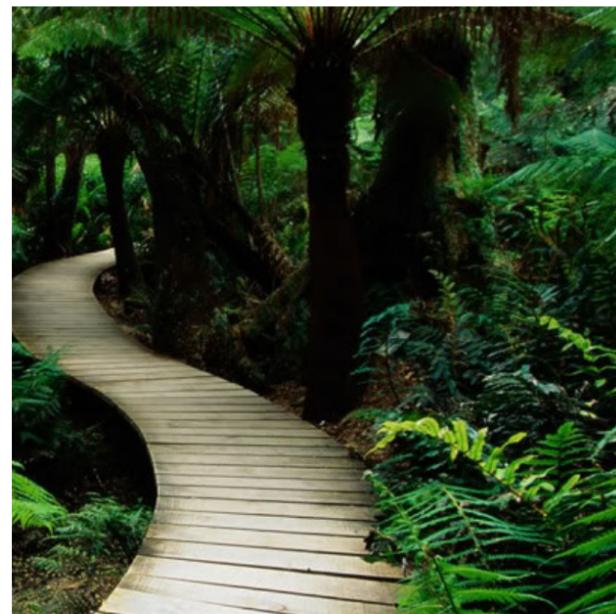
SEASONALITY / QUALITY OF



SOUND / CLEANSING



RITUAL / RELEASE/ GOOD LIFE



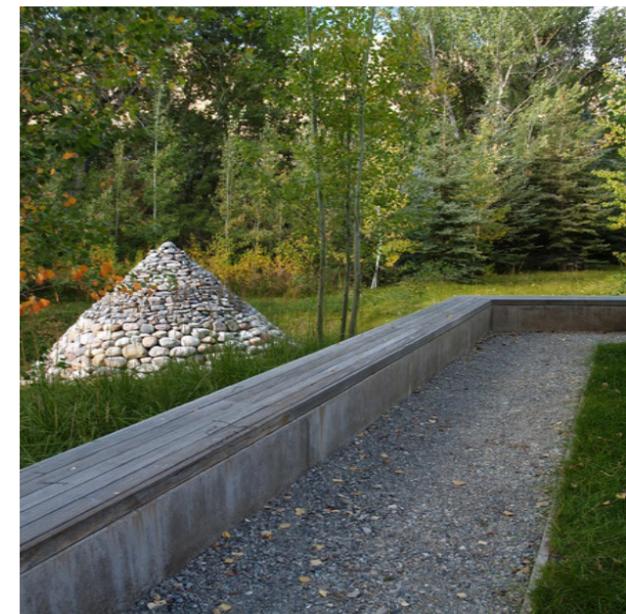
PERSONAL JOURNEY



TIME / SYMBOLISM / SOUL



POETRY / WHIMSY / SPIRIT



PURE GEOMETRIES



# Criteria For Restorative Landscapes - Sensitive Design Elements



INTEGRATED / WESTCOAST



INNOVATIVE WITH SITE MATERIAL



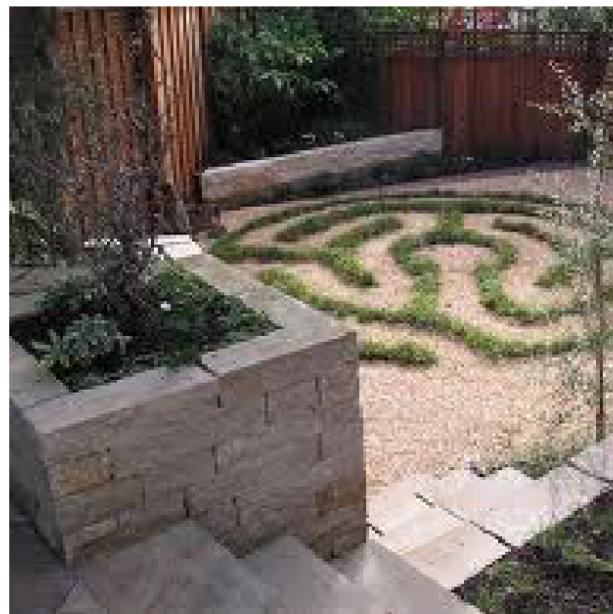
LIGHT & AIRY INTERIOR



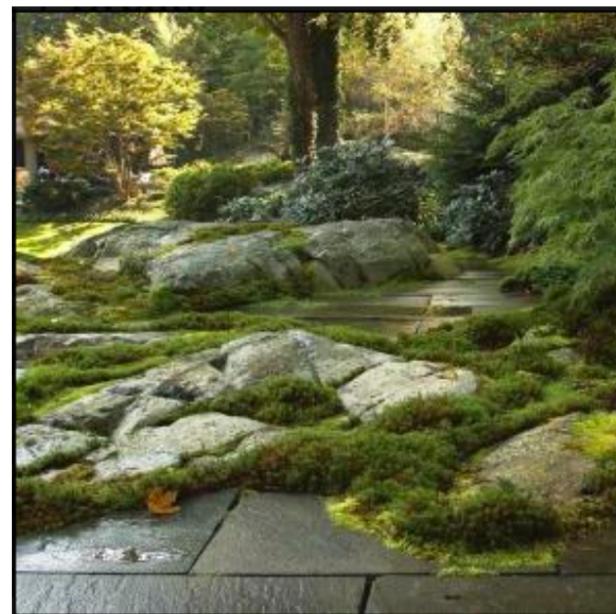
WELCOMING & RELAXING



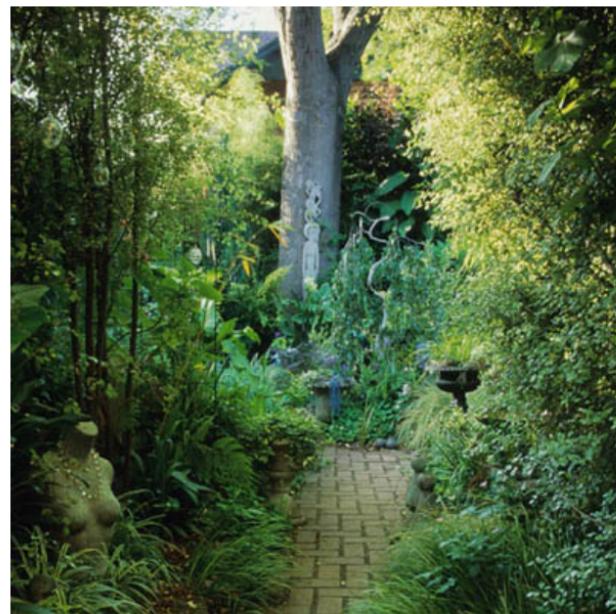
PEACEFUL



WALKING MEDITATION



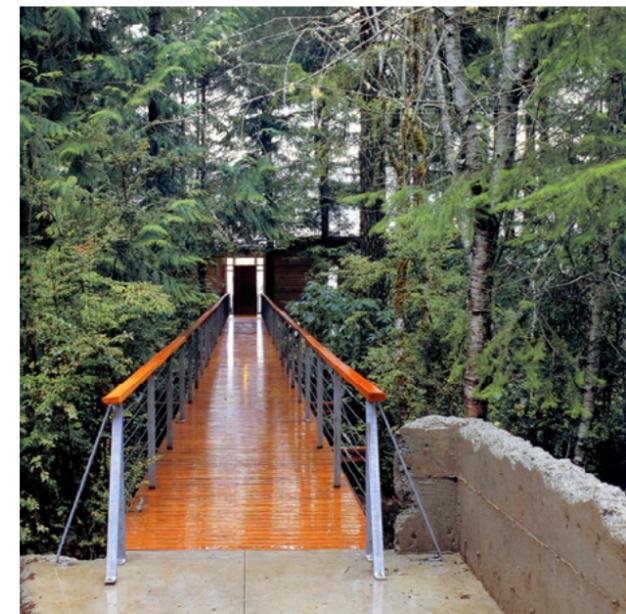
MOIST CLIMATE EMBRACE MOSS



FOCAL POINTS



REFLEXOLOGY PATHS



SITE APPROPRIATE



# The Design Evolution

PRECONCIEVED  
THEORIES &  
INTENT

+

UNDERSTANDING  
THE SITE

+

UNDERSTANDING  
THE CLIENT

*CRITERIA FOR RESTORATIVE LANDSCAPES*  
SENSITIVE DESIGN ELEMENTS

*ROOMS & THRESHOLDS*  
LANDSCAPE AS JOURNEY

*INSIDE/OUTSIDE RELATIONSHIPS*  
VIEWS AND CONPADABILITIES BETWEEN BUILDING & SPACES BETWEEN

*SITE CONDITIONS & EXPOSURE*  
RESPONSE TO ENVIRONMENTAL FACTORS

*NEW POTENTIAL SPATIAL VARIETIES*  
SMALL & BIG MOVES

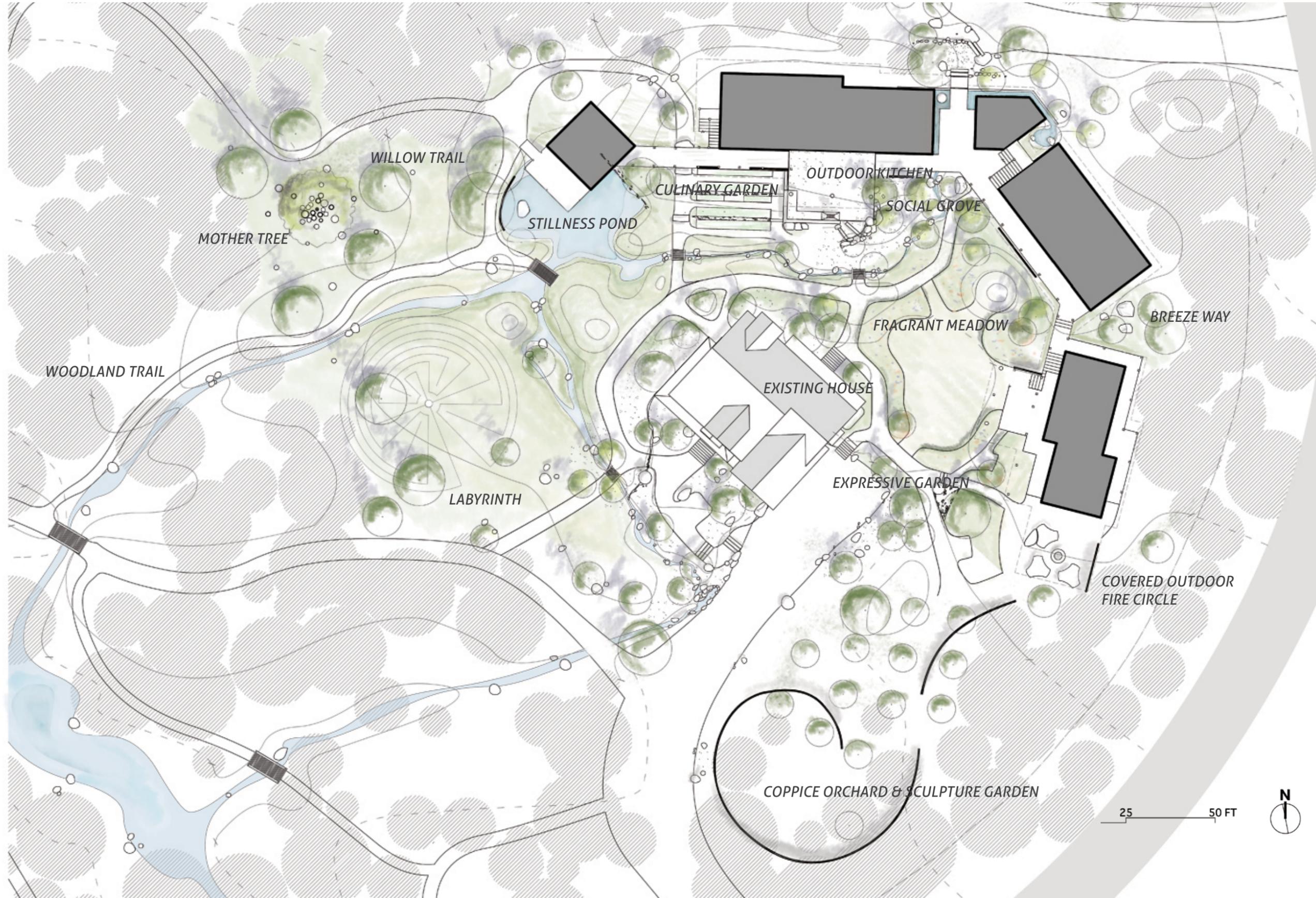
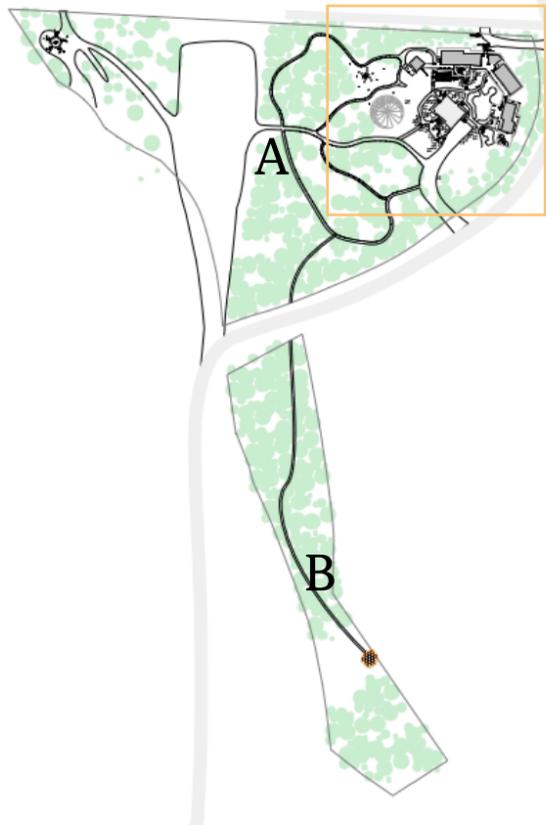
*TREATING DETRIMENTAL HABITS WITH BENEFICIAL HABITS*  
LEARNING ABOUT THE PROGRAMS TO DESIGN FOR THEM

*LANDSCAPE SUPPORT MATRIX*  
EXISTING TO POTENTIAL PROGRAMS ELEMENTS

*EXPANDING CENTER TO SUPPORT LARGER RESIDENT CAPACITY*  
NEED FOR NEW ARCHITECTURE



# Main Grounds Master Plan

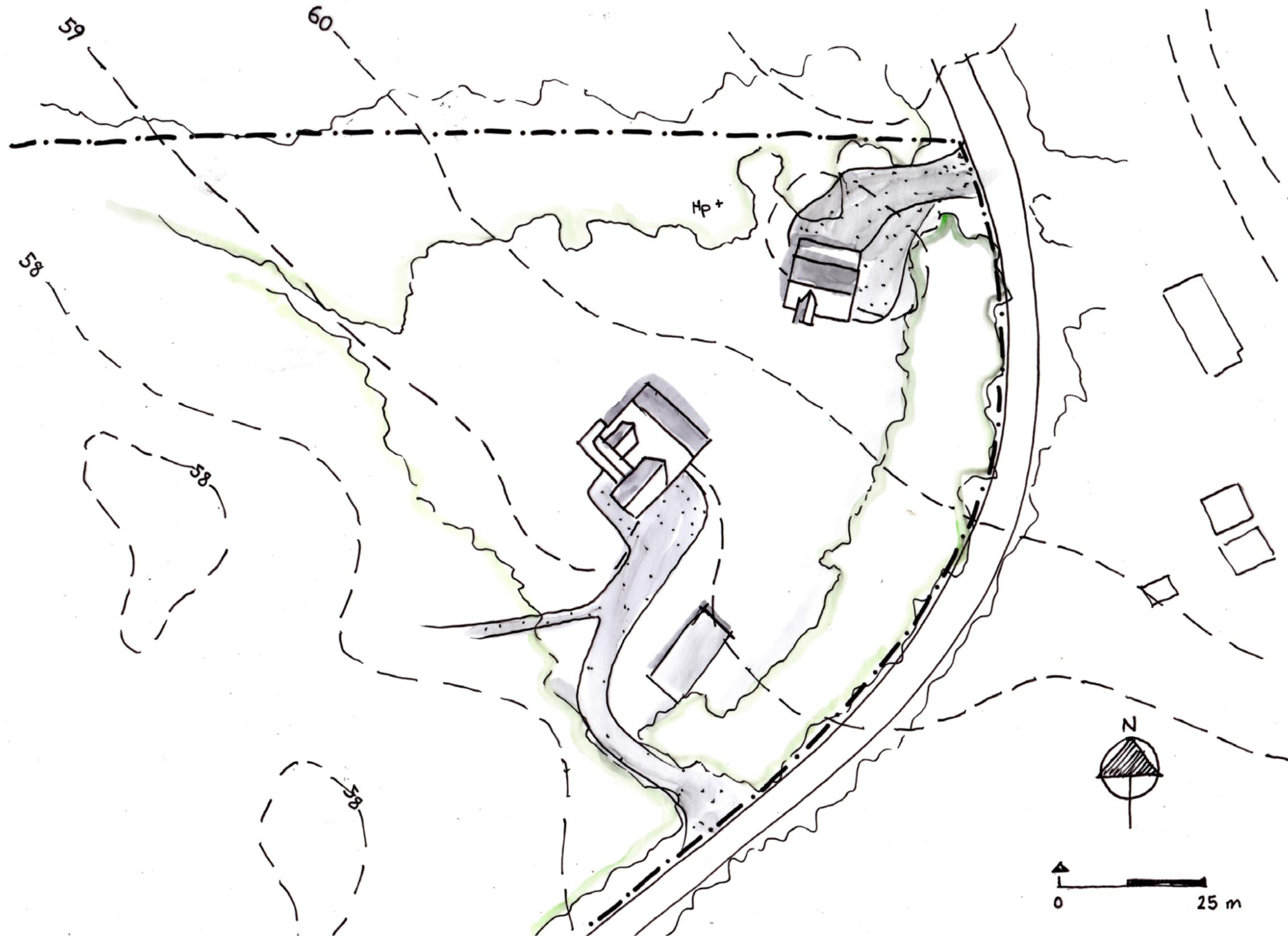


25 50 FT

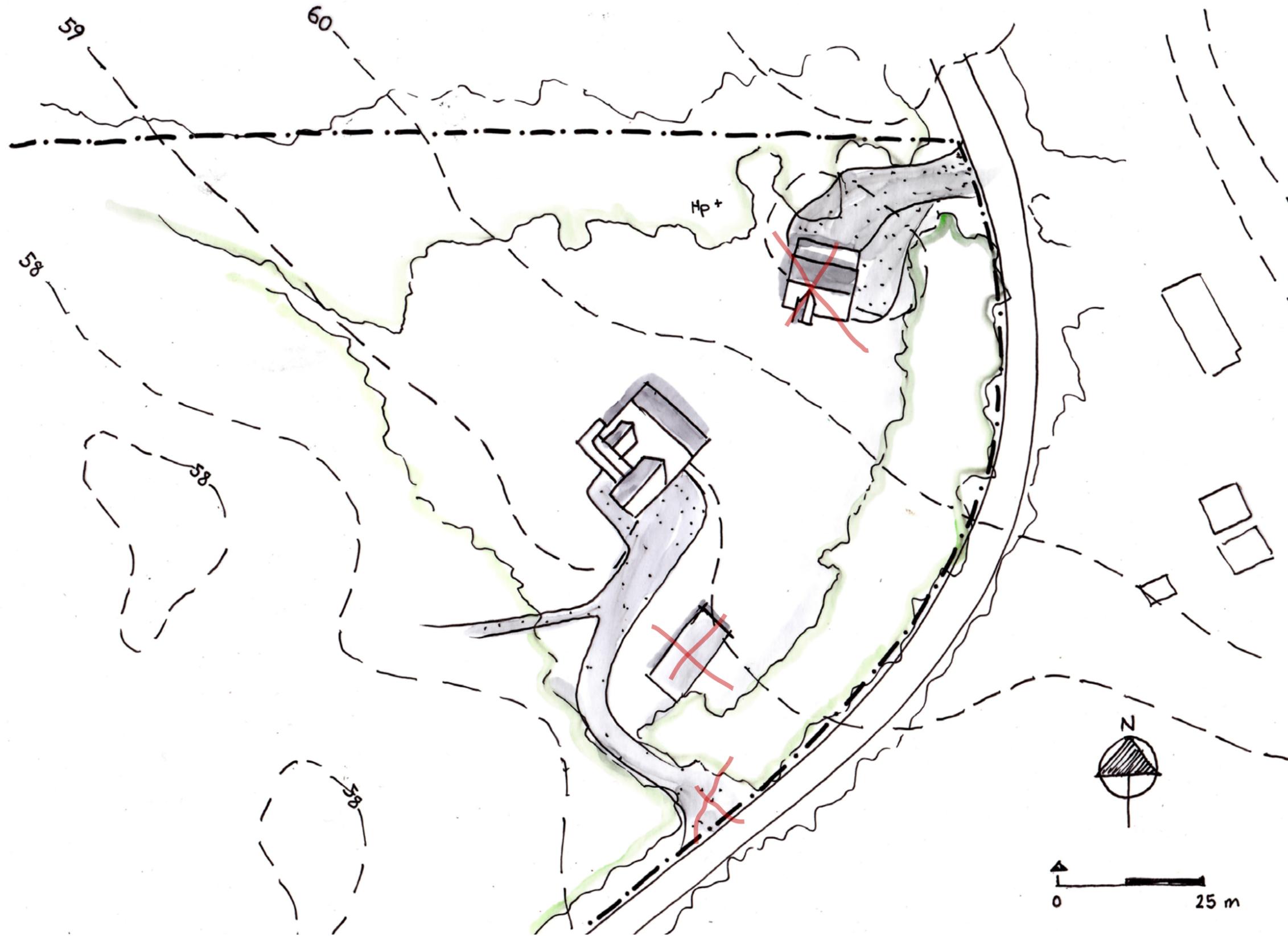




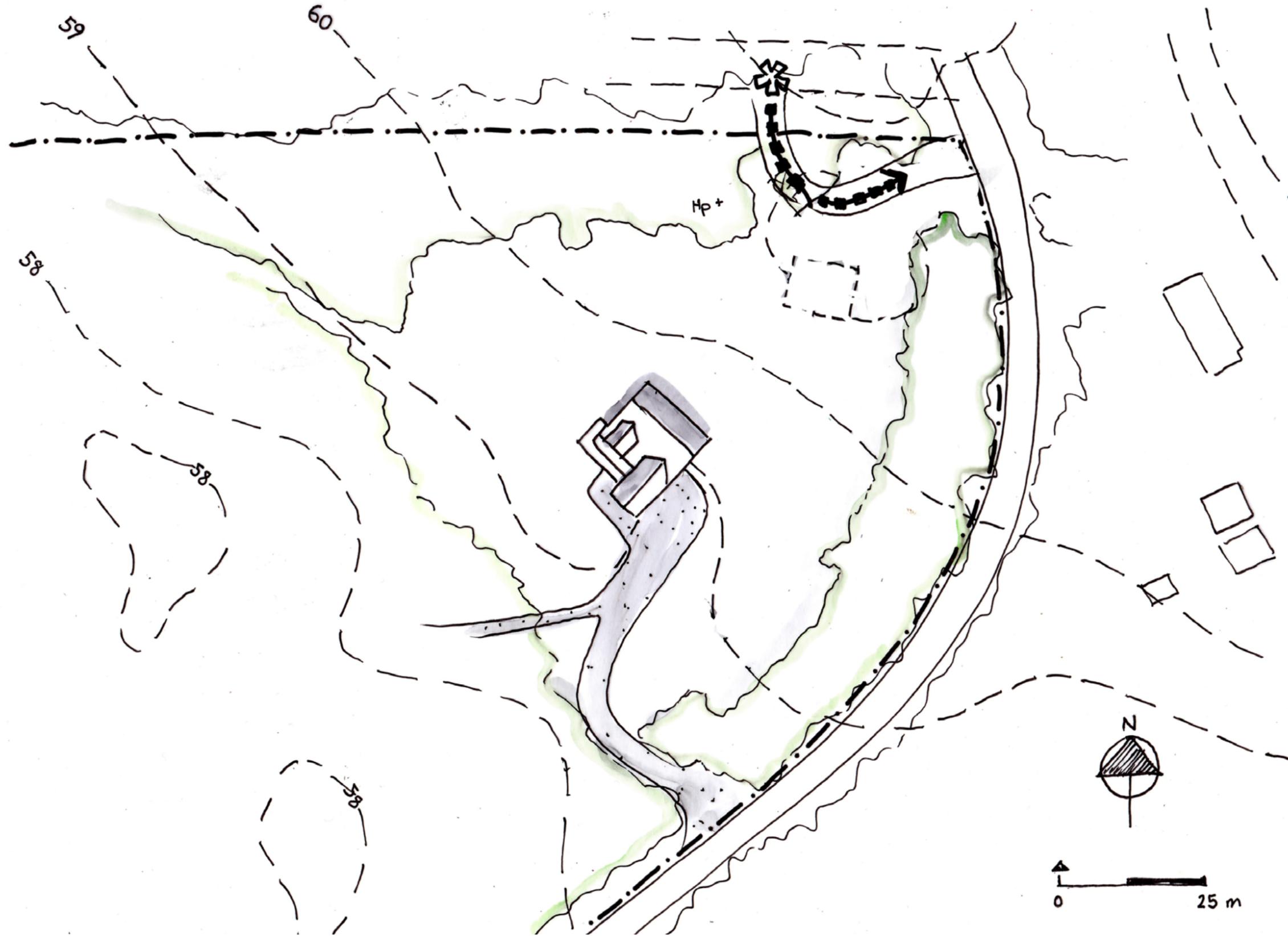
# Current Condition



# Removal Plan

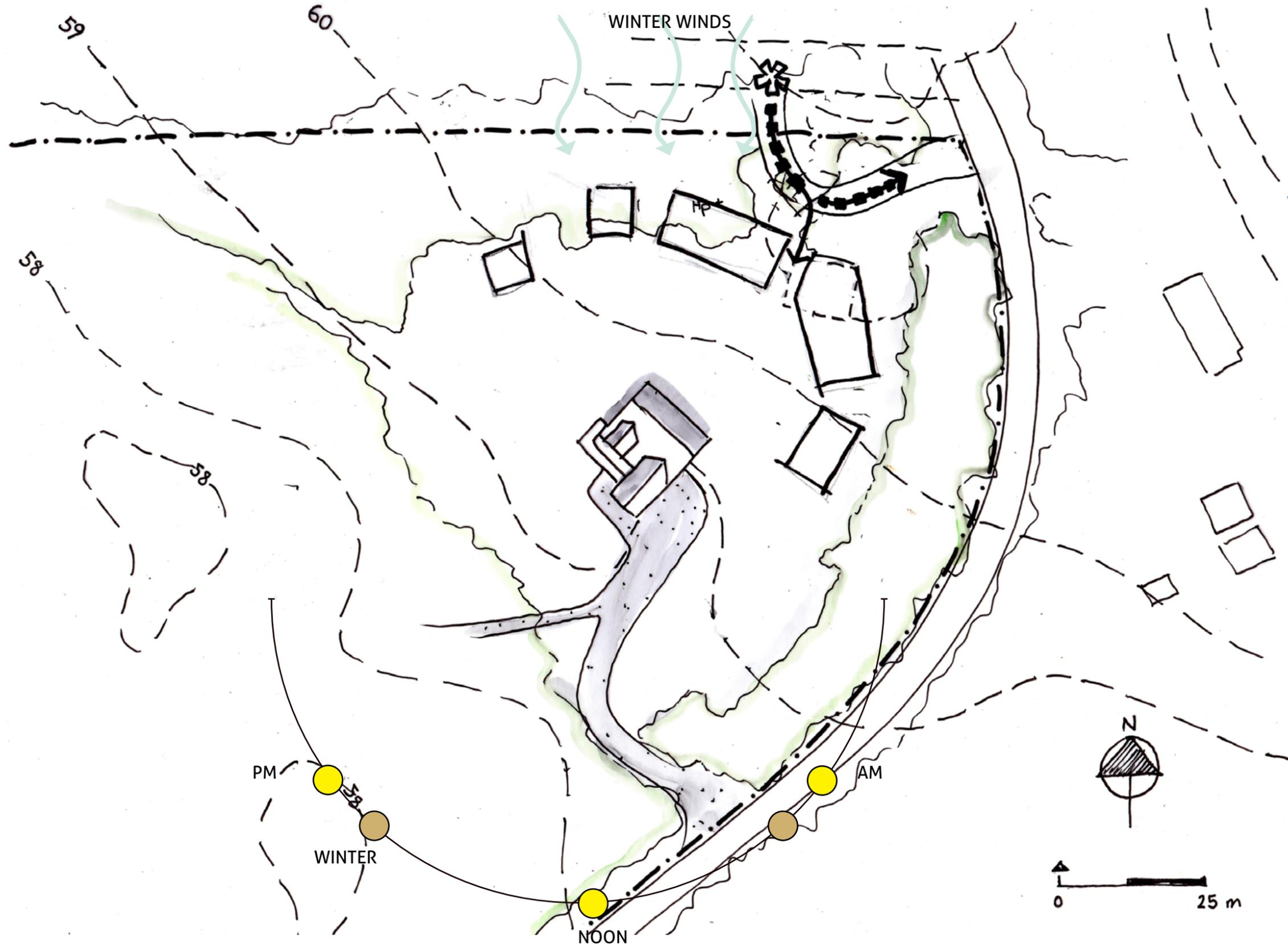


# New Arrival Opportunities

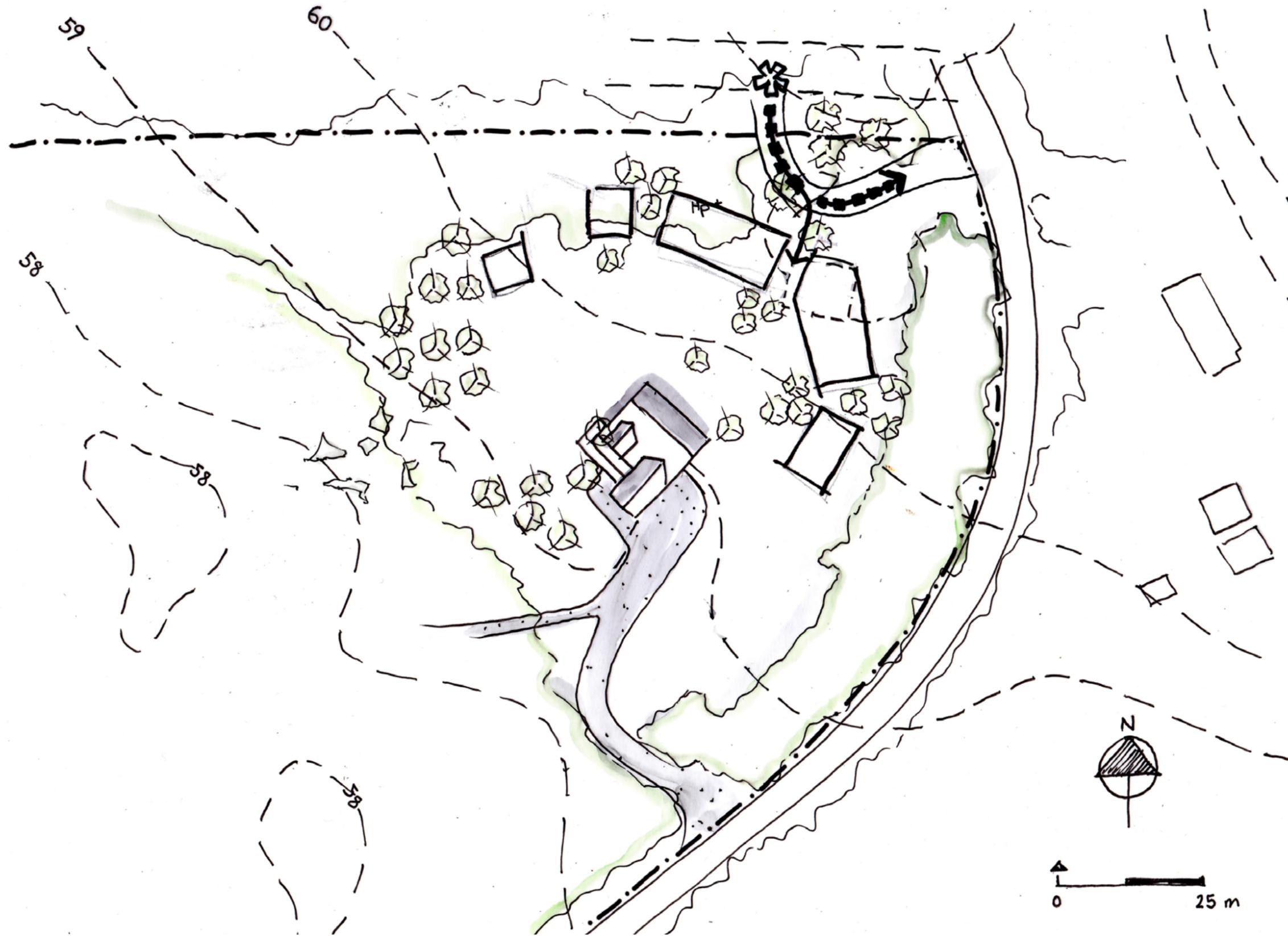




# Integrate Buildings & Enhance Site Conditions

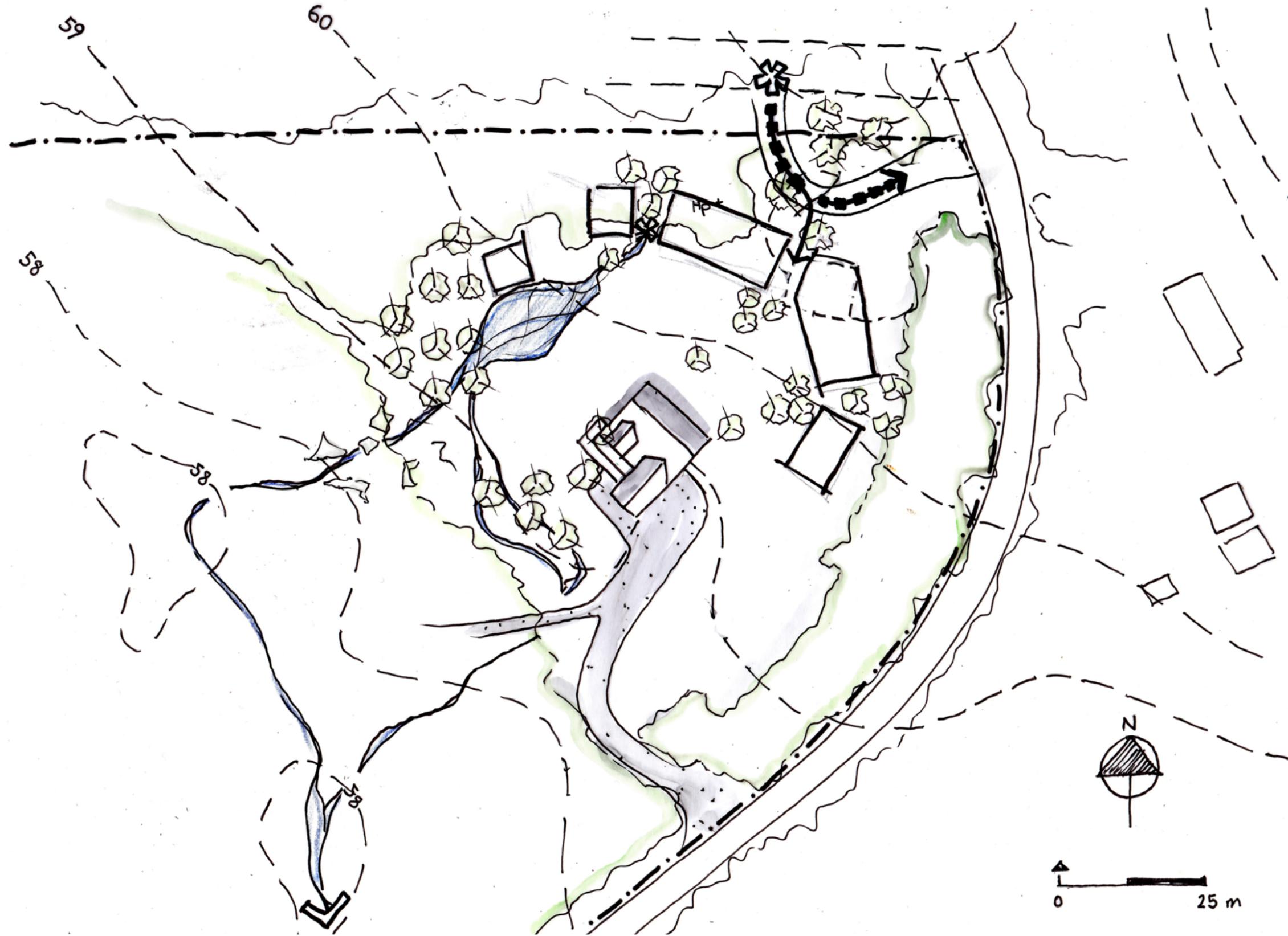


# Let in the Natural Landscape



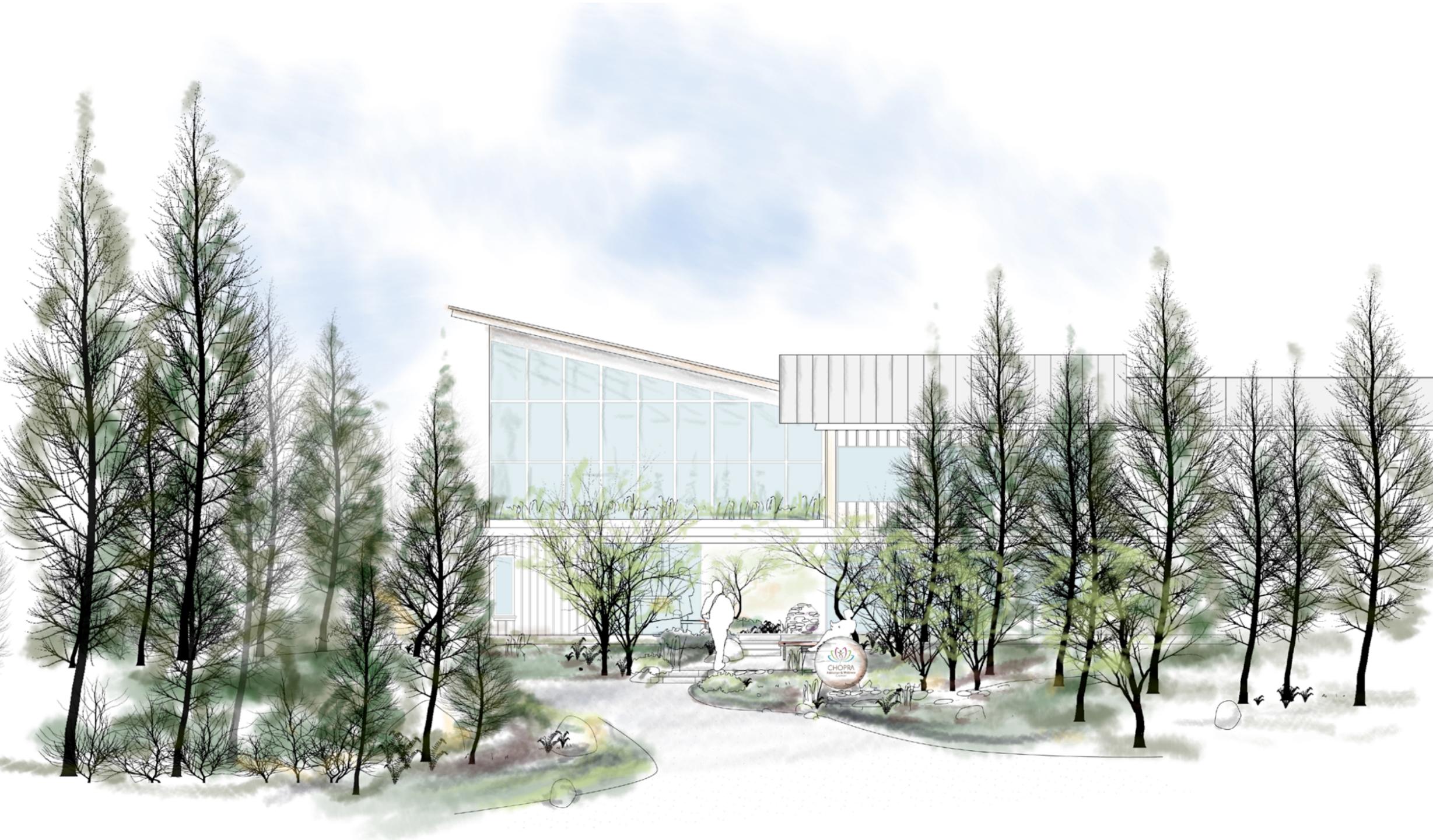


# Restore Water to the Site as a Guiding Element



A NEW JOURNEY BEGINS

# WELCOME ENTRY



## RESTORATIVE ELEMENTS HIGHLIGHTS

### BEHAVIOUR

SAFETY  
FAMILIAR  
WARMTH  
WHOLESOME  
EMBRACING CHANGE  
TRANSITION

### VEGETATION

WESTERN HEMLOCK  
VINE MAPLE  
SALAL  
EVERGREEN HUCKLEBERRY  
NATIVE FERNS & MOSSES

## ARRIVAL

Transition through a threshold of journey, experience & change

# ENTRY THRESHOLD

0 10 20 FT



## RESTORATIVE ELEMENTS HIGHLIGHTS

### LANDSCAPE CHARACTER

WATER FEATURE  
RAIN WATER CISTERN OUTLET  
CYCLES CREEK & POND

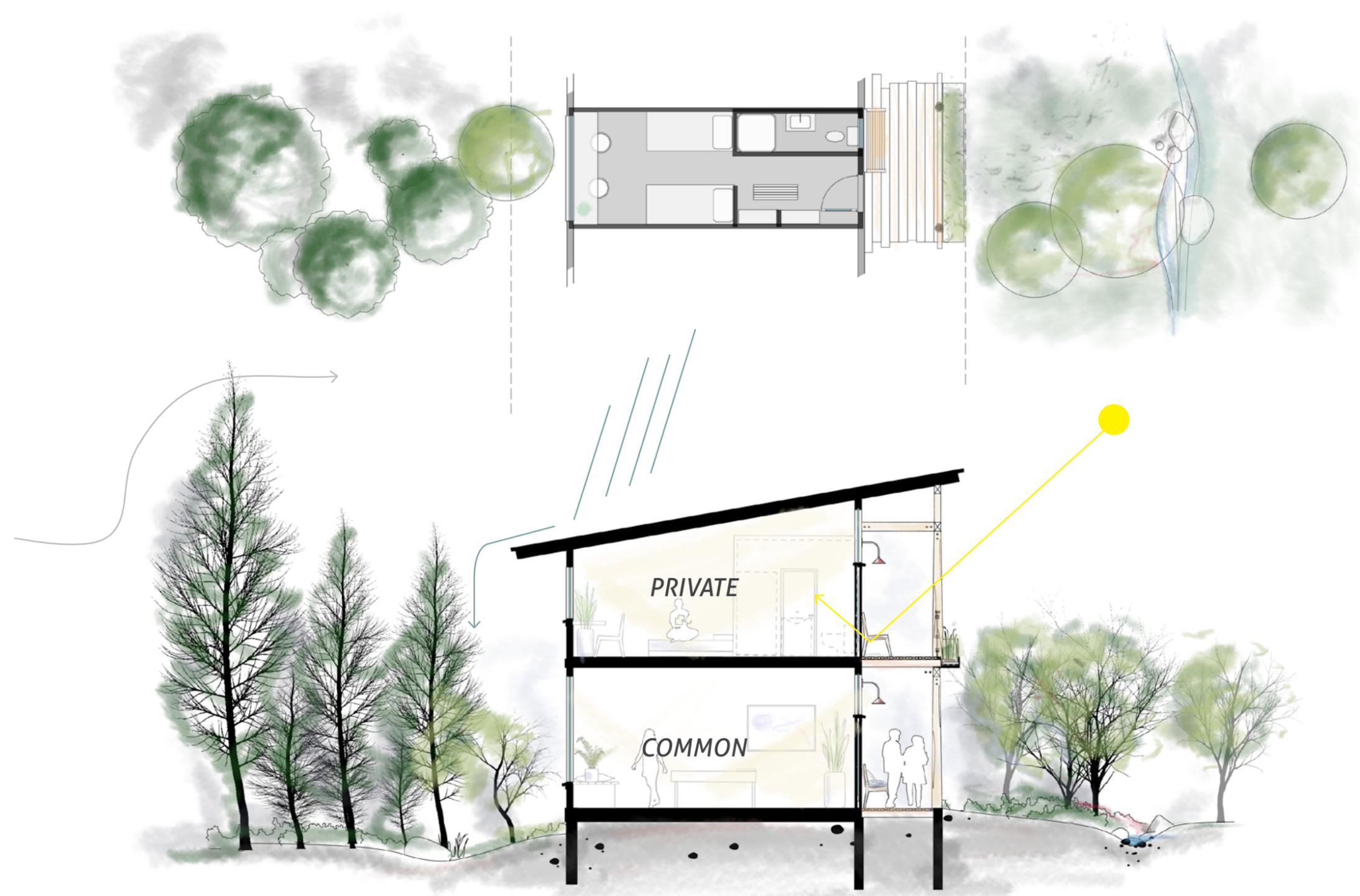
### PROGRAM

RECEPTION  
YOGA STUDIO ABOVE  
SYMBOLIC SCULPTURE  
WATER CROSSING THRESHOLD  
COVERED CENTRAL MEETING PLACE

### BEHAVIOUR

WELCOMING  
FRIENDLY  
TRANSPARENCY  
HOSPITALITY

# SHARED & PERSONAL SPACE



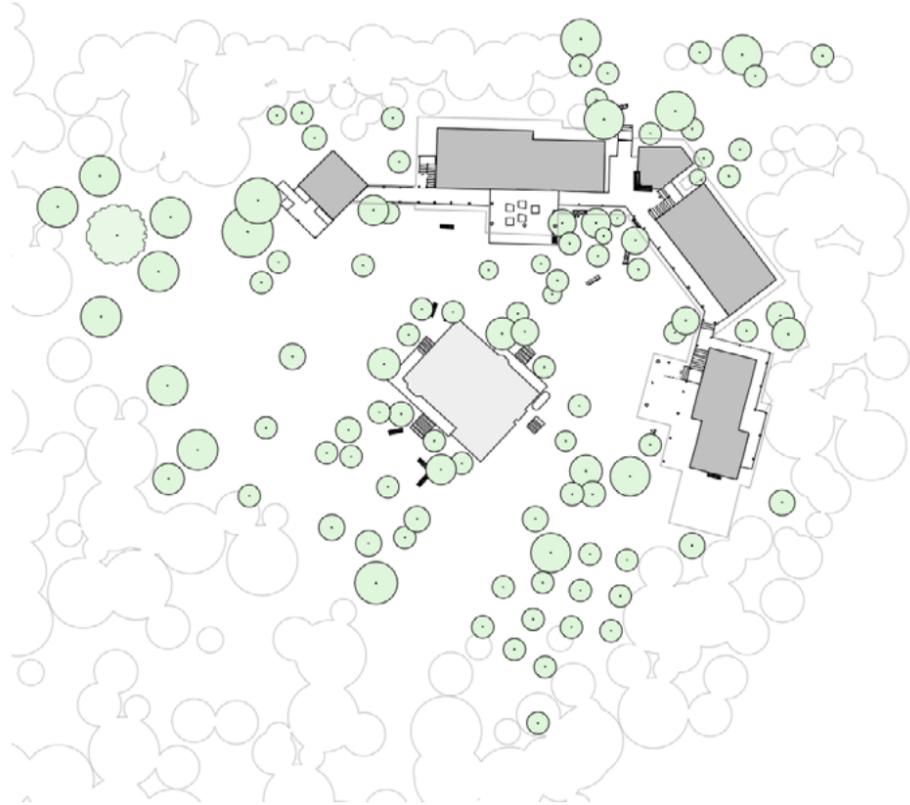
## RESTORATIVE ELEMENTS HIGHLIGHTS

- PRIVATE AREAS ON SECOND FLOOR - FIRST FLOOR COMMON
- VIEWS TO GARDEN AND FOREST FROM ALL ROOMS
- PROSPECT REFUGE DECK SEATING
- BRIGHT EASTERN & SOUTHERN ASPECT
- LARGE WINDOW TO ALLOW LIGHT IN
- EASILY UNDERSTOOD NATURAL VEGETATION AND SPATIAL ORDER

## ADAPTIVE ARCHITECTURE Prospect & refuge



# ADAPTIVE ARCHITECTURE



## LANDSCAPE GRADIENTS

- OPEN  
MEADOW  
CULINARY GARDEN

- DAPPLED  
GROVE  
ORCHARD  
FOREST GARDEN

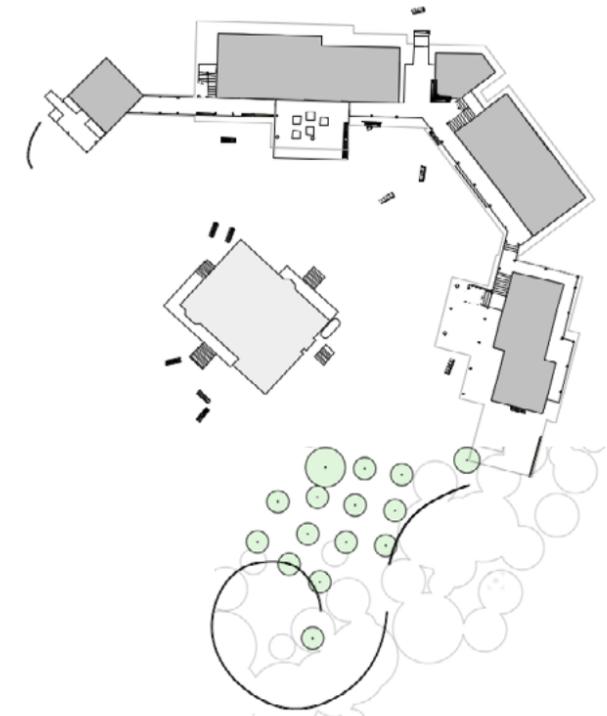


## RAIN WATER POND SYSTEM

CAPTURES 7000+ sq. ft. roof  
15,000 l / annual rainfall

PILLOW TANKS RAIN WATER CISTERN

- SUMMER DROUGHT



SUSTAINABLE SITE CRAFTS  
COPPICE ORCHARD PRODUCTS

BENCHES & WATTLE SCREENS

# Breeze-ways & Lookout Coves



*RESTORATIVE ELEMENTS*  
HIGHLIGHTS



**SPACES BETWEEN**  
Inviting in landscape

# North View Section A - A



*RESTORATIVE ELEMENTS*  
HIGHLIGHTS



*STILLNESS POND*

*CULINARY GARDEN*

*OUTDOOR KITCHEN*

*SOCIAL GROVE*

*VIEWING GARDEN*

## MOVING INTO LANDSCAPE

Engaging the mind body & spirit in the landscape

# Hazel Coppice Orchard & Land Art Space



*RESTORATIVE ELEMENTS*  
HIGHLIGHTS



## MOVING INTO LANDSCAPE

Engaging the mind body & spirit in the landscape

# Hazel Coppice Orchard & Land Art Space



*RESTORATIVE ELEMENTS*  
HIGHLIGHTS



## MOVING INTO LANDSCAPE

Engaging the mind body & spirit in the landscape

# EAST FACING VIEW



OPEN ENTRY CUT THROUGH

WELCOME SPACE

ENTRY THRESHOLD

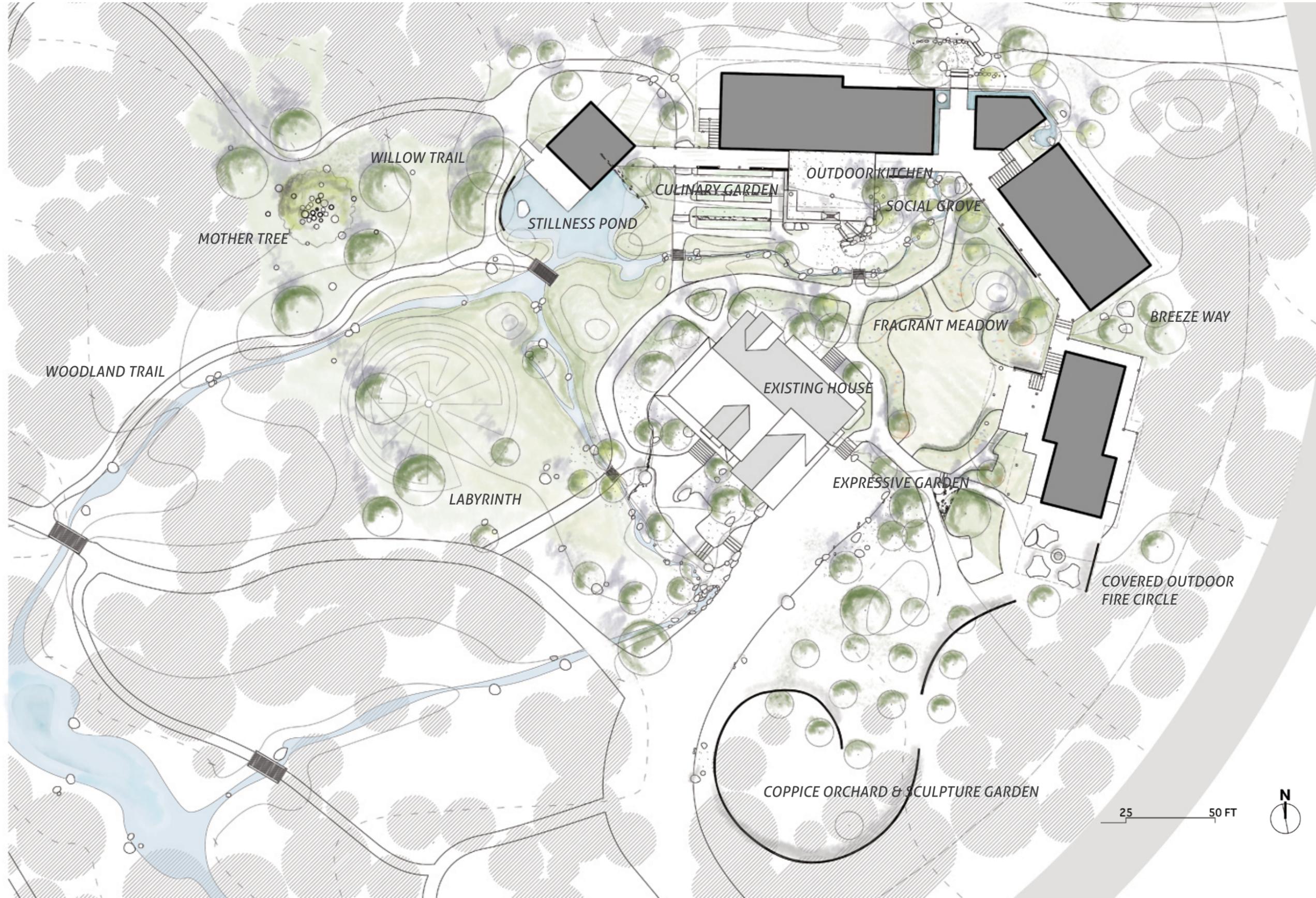
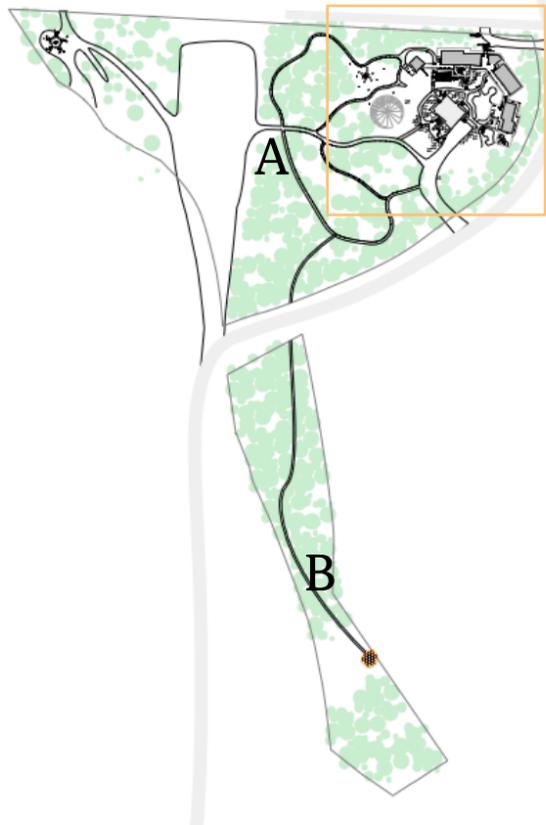
SOCIAL GROVE

FRAGRANT MEADOW

EXPRESSIVE GARDEN

COPPICE ORCHARD & SCULPTURE GARDEN

# Main Grounds Master Plan

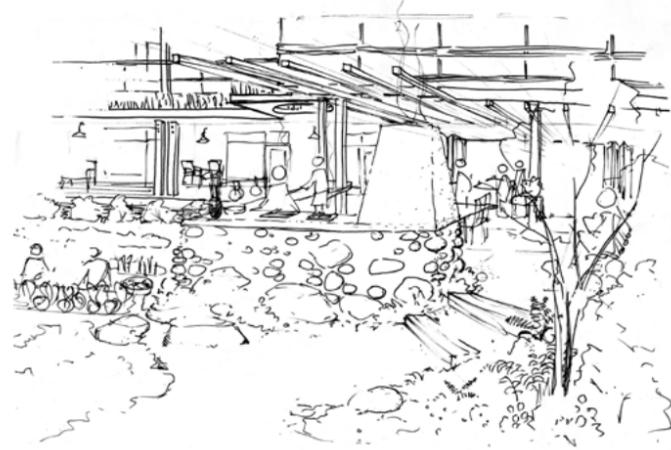




# Summary of Restorative Intent



*SPATIAL VARIETY & PREFERENCE*  
HIGHLIGHTS



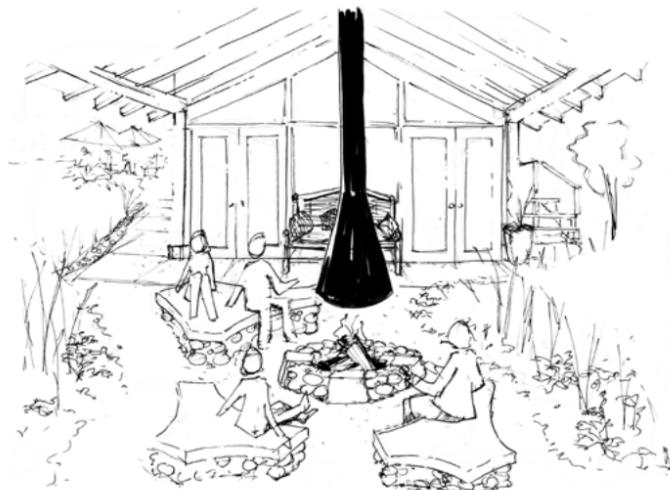
*GOOD HABITS AROUND GOOD LIFE*  
HIGHLIGHTS



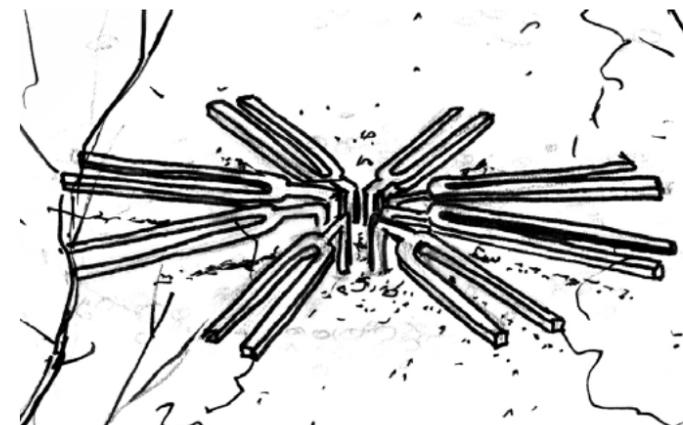
*PEACEFUL VIEWS*  
HIGHLIGHTS



*JOURNEY & DISCOVERY*  
HIGHLIGHTS



*SPACES FOR RELEASE*  
HIGHLIGHTS



*INTEGRATING HEALING ARTS*  
HIGHLIGHTS



**Thank You**