

THE CANFIELD

A THERAPEUTIC LANDSCAPE RETREAT



WALKER YOUNG
2020 CAPSTONE DESIGN PROJECT
MEG RUSHING COFFEE & JIM PICKEL

“People cannot maintain their spiritual roots and their connection to the past if the physical world they live in does not also sustain these roots.”

CHRISTOPHER ALEXANDER

*Front Cover Image - The Canfield Moreno Estate - Paramour Archives



The Canfield Moreno Estate overlooking the Silver Lake Reservoir - Paramour Archives



1920's

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PETER H. KAHN, JR., PATRICIA H.
HASBACH
ECOPSYCHOLOGY, SCIENCE, TO-
TEMS, AND THE TECHNOLOGICAL
SPECIES . THE MIT PRESS, 2012.

A PATTERN LANGUAGE

ALEXANDER, ISHIKAWA, SILVER-
STEIN, JACOBSON, FIKSDAHL-KING,
ANGEL. A PATTERN LANGUAGE.
OXFORD UNIVERSITY PRESS, 1977.

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THANK YOU

PROJECT STATEMENT

DUE TO URBANIZATION, TECHNOLOGY, AND LIMITED ACCESS TO WILD LAND, WE ARE LOSING OUR INTIMATE CONNECTION WITH NATURE. WE HAVE FORGOTTEN NATURE'S ABILITY TO HEAL US PHYSICALLY, MENTALLY, AND SPIRITUALLY. THIS PROJECT EXPLORES **LANDSCAPE THERAPY** AS A WAY TO RESTORE THE HEALING POWER OF NATURE.

THEORETICAL PREMISE

WHAT IS THE ROLE OF LANDSCAPE ARCHITECTURE IN THERAPY AND HOW ARE WE AFFECTED BY THE REMOVAL OF NATURAL SYSTEMS IN OUR ENVIRONMENT?

LANDSCAPE ARCHITECTURE CAN HELP US RECONNECT WITH NATURE ON A DEEP LEVEL TO RESTORE THE IMBALANCE CREATED FROM...

- URBANIZATION
- POLLUTION
- TECHNOLOGY
- LOSS OF BIODIVERSITY



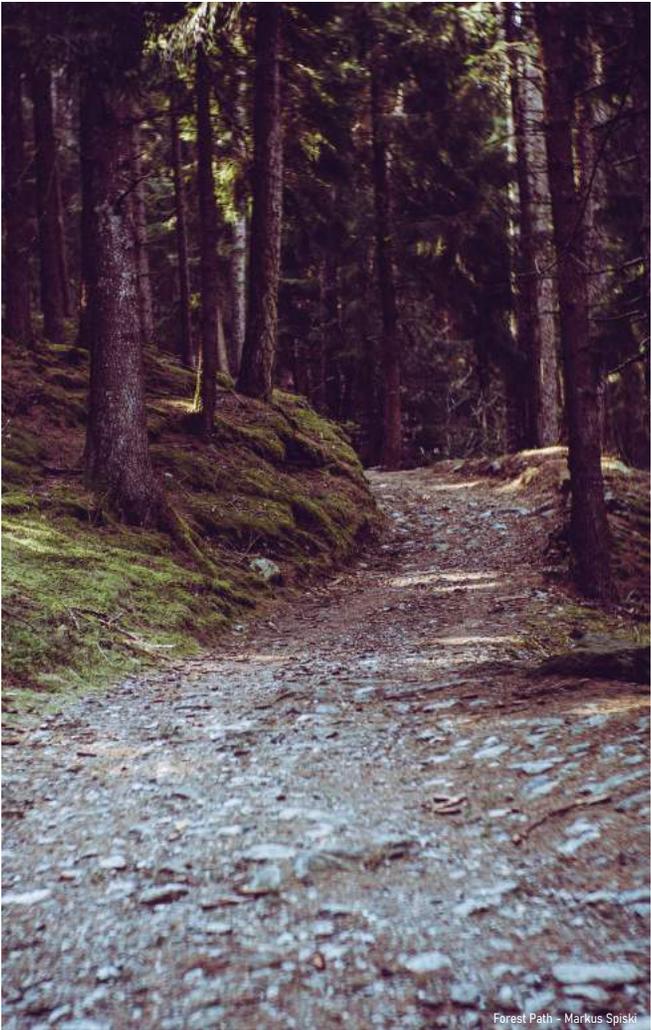
Nighttime in Tokyo - Cosmin Serban



Urbanization - Bryan Shamkahl

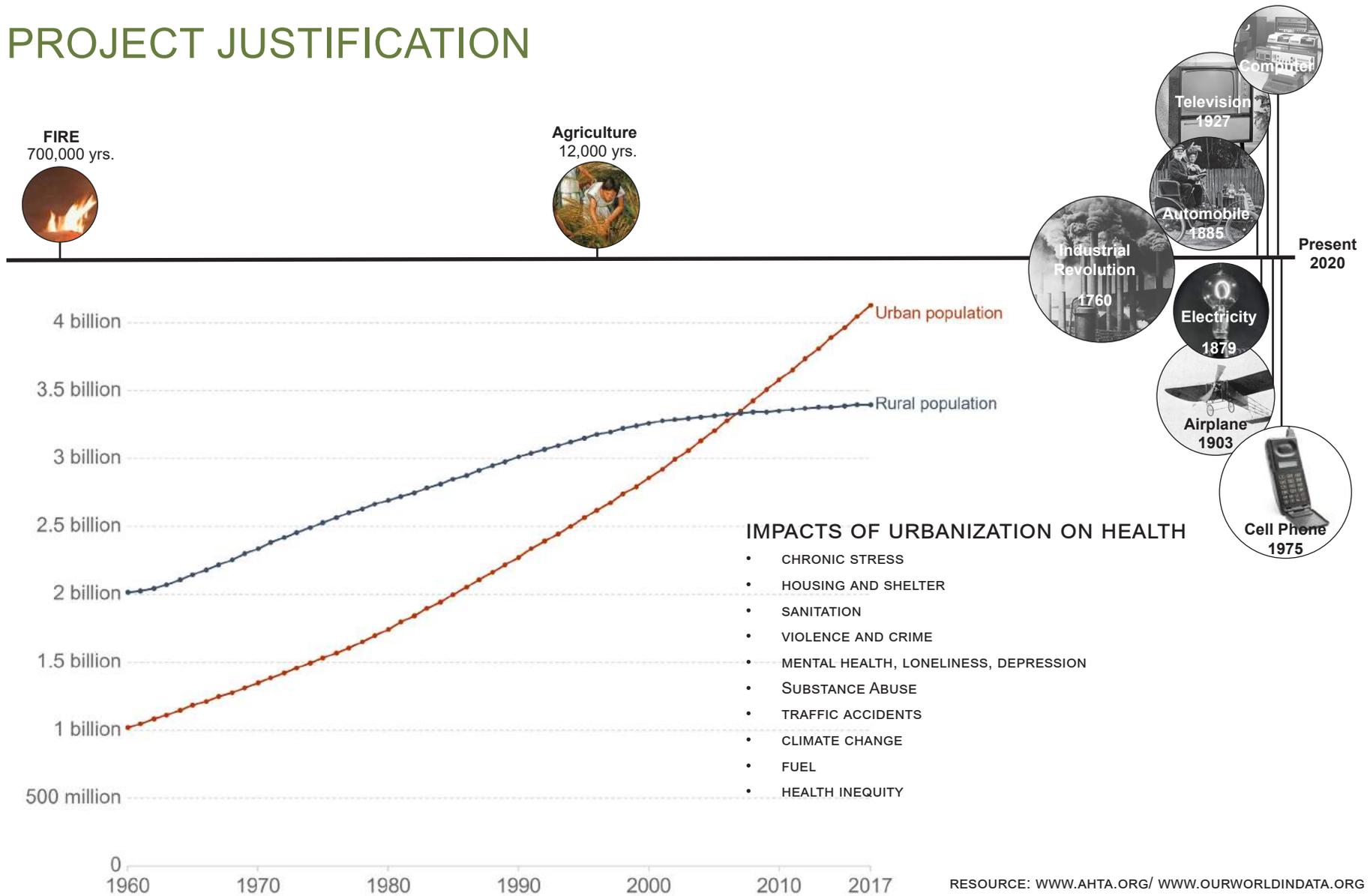


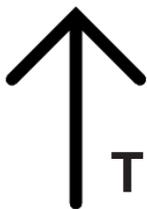
Fibonacci in Nature - Gullia May



Forest Path - Markus Spiski

PROJECT JUSTIFICATION




URBANIZATION +
 
TECHNOLOGY =
 
HEALTH

FOR 700,000 YEARS WE GATHERED AROUND FIRE, FORAGED FOOD FROM THE EARTH, AND BEEN AT ONE WITH CIRCADIAN RYTHMS, SEASONAL CHANGE, LIVING INTIMATELY WITH THE CYCLES OF NATURE. AS URBANIZATION AND TECHNOLOGY RAPIDLY INCREASE WE ARE BEGINNING TO SEE THE EFFECT IT HAS ON US PHYSICALLY, PSYCHOLOGICALLY, AND SPIRITUALLY. SINCE ROGER ULRICH'S ARTICLE "VIEW THROUGH A WINDOW MAY INFLUENCE RECOVERY FROM SURGERY" PUBLISHED IN 1984 (ULRICH, 1984), AN OVERWHELMING AMOUNT OF SCIENTIFIC RESEARCH HAS SHOWN THE IMPORTANCE OF NATURE AND GARDENS IN THE HEALING PROCESS. NO LONGER ARE TREES AND GARDENS SIMPLY COSMETIC, THE MEDICAL WORLD NOW REALIZES THESE NATURE SPACES CAN AFFECT THE BOTTOM LINE. TODAY DOCTORS ARE PRESCRIBING PATIENTS TIME IN NATURE FOR HEALING STRESS, HEART CONDITIONS, POST TRAUMATIC STRESS , AND NUMEROUS OTHER SYMPTOMS. RESEARCH IS ALSO FINDING THAT TIME IN NATURE CAN INFLUENCE PRODUCTIVITY, CREATIVITY, AND OVERALL HAPPINESS (MARCUS ET AL., 2014). THE IMPORTANCE OF CREATING THESE NATURE SPACES WITHIN THE URBAN FABRIC IS BECOMING INCREASINGLY DIRE AS CITIES EXPONENTIALLY GROW IN SIZE AND THE PEOPLE OF THE WORLD BECOME DEPENDENT ON TECHNOLOGY. WHILE IT BECOMES MORE DIFFICULT TO ACCESS WILD LANDS WE MUST CONSCIOUSLY BEGIN TO DESIGN FOR NATURE INTERACTION WITHIN THE CITY.(KAHN ET AL., 2012)



View of DTLA from The Canfield - The Parangpur Estate Archives

THE BIG IDEA

LANDMARK

AN ACCESSIBLE LANDMARK DESTINATION IS WHERE WE WILL CREATE A SANCTUARY.

SANCTUARY

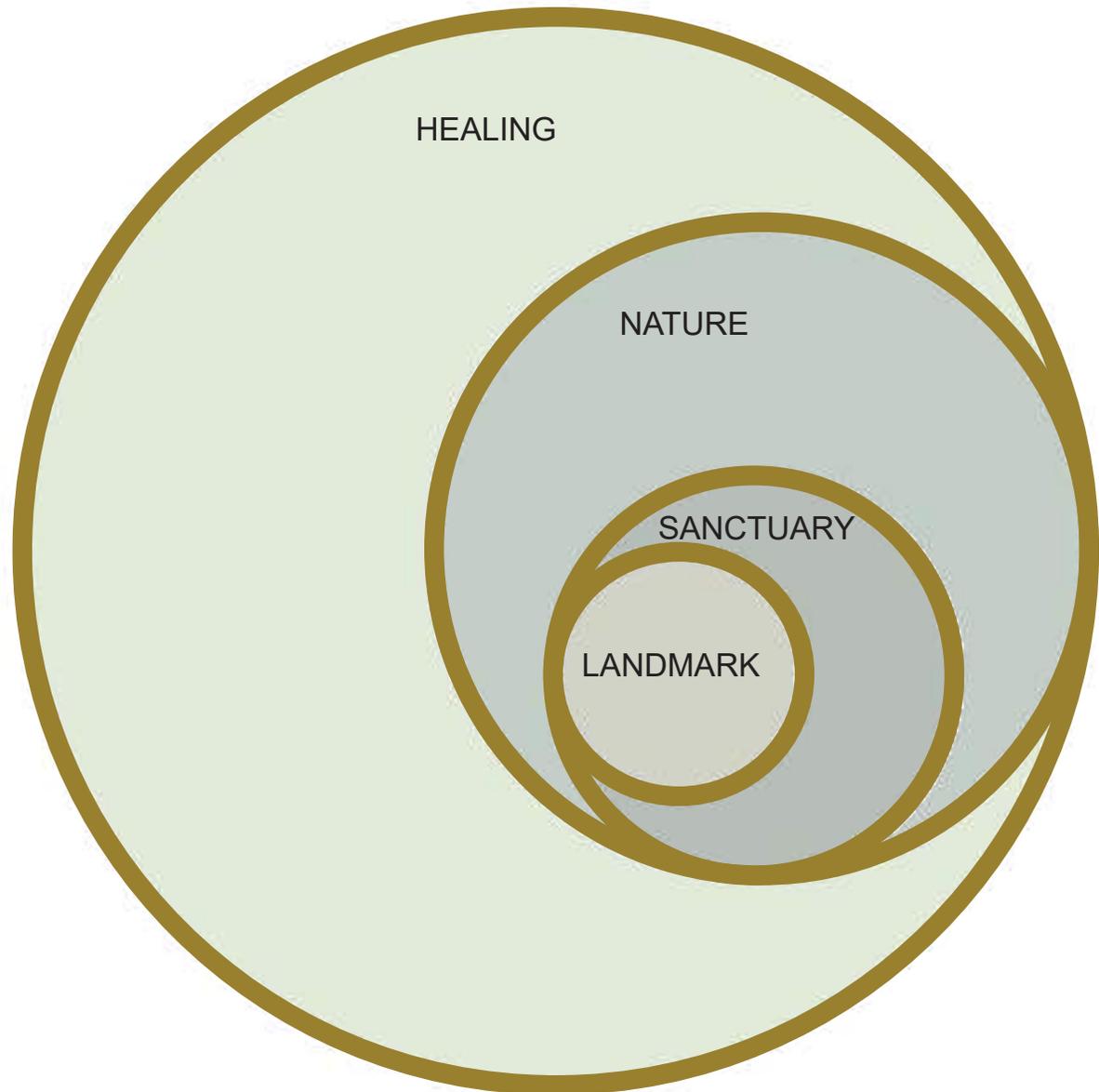
SANCTUARY IS CREATED THROUGH HOLISTIC DESIGN INFORMED BY OUR CONNECTION WITH NATURE.

NATURE

BY DESIGNING A SITE THAT ENCOURAGES INTERACTIONS WITH NATURE WE RECONNECT WITH NATURE.

HEALING

THE RESTORATIVE PROPERTIES OF NATURE INTERACTION IS A STEP TOWARDS HEALING OUR SELF, OUR COMMUNITY, AND OUR EARTH.



THE BIG IDEA IN ACTION

LANDMARK

- THE CANFIELD
- BUILT 1923
- 3.85 ACRES
- BEAUX ARTS
- CENTRAL
- HISTORIC SITE



SANCTUARY

- MEMORIAL
- FOREST WALK
- LABYRINTH



NATURE

- IMMERSING ONES
BODY IN WATER
- SITTING BY FIRE
- HANDS IN SOIL



HEALING

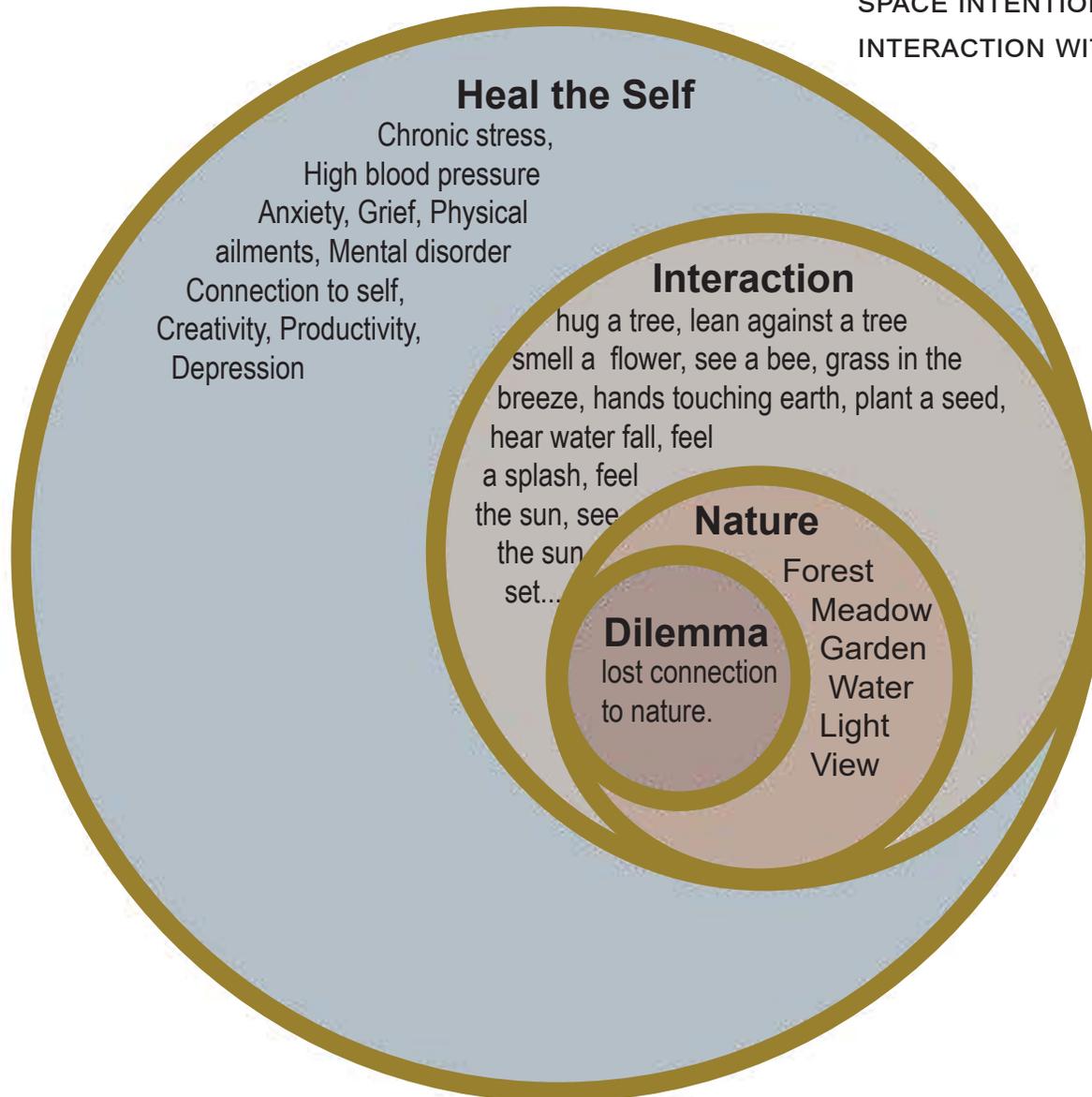
- SELF
- COMMUNITY
- EARTH



GOALS AND OBJECTIVES

GOAL - HEAL THE SELF

OBJECTIVE - RECONNECT INDIVIDUALS WITH NATURE BY CREATING SANCTUARY SPACE INTENTIONALLY DESIGNED FOR INTERACTION WITH NATURE.

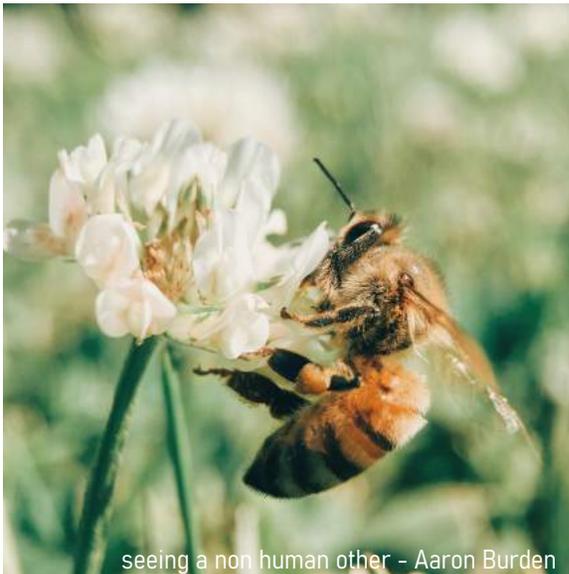




hands in soil - Jonathan Kempe



periodicity of nature - Hasan Almasi



seeing a non human other - Aaron Burden

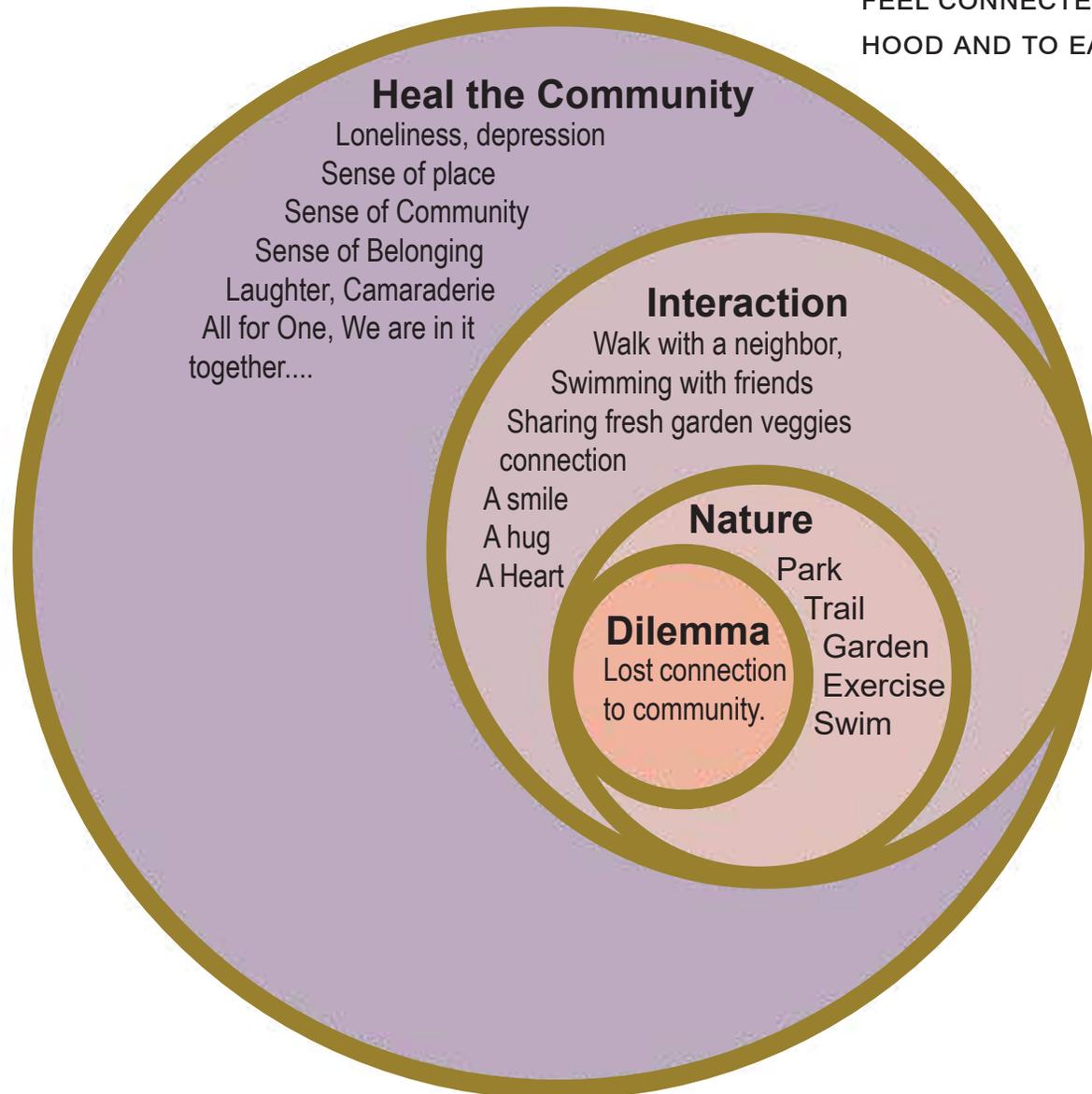


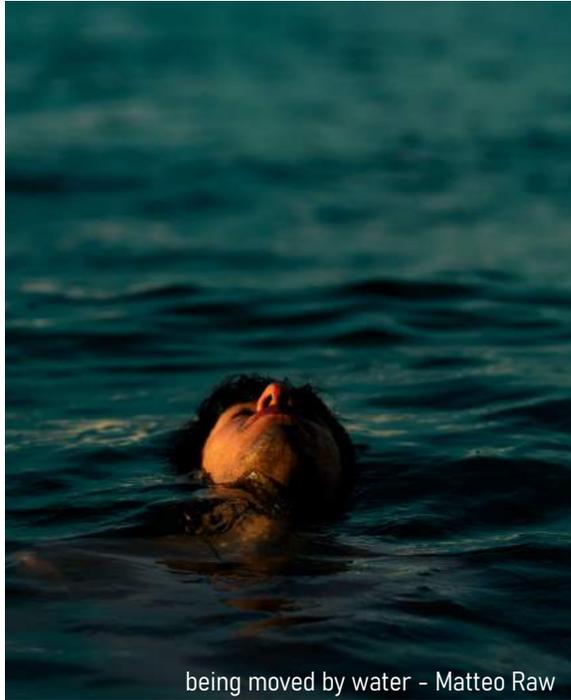
sunrise - Zac Durante

GOALS AND OBJECTIVES

GOAL - HEAL THE COMMUNITY

OBJECTIVE - CREATE A SANCTUARY SPACE THAT ALLOWS THE COMMUNITY TO FEEL CONNECTED TO THEIR NEIGHBORHOOD AND TO EACH OTHER.





being moved by water - Matteo Raw



laughter - Karina Thomson

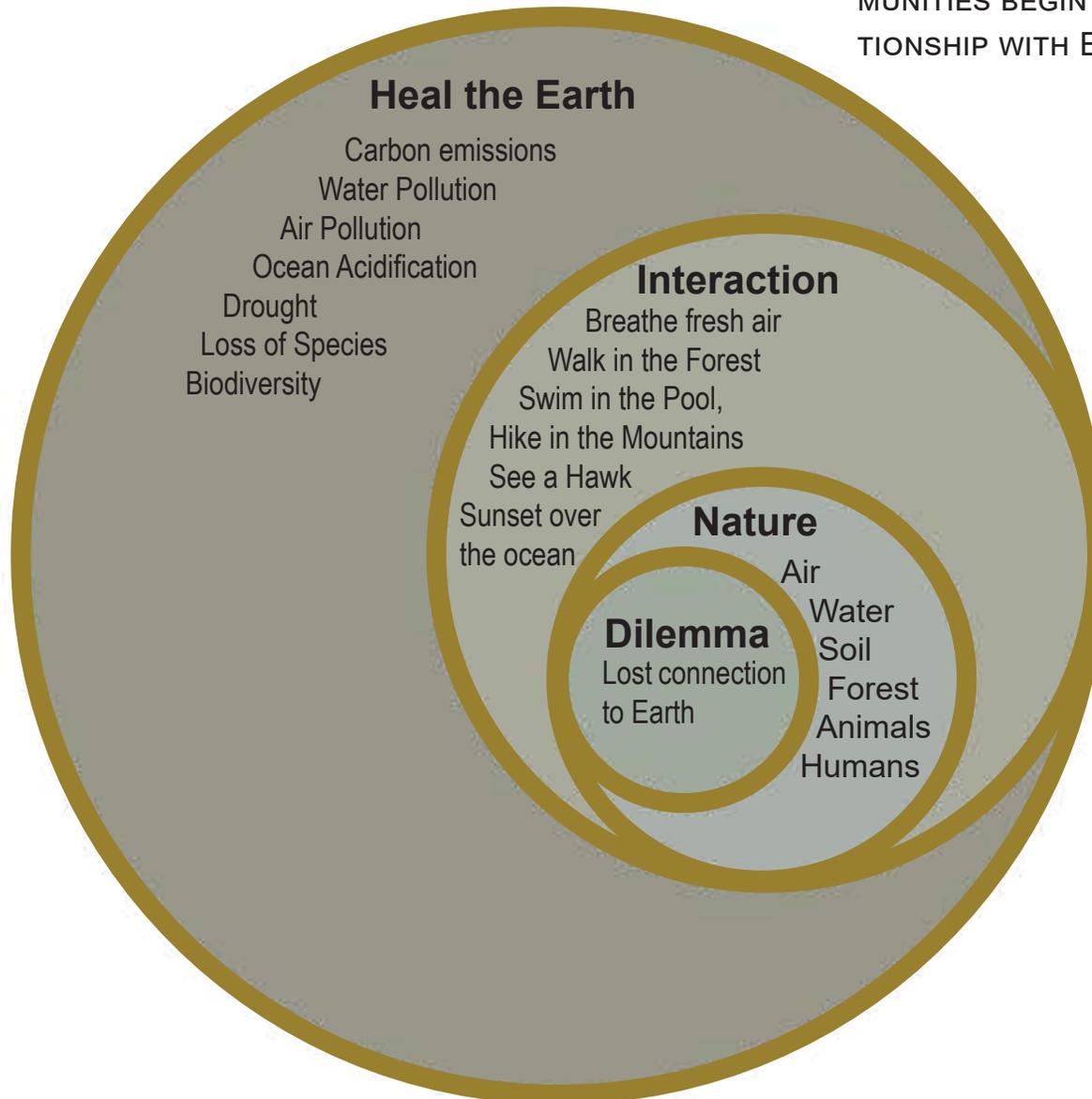


communion around fire - Kevin Wolfe

GOALS AND OBJECTIVES

GOAL - HEAL THE EARTH

OBJECTIVE - BY CREATING INTERACTION WITH NATURE INDIVIDUALS AND COMMUNITIES BEGIN TO HAVE A DEEPER RELATIONSHIP WITH EARTH.





connection to the trees - Jan Huber



connection to species - Britt Gaiser



connection to migration - Barth Bailey



connection to self - Larm Rmah

DESIGN METHODOLOGY

INTERACTION PATTERN DESIGN

PETER H. KAHN, JR., PATRICIA H. HASBACH

ECOPSYCHOLOGY, SCIENCE, TOTEMS, AND THE TECHNOLOGICAL SPECIES . THE MIT PRESS, 2012.

THIS DESIGN METHOD FOCUSES ON THE INTERACTIONS WE HAVE WITH OUR NATURAL WORLD AS A FRAMEWORK FOR CREATING SUSTAINABLE DESIGN. THE DEEPER THE INTERACTION THE MORE IMPACT THE DESIGN. THIS STEMS FROM RESEARCH SHOWING THAT WE CAN ONLY HAVE CONNECTION TO SOMETHING IF WE HAVE A LANGUAGE FOR THAT SOMETHING. IN ESSENCE, WE WILL NOT CARE ABOUT NATURE IF WE HAVE NOT HAD INTERACTION WITH NATURE. AS OUR WORLD BECOMES MORE URBAN, AND WILD NATURE IS LESS ACCESSIBLE, THE LANGUAGE WILL BE LOST AND OUR EFFORTS TO SAVE THE ENVIRONMENT WILL BE FUTILE BECAUSE OUR INTERACTIONS WITH NATURE WILL BE NON EXISTENT. BELOW ARE THREE KEYSTONE INTERACTION PATTERNS TO SHOW HOW THIS WORKS

THREE KEYSTONE INTERACTION PATTERNS

1. WALKING TO A DESIRED DESTINATION IN NATURE - THIS IS A KEYSTONE INTERACTION PATTERN BECAUSE AS THIS ACTION OCCURS OTHER INTERACTION PATTERNS ARE REVEALED. FOR INSTANCE, AS YOU WALK TO GRIFFITH PARK OBSERVATORY YOU ALSO WALK TO THE TOP OF A MOUNTAIN. ON YOUR HIKE, YOU MIGHT FIND SPECIAL SPOTS IN NATURE THAT ALLOW YOU TO GAZE ONTO LARGE EXPANSES OF TERRAIN AS YOU WATCH CLOUDS FORM OR TO FIND AND SIT ON A FALLEN STUMP THAT PERFECTLY FITS YOUR BODY AND PROVIDES YOU REST, OR TO SIT UNDER THE SHADE OF A TREE ALONG THE WAY. ONE INTERACTION CREATES HUNDREDS MORE INTERACTIONS.

2. WALKING ALONG THE EDGES OF NATURE - THIS PATTERN REFLECTS OUR DESIRE TO WALK THE EDGES OF NATURE. BEACHES, MOUNTAIN RIDGES, THE EDGE BETWEEN THE FOREST AND THE MEADOW. THE EDGES ARE ALIVE AND WE FEEL IT AND ARE GRAVITATED TO THESE SPACES.

3. MOVEMENT AWAY FROM HUMAN SETTLEMENT, AND THE RETURN - OUR DESIRE TO LEAVE THE SAFETY OF THE GROUP AND RETURN TO CELEBRATION. HUNTER/ GATHERER



walking along the edges of nature - Jackson Philips



navigation by landmark - Tyler Johnson



navigation by landmark - Carlos Macias



walking along the edges of nature - Kalen Emsley

DESIGN METHODOLOGY

A PATTERN LANGUAGE

ALEXANDER, ISHIKAWA, SILVERSTEIN, JACOBSON, FIKSDAHL-KING, ANGEL. A PATTERN LANGUAGE. OXFORD UNIVERSITY PRESS, 1977.

A PATTERN LANGUAGE WILL BE USED IN CONNECTION WITH INTERACTION PATTERN DESIGN AND SACRED GEOMETRY. ALL THREE PATTERNS WILL BE USED IN PARALLEL THROUGH SITE DESIGN. IT IS MY BELIEF THAT THE PATTERNS WILL OVERLAP GIVING JUSTIFICATION FOR PLACEMENT, CHARACTERISTICS, AND DESIGN FRAMEWORK.

SHORT LIST OF VALUABLE PATTERNS -

1. PATTERN 24 - SACRED SITES

“In every region and every town, indeed on every neighborhood, there are special places which have come to symbolize the area, and the people’s roots there. These places may be natural beauties or historic landmarks left by ages past. But in some form they are essential.”(ALEXANDER ET AL., 1977)

THE CANFIELD IS A HOLLYWOOD HISTORICAL LANDMARK AND HAS THE POTENTIAL TO BE A SYMBOL OF THE COMMUNITY, GIVE THE AREA A STORY AND ROOTS TO HISTORY. THIS IS A BIG OPPORTUNITY FOR THE SITE MOVING INTO THE FUTURE.

2. PATTERN 62 - HIGH PLACES

“The instinct to climb up to some high place, from which you can look down and survey your world, seems to be a fundamental instinct.”(ALEXANDER ET AL., 1977)

THE SITE IS THE HIGHEST HILLTOP IN THE AREA SITTING AT 720 FEET IT HOLDING A COMMANDING PRESENCE OVER THE CITY.

3. PATTERN 133 - STAIRCASE AS A STAGE

“A staircase is not just a way of getting from one floor to another. the stair itself is a space, a volume, a part of the building.” (ALEXANDER ET AL., 1977)

THE SITE IS ON A STEEP HILLSIDE AND OFFERS GREAT OPPORTUNITY FOR UNIQUE DESIGN WITH STAIRS.



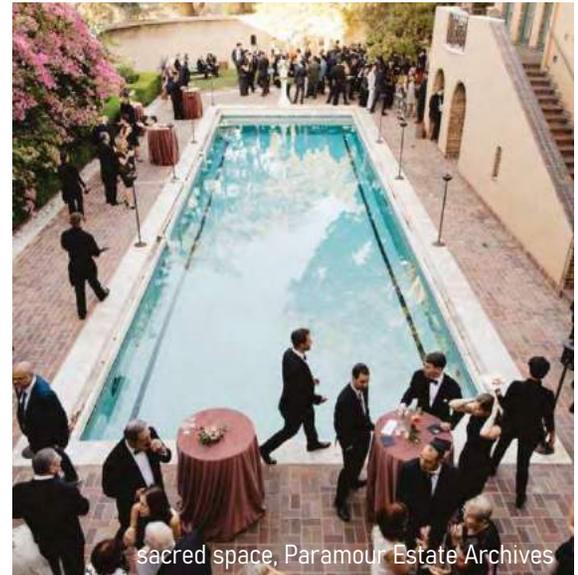
opportunity with stairs, WWY



historical property, Paramour Estate Archives



house on the hill, Paramour Estate Archives



sacred space, Paramour Estate Archives

DESIGN METHODOLOGY

SACRED GEOMETRY

FIBONACCI SEQUENCE

EACH NUMBER IS THE SUM OF THE TWO PRECEDING ONES, STARTING FROM 0 AND 1.

THE BEGINNING OF THE SEQUENCE STARTS 0,1,1,2,3,5,8,13,21,34,55,89,144...

IT IS SEEN IN NATURE IN FERNS, SPIRALING TREE BRANCHES, PINECONES, AND FLOWERS

FIBONACCI SPIRAL

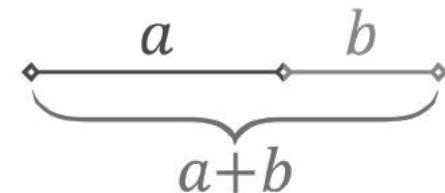
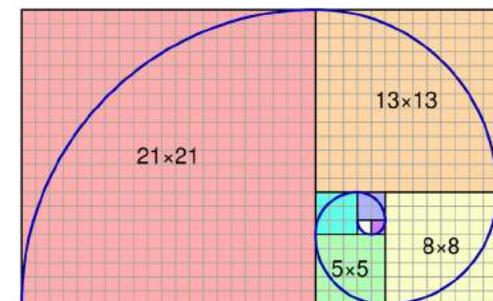
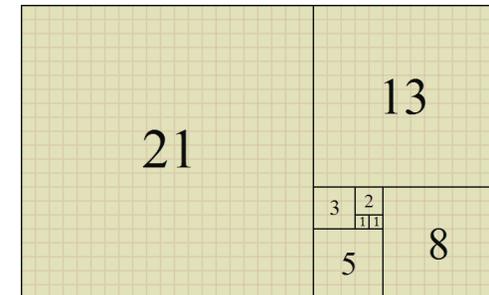
THE FIBONACCI SPIRAL IS AN APPROXIMATION OF THE GOLDEN SPIRAL AND IS CREATED BY DRAWING CIRCULAR ARCS CONNECTING THE OPPOSITE CORNERS OF SQUARES IN THE FIBONACCI TILING.

GOLDEN RATIO

THE GOLDEN RATIO IS ALSO CALLED THE GOLDEN MEAN OR GOLDEN SECTION AND IS USED IN MATHEMATICS, ART, MUSIC, AND ARCHITECTURE. TWO QUANTITIES ARE IN THE GOLDEN RATIO IF THEIR RATIO IS THE SAME AS THE RATIO OF THEIR SUM TO THE LARGER OF THE TWO QUANTITIES.

$$\frac{A+B}{A} = \text{PHI} = 1.6180339887\text{.....}$$

THE GOLDEN RATIO CAN BE USED TO CREATE GOLDEN RECTANGLES, GOLDEN SPIRALS, AND GOLDEN TRIANGLES.





fibonacci spiral in nature - Golden Plant

REGIONAL CONTEXT

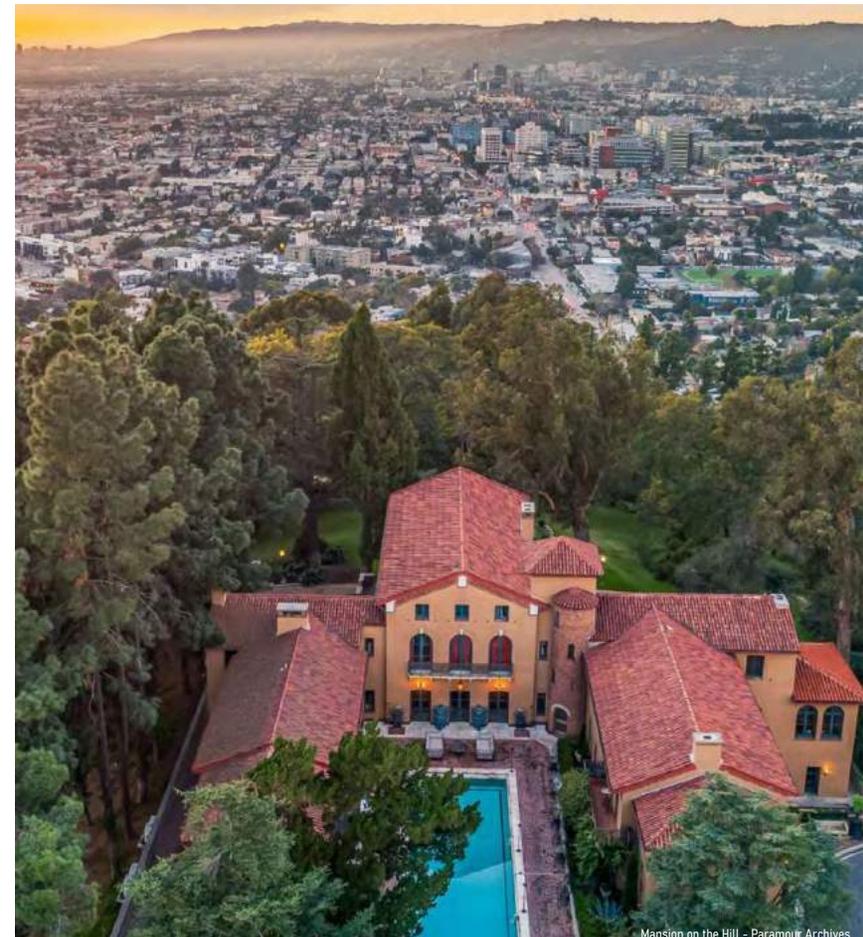
LOCATION

- HISTORIC ESTATE IN SILVER LAKE, CA
- BUILT IN 1923, ARCHITECT ROBERT FARQUAR
- SILVER LAKE RESERVOIR 1.0 MILE
- SUNSET JUNCTION 1.0 MILE
- HOLLYWOOD SIGN 5.0 MILE
- DOWNTOWN LOS ANGELES 5.0 MILE



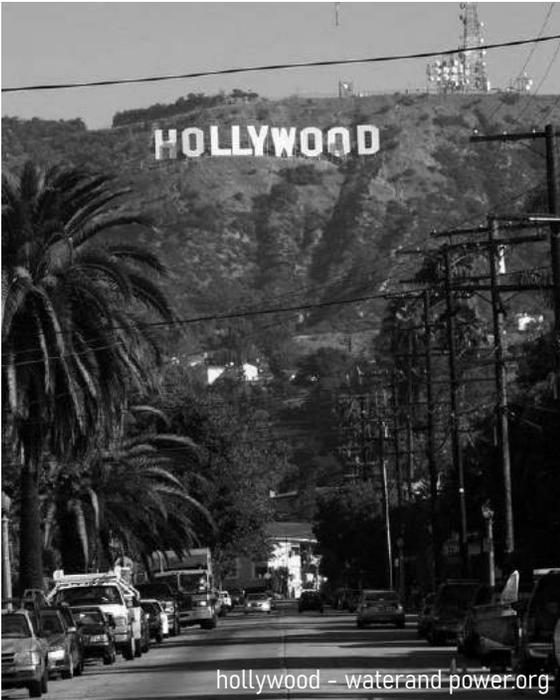
AREA/ TOPOGRAPHY

- 3.85 ACRES
- 720 FEET - TALLEST HILL IN THE L.A. BASIN
- 360 DEGREE UNOBSTRUCTED VIEWS
- VIEWS OF OBSERVATORY, HOLLYWOOD SIGN, DOWNTOWN LOS ANGELES, SAN FERNANDO VALLEY, SAN GABRIEL MOUNTAINS, THE PACIFIC OCEAN ON A CLEAR DAY.





the silver lake reservoir - los angeles times



hollywood - waterand power.org



downtown los angeles - david zanzinger

LOCAL CONTEXT

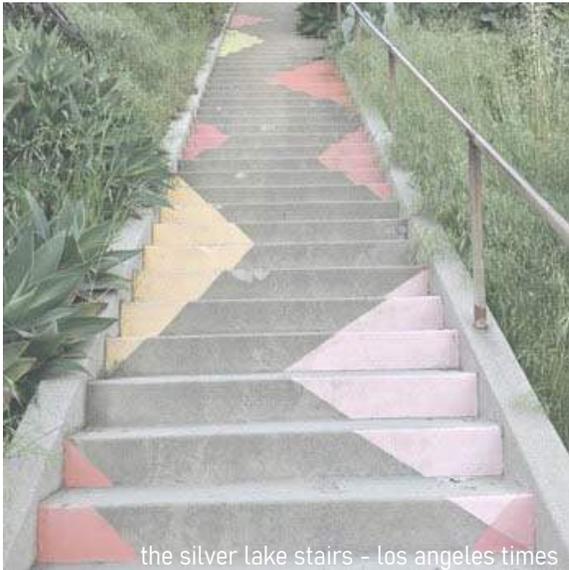




schindler house silver lake - philip ferrato



sunset junction - los angeles times



the silver lake stairs - los angeles times



the silver lake reservoir - silver lake reservoir conservancy

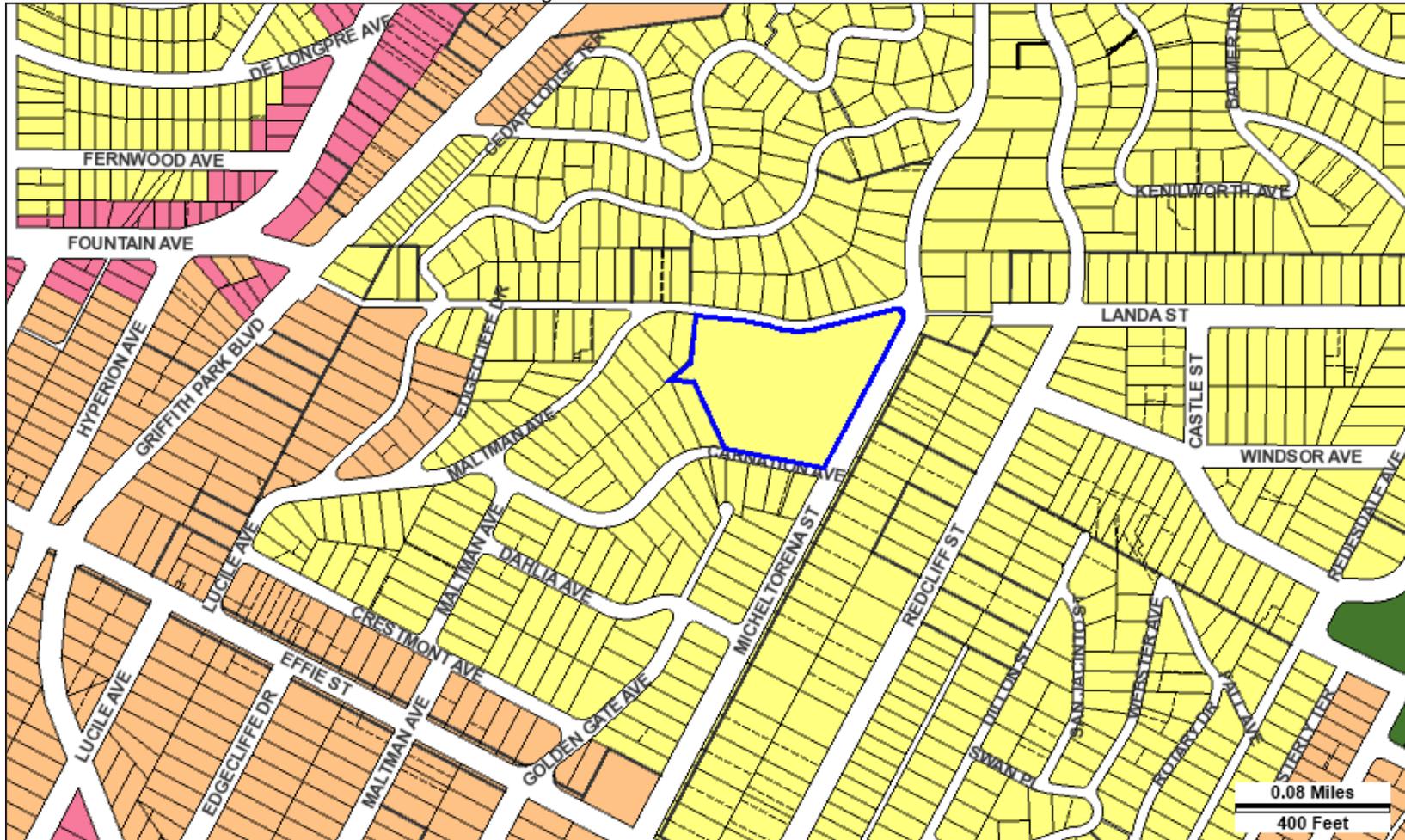
LOCAL CONTEXT

ZIMAS PUBLIC

Generalized Zoning

04/19/2020

City of Los Angeles
Department of City Planning



Address: 1923 N MICHELTORENA ST
APN #: 5429030021
PIN #: 145-5A205 4

Tract: TR 7606
Block: None
Lot: LT A
Arb: None

Zoning: R1-1VL
General Plan: Low Residential





LOW USE RESIDENTIAL DISTRICT

THE PARAMOUR ESTATE IS LOCATED IN THE R1 DISTRICT REPRESENTING LOW USE RESIDENTIAL. THIS IS 3 MEMBERS OF THE HOUSEHOLD FOR EACH HOUSE.

LOCATION - LOS ANGELES, CA/ L.A. COUNTY

SIZE - 167,902 SQUARE FEET = 3.85 ACRES

OWNERSHIP - DANA HOLLISTER

ZONING - R1 - ONE FAMILY ZONE/ PARCEL

APN NUMBER - 5429030021

PARCEL MAP - ATTACHED

EXISTING BUILDING/ YEAR BUILT -

5 BUILDINGS BUILT IN 1923



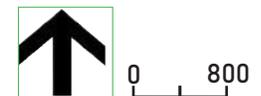
MEDIUM USE RESIDENTIAL

THE R2 DISTRICT HUGS THE HIGHER USE AREAS OF THE NEIGHBORHOOD. IT IS A FAIRLY DENSELY POPULATED AREA OF TOWN. MANY OF THE HOMES IN THIS R2 AREA ARE BEING TURNED INTO MULTI-UNIT APARTMENT/ CONDOMINIUM BUILDINGS. THIS CREATES TRAFFIC, CONGESTION OF CARS AND PEOPLE, AND INCREASES THE NEED FOR GREEN SPACE, REJUVENATION, AND REFLECTION.



COMMERCIAL/ PUBLIC DISTRICT

THE COMMERCIAL DISTRICT HUGS THE MAJOR ROADS, SUNSET BOULEVARD, AND HYPERION BOULEVARD. THIS COMMERCIAL DISTRICT IS CLOSE TO THE PARAMOUR AND THERE IS PEDESTRIAN CONNECTION TO HYPERION THROUGH ESTHERS STAIRS A PART OF THE HISTORIC SILVER LAKE STAIRS.



LOCAL CONTEXT

HISTORY

- 1923 - THE HISTORIC CANFIELD MORENO ESTATE BUILT.
- 1929 - RE IMAGINED AS CHLOE P. CANFIELD MEMORIAL HOME
- 1933 - DAISY CANFIELD DIES IN A CAR CRASH ON MULHOLLAND DR.
- 1953 - GIFTED TO THE SISTERS OF THE IMMACULATE CONCEPTION.
- 1988 - HISTORIC-CULTURAL LANDMARK NUMBER 391
- 1998 - THE ESTATE IS BOUGHT BY THE CURRENT OWNER DANA HOLLISTER.



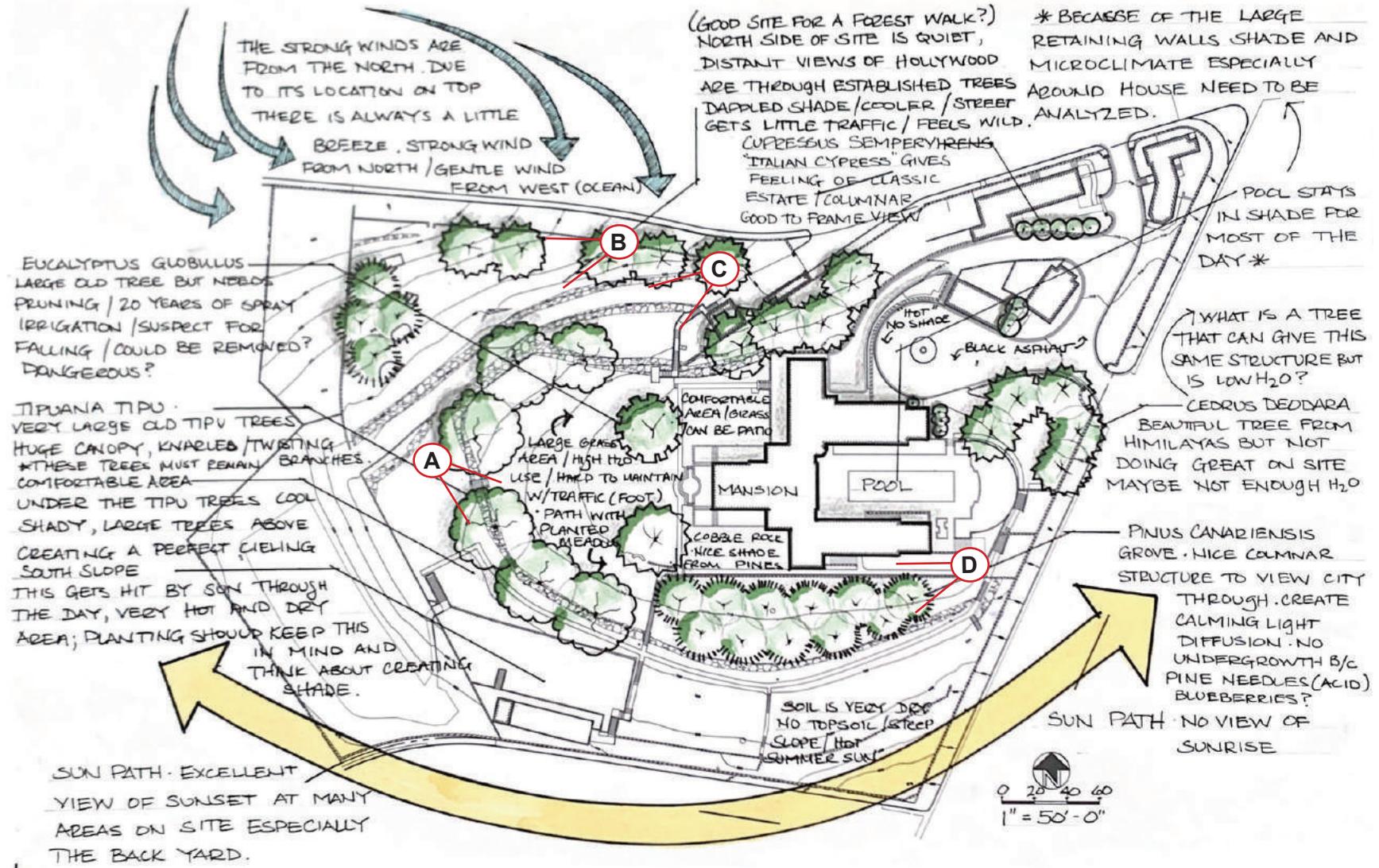


Canfield-Moreno Estate, ca. 1920s

L.A. Relics

photo of the canfield moreno estate under construction - the paramour archives

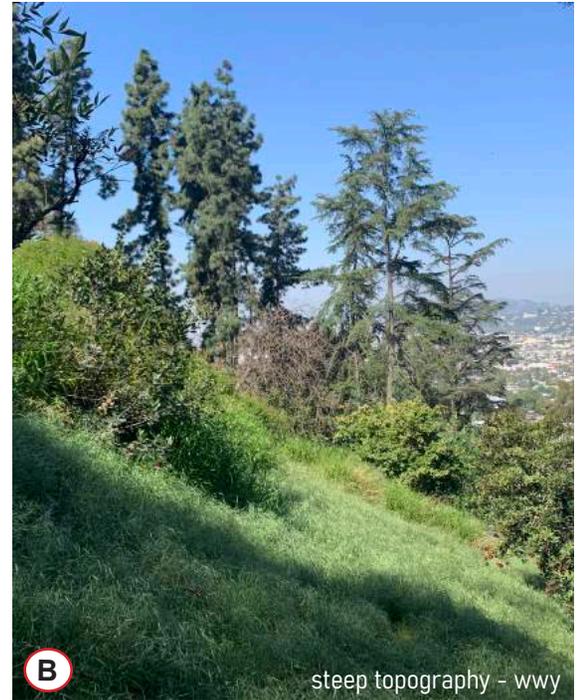
SITE ANALYSIS - NATURAL ELEMENTS





A

mature tipu trees - wwy



B

steep topography - wwy



C

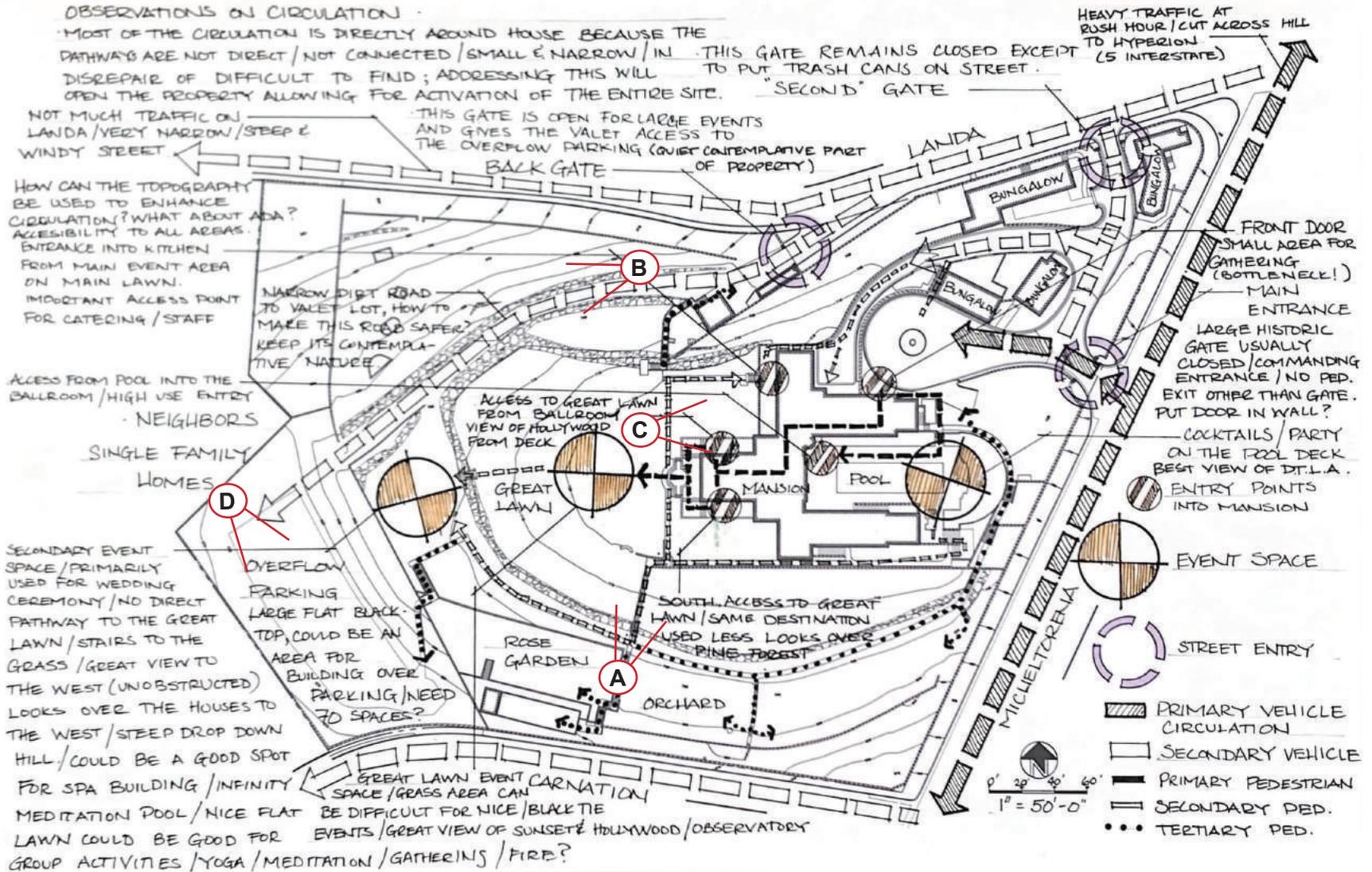
exotic plant species - wwy



D

canary island pine grove - wwy

SITE ANALYSIS - CIRCULATION/ EVENT SPACE





A

small narrow stairs - wwy



B

dirt road to parking - wwy



C

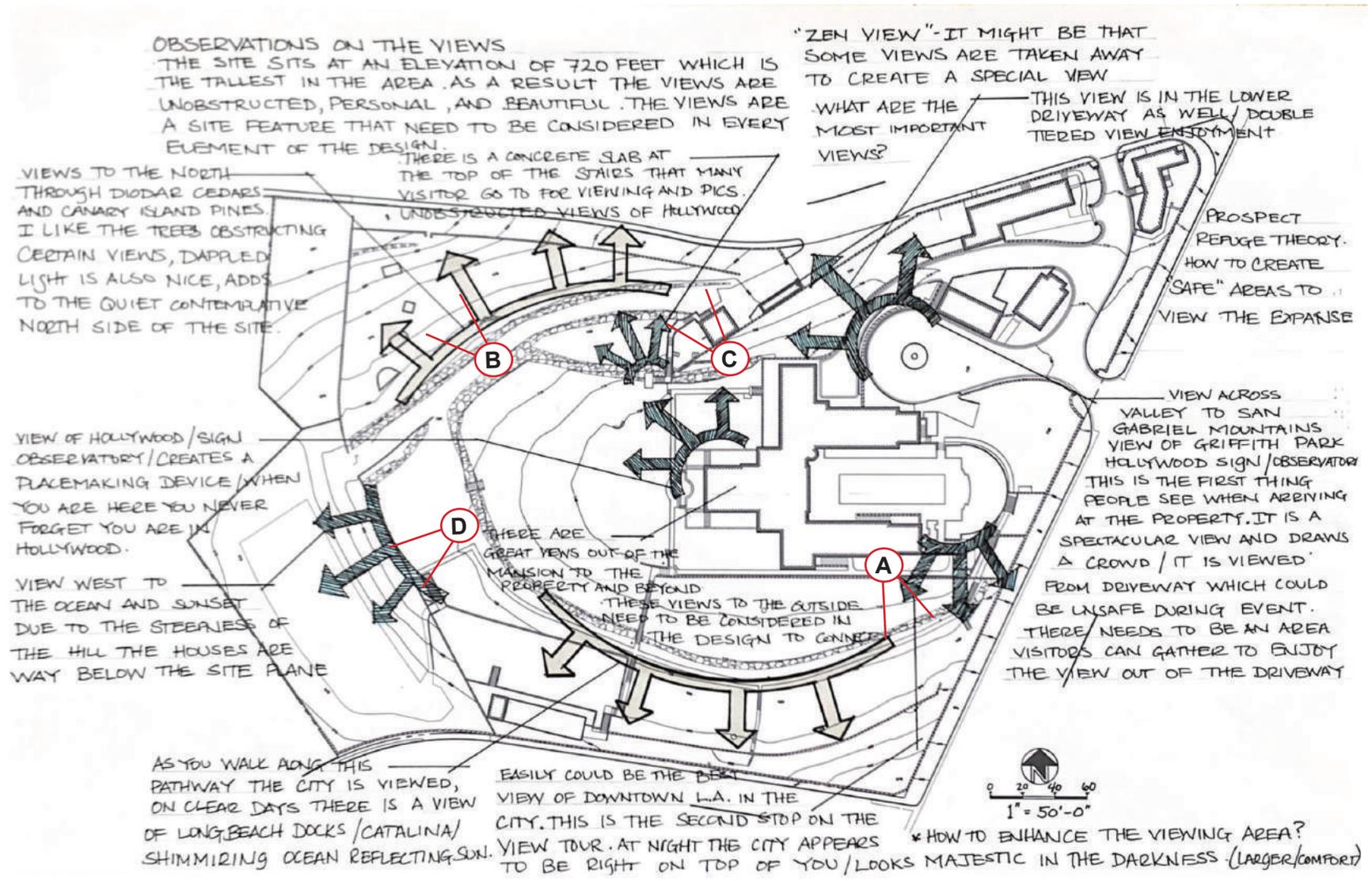
pathway disrepair - wwy



D

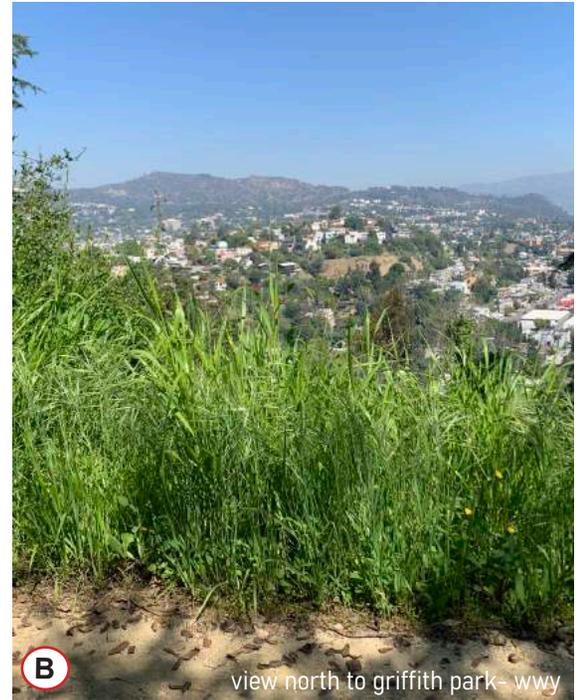
overflow parking - wwy

SITE ANALYSIS - VIEWS





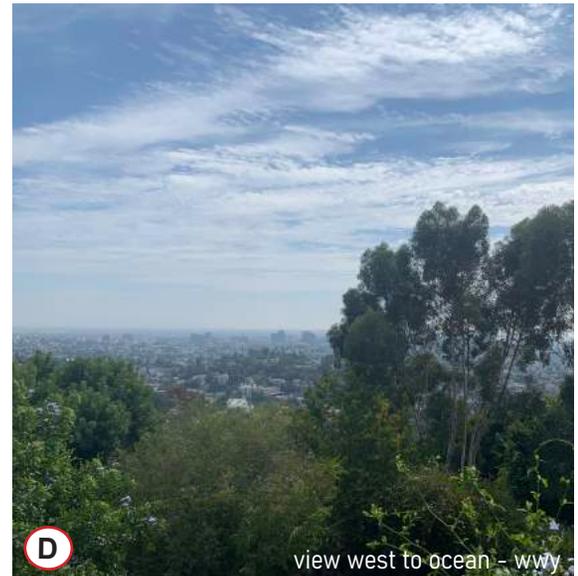
view south to downtown los angeles - wwy



view north to griffith park - wwy

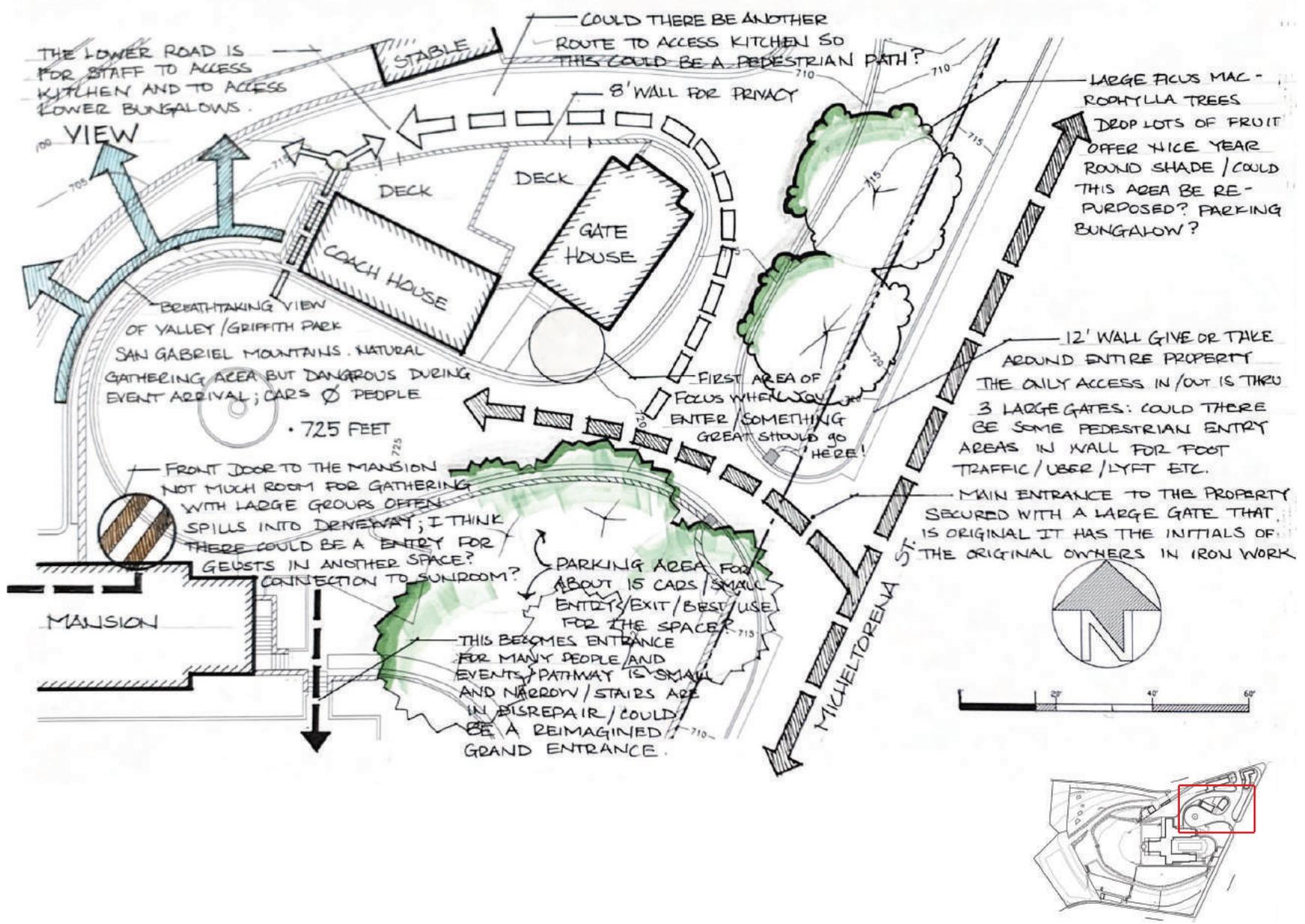


view northwest to hollywood sign - wwy

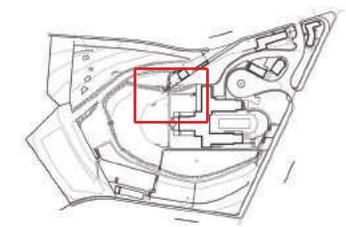
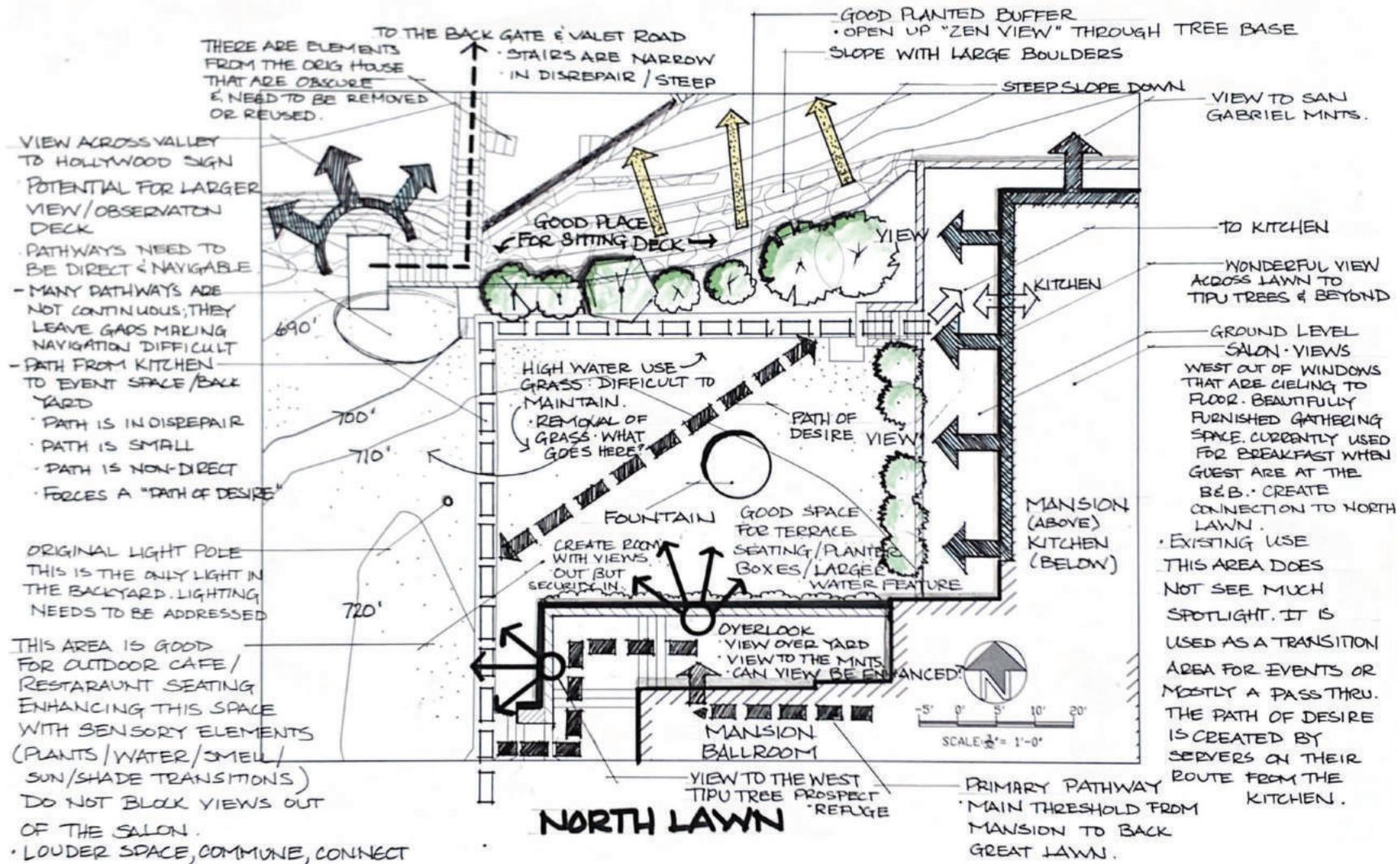


view west to ocean - wwy

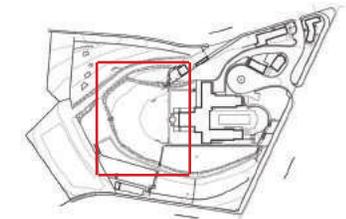
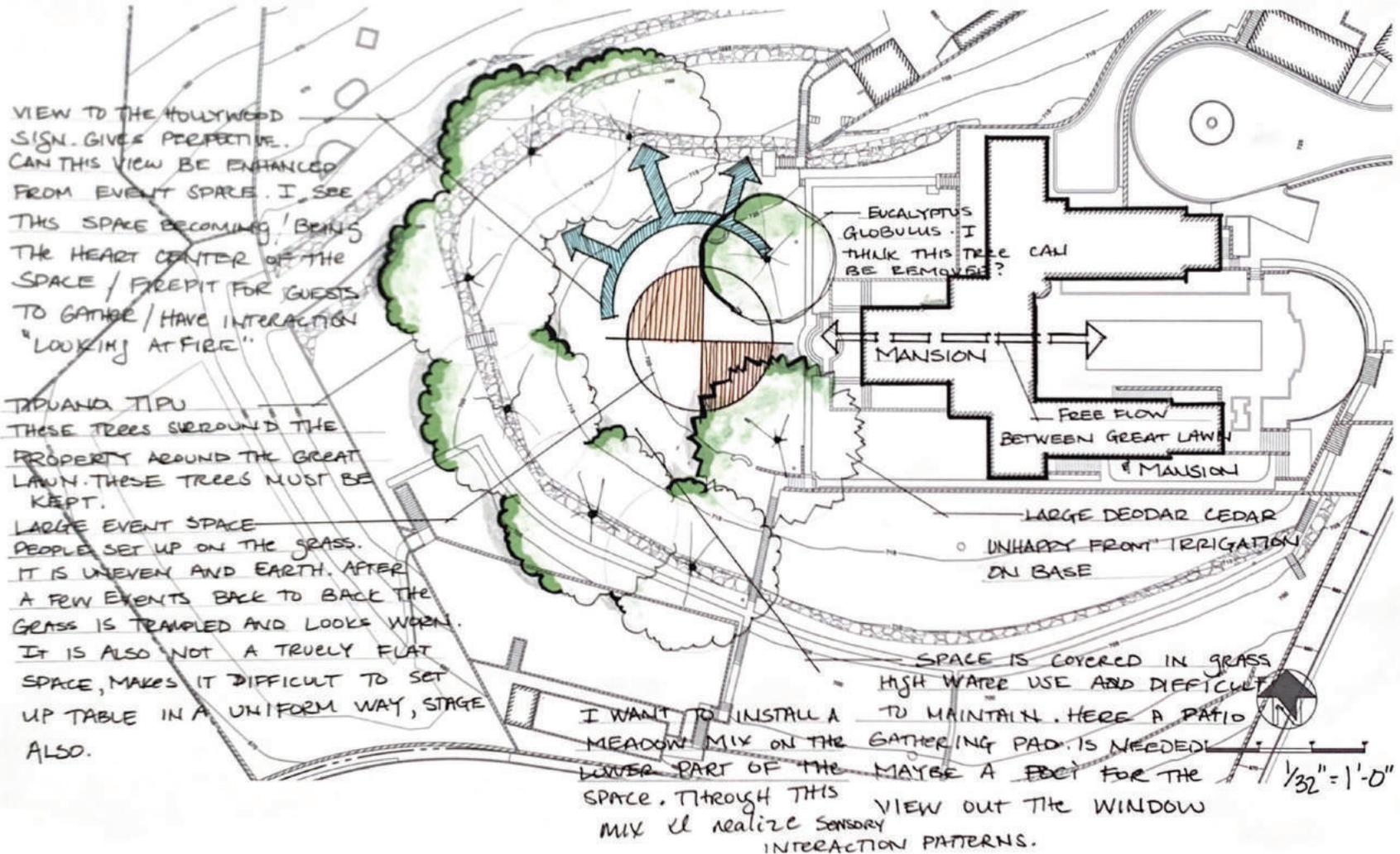
SITE ANALYSIS - ARRIVAL



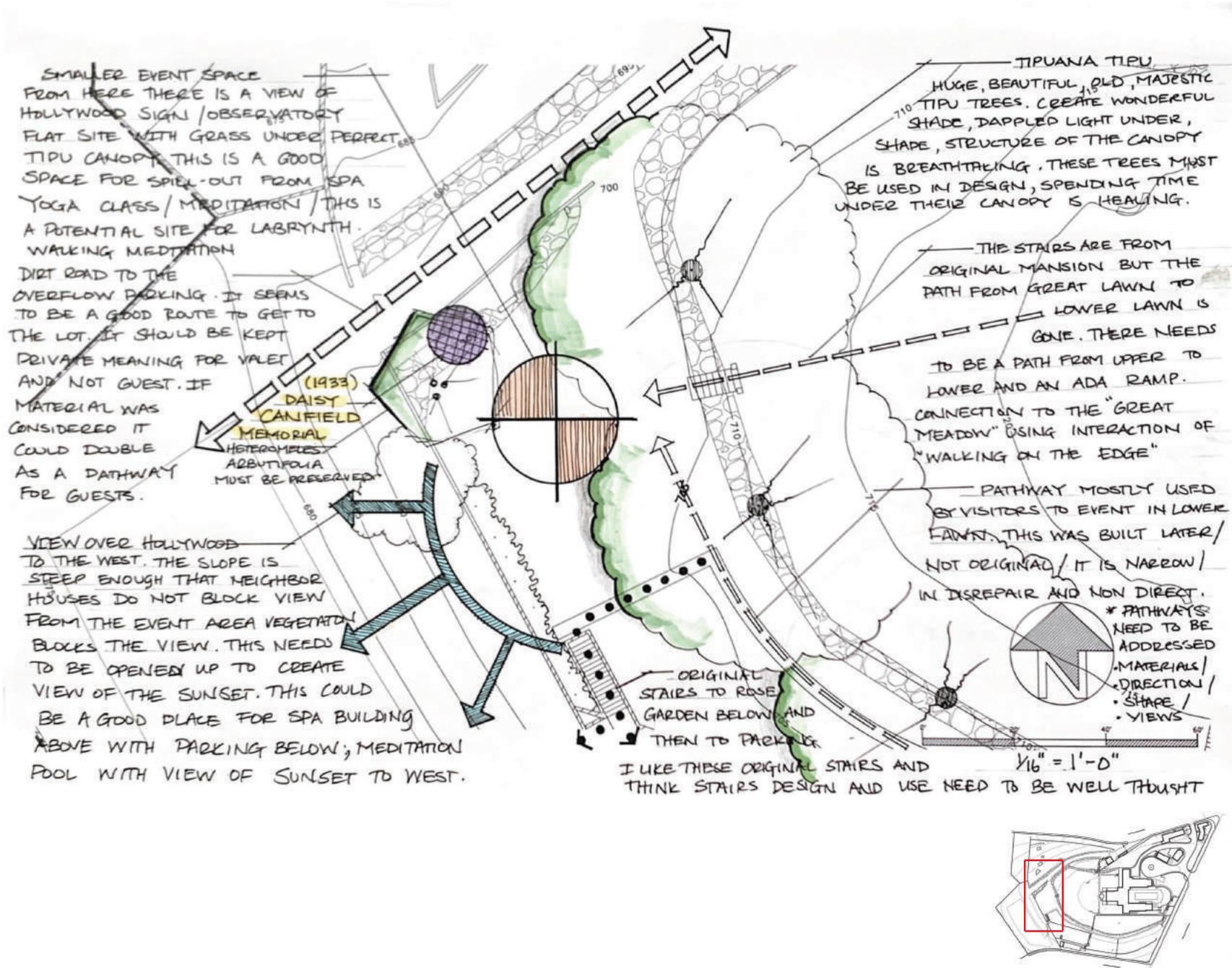
SITE ANALYSIS - NORTH LAWN



SITE ANALYSIS - GREAT LAWN



SITE ANALYSIS - LOWER LAWN



SMALLER EVENT SPACE FROM HERE THERE IS A VIEW OF HOLLYWOOD SIGN/OBSERVATORY FLAT SITE WITH GRASS UNDER PERFECT TIPU CANOPY THIS IS A GOOD SPACE FOR SPIEL-OUT FROM SPA YOGA CLASS/MEDITATION/THIS IS A POTENTIAL SITE FOR LABRYNTH. WALKING MEDITATION DIRT ROAD TO THE OVERFLOW PARKING. IT SEEMS TO BE A GOOD ROUTE TO GET TO THE LOT. IT SHOULD BE KEPT PRIVATE MEANING FOR VALET AND NOT GUEST. IF MATERIAL WAS CONSIDERED IT COULD DOUBLE AS A DATHWAY FOR GUESTS.

VIEW OVER HOLLYWOOD TO THE WEST. THE SLOPE IS STEEP ENOUGH THAT NEIGHBOR HOUSES DO NOT BLOCK VIEW FROM THE EVENT AREA VEGETATION BLOCKS THE VIEW. THIS NEEDS TO BE OPENED UP TO CREATE VIEW OF THE SUNSET. THIS COULD BE A GOOD PLACE FOR SPA BUILDING ABOVE WITH PARKING BELOW; MEDITATION POOL WITH VIEW OF SUNSET TO WEST.

TIPUANA TIPU HUGE, BEAUTIFUL OLD, MAJESTIC TIPU TREES. CREATE WONDERFUL SHADE, DAPPLIED LIGHT UNDER, SHAPE, STRUCTURE OF THE CANOPY IS BREATHTAKING. THESE TREES MUST BE USED IN DESIGN, SPENDING TIME UNDER THEIR CANOPY IS HEALING.

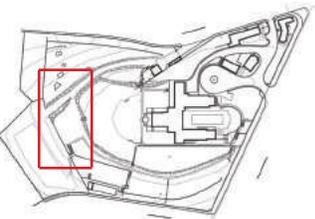
THE STAIRS ARE FROM ORIGINAL MANSION BUT THE PATH FROM GREAT LAWN TO LOWER LAWN IS GONE. THERE NEEDS TO BE A PATH FROM UPPER TO LOWER AND AN ADA RAMP. CONNECTION TO THE "GREAT MEADOW" USING INTERACTION OF "WALKING ON THE EDGE"

PATHWAY MOSTLY USED BY VISITORS TO EVENT IN LOWER LAWN. THIS WAS BUILT LATER/ NOT ORIGINAL/ IT IS NARROW/ IN DISREPAIR AND NON DIRECT.

- * PATHWAYS NEED TO BE ADDRESSED
- MATERIALS/
- DIRECTION/
- SHAPE/
- VIEWS

ORIGINAL STAIRS TO ROSE GARDEN BELOW AND THEN TO PARKING

I LIKE THESE ORIGINAL STAIRS AND THINK STAIRS DESIGN AND USE NEED TO BE WELL THOUGHT



SITE ANALYSIS - THE FOREST

OBSERVATIONS ON FOREST:

NORTH SIDE OF PROPERTY, NOT MUCH TRAFFIC ON LANDA. CONTEMPLATIVE. ESTABLISHED MATURE TREES, NICE SUN/SHADE THROUGH THE DAY. I LIKE THIS AREA FOR FOREST BATHING

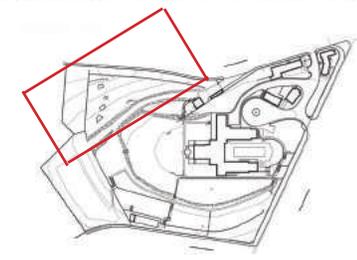
NOT MUCH TRAFFIC ON LANDA SMALL/NARROW LOTS OF PEDESTRIANS (SILVER LAKE STEPS) (EITHERS)

DEODAR CEDAR PRETTY TREES THAT GIVE THE AREA CONNECTION TO OTHER AREAS WITH SAME TREE.

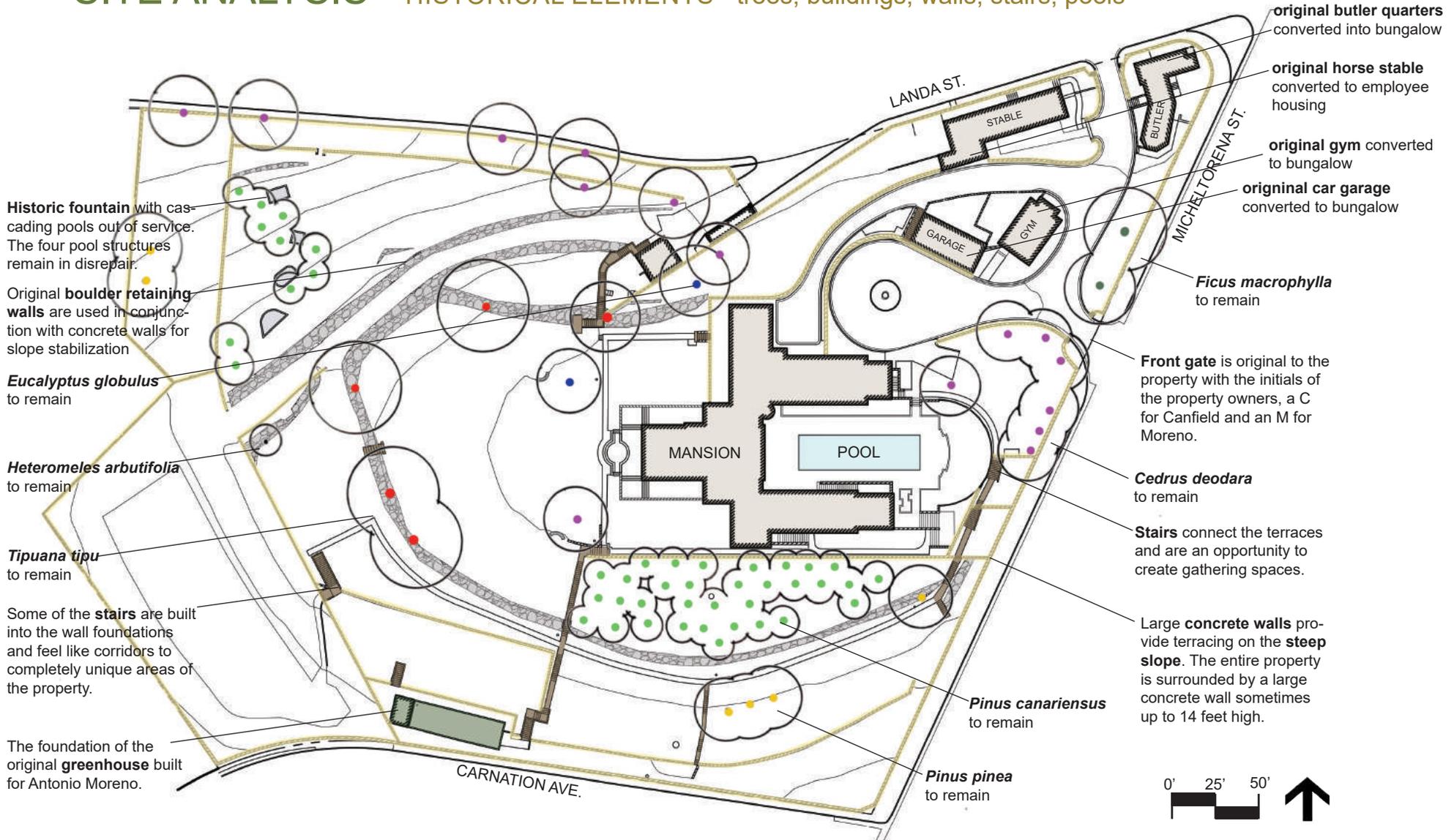
10' WALL WITH SHARP IRON FENCE @ TOP
 PINUS CANARIENSIS
 SMALL GROVE CONNECTS BACK YARD TO FRONT
 UNIQUE SPACE THAT SEEMS LIKE AN INDIVIDUAL SPACE TO ITSELF
 UNAFFECTED BY THE NEIGHBORS/SITE IS HIGH
 I ALSO SEE THERAPY PODS THROUGH THIS FORESTED AREA
 ORIGINAL FOUNTAIN POOLS CURRENTLY RUINS. I WANT TO REPURPOSE THESE POOLS TO BE MINERAL POOLS FOR GUESTS TO SOAK IN.
 NATURALIZE THE AREA SO IT APPEARS LIKE A STONE GROTTO.

DAISY CANFIELD MEMORIAL DESIGN METAPHOR CAME FROM HERE. EAST MEETS WEST.

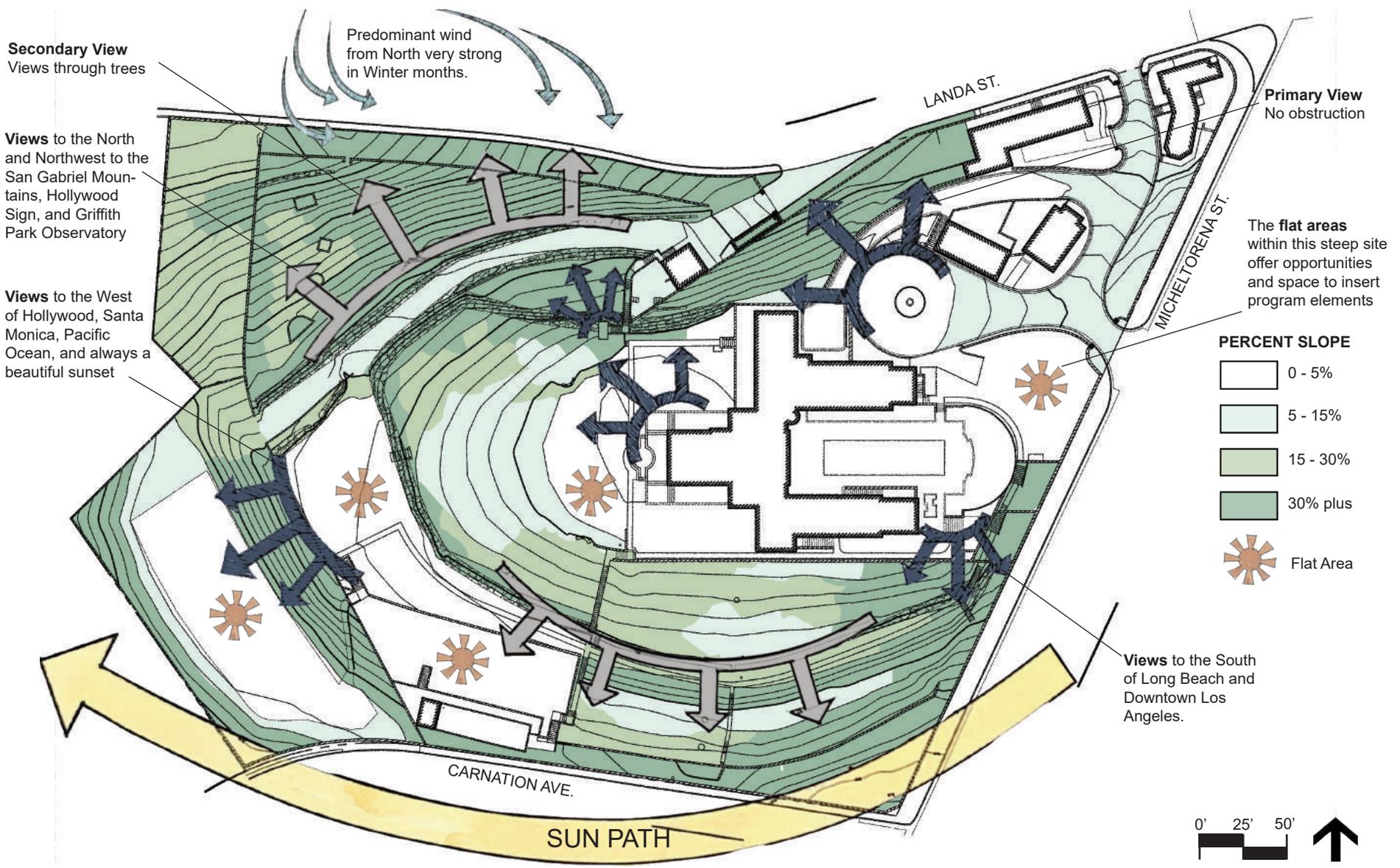
VIEW ACROSS LOS FELIZ TO GRIFFITH PARK HOLLYWOOD SIGN / OBSERVATORY. IT IS ESPECIALLY BEAUTIFUL HERE AT SUNSET. SOME VIEWS ARE BLOCKED BY TREES WHICH I LIKE. "ZEN VIEW" IN A DATER LANGUAGE. TAKING SOME VIEWS AWAY WOULD ENHANCE CERTAIN SPACES.



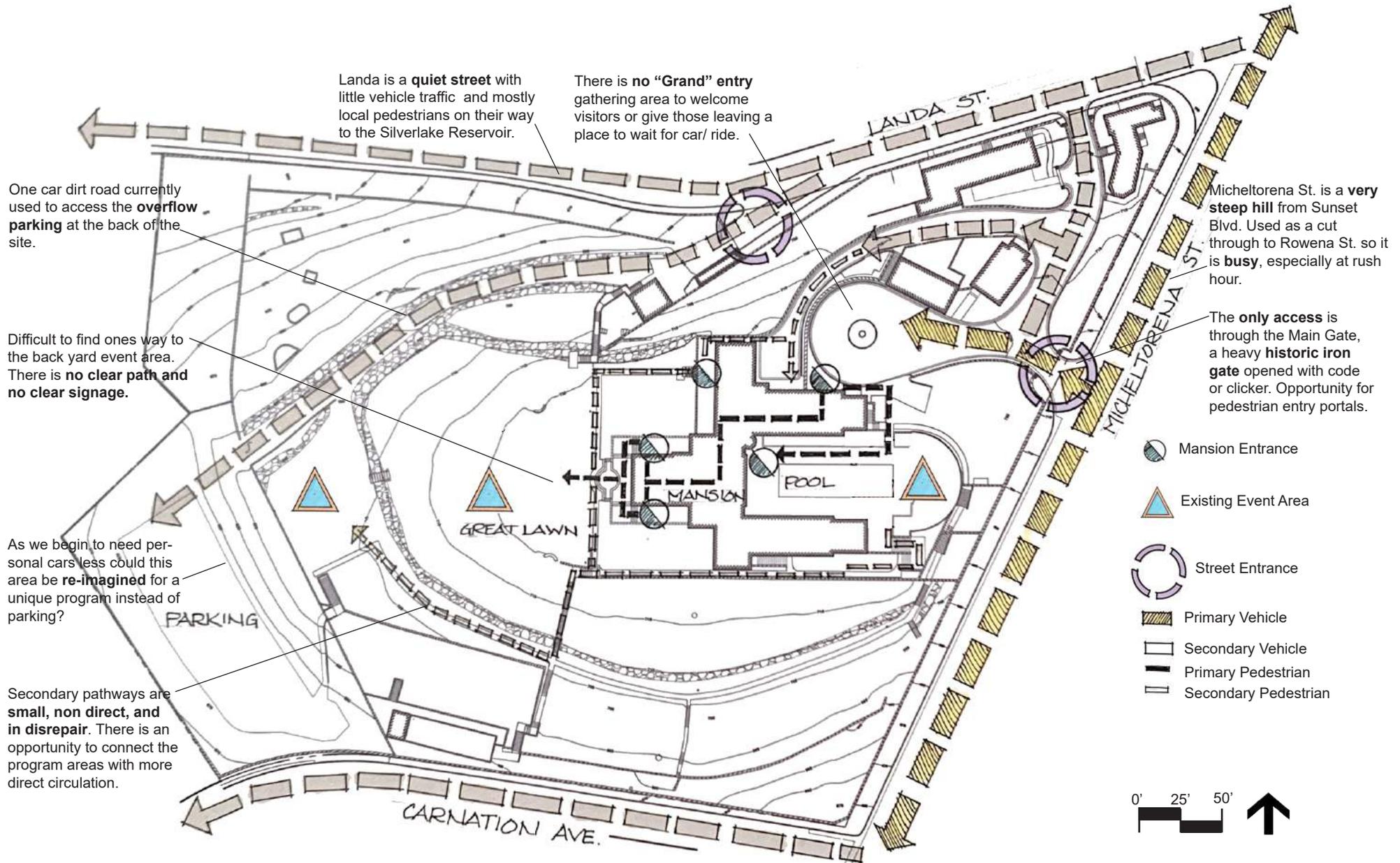
SITE ANALYSIS - HISTORICAL ELEMENTS - trees, buildings, walls, stairs, pools



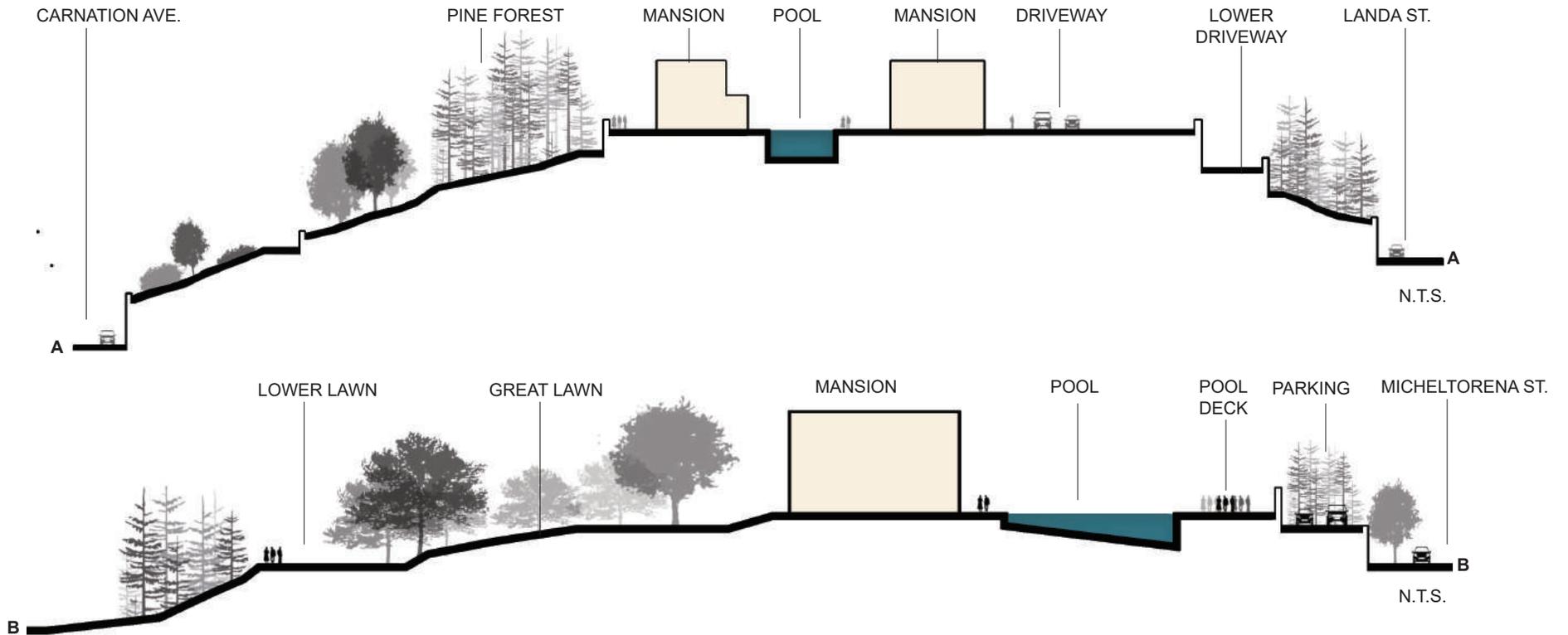
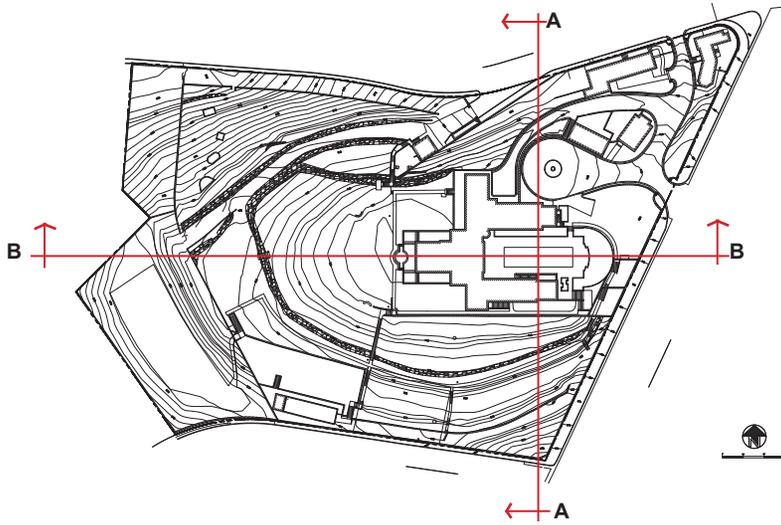
SITE ANALYSIS - TOPOGRAPHY/ VIEWS/ WIND/ SUN/ TREES



SITE ANALYSIS - CIRCULATION - event nodes, entry/exit, vehicular, pedestrian



SITE ANALYSIS - TOPOGRAPHY - section cuts



CONSTRAINTS



CONSTRAINTS

- 1. Limited Parking
- 2. 14' Wall creates isolation
- 3. Mature trees that cannot be moved
- 4. Pathways are small and inefficient
- 5. Historic Property cannot be changed
- 6. Small Entry no room for gathering
- 7. Limited entry/ access into property
- 8. Topography



OPPORTUNITIES



OPPORTUNITY

- 1. Connection to existing historic elements
- 2. 14' Wall creates privacy
- 3. Mature trees create refuge and beauty
- 4. Views

- 5. Historic property roots the design
- 6. Large gathering space with view
- 7. Quiet North side contemplative area
- 8. Topography



PROJECT PRECEDENT

NACADIA HEALING FOREST GARDEN

HOERSHOLM ARBORETUM,
COPENHAGEN, DENMARK

BUILT ON A 2 ACRE SITE THIS IS A FOREST GARDEN WITH PLANT MATERIALS CREATING OUTDOOR ROOMS TO ENHANCE FEELING OF BEING IMMERSSED IN NATURE. THIS IS A THERAPEUTIC LANDSCAPE IN EVERY ASPECT. IT IS A TREATMENT FACILITY FOR SOLDIERS WITH PTSD WHO COME HERE FOR AN IMMERSIVE 10 WEEK NATURE BASED THERAPY SESSION.

“The area is designed to be a refuge, a serene environment with richness in species that you mostly enjoy alone, being away.” (www.nataliapantelidou.com)

ENVIRONMENTAL BENEFITS

- FOREST CREATES HABITAT FOR SPECIES AND BIODIVERSITY
- TREES PURIFY THE AIR MITIGATING AIR POLLUTION
- CREATION OF URBAN FOREST LOWERS URBAN HEAT INDEX

SOCIAL BENEFITS

- THERAPEUTIC FOR THE PATIENTS AS WELL AS THE FAMILY/ FRIENDS WHO MIGHT BE VISITING THE PATIENT
- IT IS VERY UNIQUE THAT THIS IS A THERAPEUTIC FOREST AND I LIKE THE IDEA OF A LARGER SCALE AREA DEDICATED FOR THERAPY AND WELLNESS.



forest walk - peaceinminds.org



wooden walkway - natalia pantelidou



native flower meadow - natalia pantelidou



wooden bench - natalia pantelidou

PROJECT PRECEDENT

AVALON PARK AND PRESERVE

200 HARBOR ROAD
STONY BROOK, NEW YORK 11790

A FORMER RESIDENTIAL SITE IT WAS DESIGNED AS A 7-ACRE MEMORIAL. THE SURROUNDING PRESERVE IS DESIGNED AS A JOURNEY THROUGH A SERIES OF “NATURAL GARDENS” THAT REPRESENT THE DIFFERENT LANDSCAPES OF LONG ISLAND FROM A RICH LOWLAND SWAMP TO THE BEECH FOREST. THERE IS A LABYRINTH AND WILDFLOWER MEADOW AT THE TOP OF THE HILL. DIFFERENT AREAS OF THE SITE ENCOURAGE MANY DIFFERENT USES, FROM CONTEMPLATION TO JOGGING. EMBRACED AS A SACRED SPACE, CANDLELIGHT VIGILS ARE HELD THERE. ITS INTENTIONAL DESIGN AND CONNECTION TO THE LOCAL SPECIES PROVIDES GARDEN THERAPY TO ITS MANY VISITORS.(WWW.LANDSCAPEPERFORMANCE.ORG)

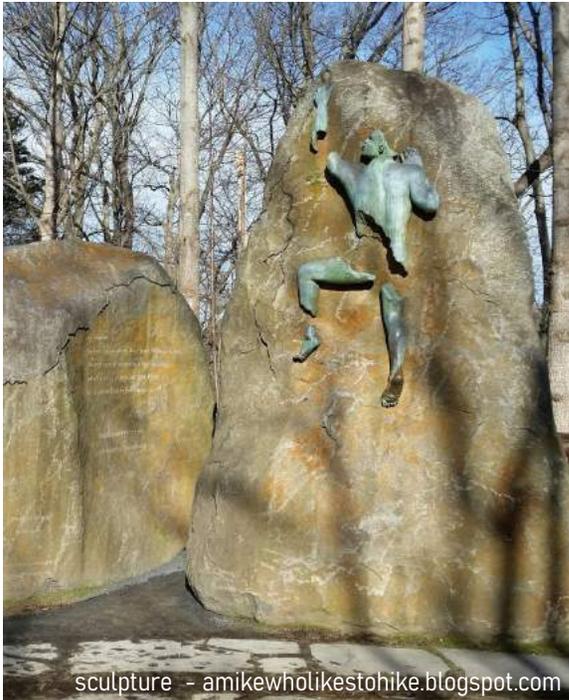
ENVIRONMENTAL BENEFITS

- INCREASED BIODIVERSITY, 35% INCREASE IN IDENTIFIED BIRD SPECIES
- INCREASED THE ECOLOGICAL INTEGRITY BY REMOVING INVASIVE SPECIES AND PLANTING COMMUNITIES OF NATIVES TO CREATE A NATIVE MEADOW.

SOCIAL BENEFITS

- PROVIDES GARDEN THERAPY AND ATTENTION RESTORATION TO 129,600 VISITORS EVERY YEAR.
- PROVIDES AN OUTDOOR CLASSROOM TO LEAD PROGRAMS IN LOCAL ECOLOGY AND ENVIRONMENTAL STEWARDSHIP.
- SUPPLEMENTS PHYSICAL HEALTH OFFERING AREAS TO RUN, WALK, BIKE OR JOG.

RESOURCE: WWW.AVALONNATUREPRESERVE.ORG



sculpture - amikewholikestohike.blogspot.com



labyrinth - michael geffel



native meadow - michael geffel



forest walk - avalonnaturepreserve.org

PROJECT PRECEDENT

THE ESALEN INSTITUTE

55000 HIGHWAY 1
BIG SUR, CA, 93920.

THE ESALEN VISION

“Esalen is a major catalyst in the transformation of humankind, working with individuals and institutions to integrate heart, mind, body, spirit and community in a nurturing relationship with the environment” (esalen.org)

MY STUDY OF ESALEN IS IN THE CREATION OF A MISSION/ VISION WHICH IN TURN GIVES THE SPACE STORY, AND CONNECTS IT TO A DEEPER CAUSE. I FEEL THAT IN OUR QUEST FOR HEALING WE NEED TO THINK ABOUT OUR LANGUAGE AND THE CHOICES WE MAKE TO SAY CREATE EXCLUSIVITY OR COMMUNITY. I ALSO WANT TO LOOK AT THEIR PROGRAM AND HOW IT AFFECTS THEIR VISION OF HOW THE LANDSCAPE IS DESIGNED.

PROGRAMMATIC/ SOCIAL STRUCTURE

- HEART - CREATIVE EXPRESSION/LIFE PURPOSE/ RHYTHM/RELATIONSHIP /ARTS
- MIND -MEDITATION / MINDFULNESS/ NEUROPSYCHOLOGY
- BODY -DANCE/HEALING ARTS /MASSAGE/ YOGA
- SPIRIT - CONTEMPLATIVE / SPIRITUAL STUDIES/ECOLOGY /WILDERNESS / HIKING
- COMMUNITY - GENDER, LEADERSHIP, SOCIAL POLITICAL CHANGE



quiet cabins - goop.com



hot soaking pools - kia miller



organic garden harvest - esalen.org



group building session - esalen.org

DESIGN METAPHOR



LOCATED AT THE BACK OF THE PROPERTY UNDERNEATH SOME FERNS SITS THE DAISY CANFIELD MEMORIAL WHERE LEGEND SAYS HER ASHES WERE SCATTERED AFTER HER UNTIMELY DEATH ON MULHOLLAND DRIVE IN 1933.

FIBONACCI / GOLDEN RATIO

WE CAN SEE IN THE LOWER PART OF THE MEMORIAL THE SPIRALING FIBONACCI PATTERN. THIS IS A PATTERN SEEN IN NATURE AND IS CLOSELY RELATED TO THE GOLDEN RATIO. THE GOLDEN RATIO USES PHI (1.61803399...) AND IT HAS BEEN USED IN ARCHITECTURE SINCE THE GREEKS BUILT THE PARTHENON. THROUGH USE OF THIS RATIO THE BUILT WORLD LOOKS AND FEELS IN PERFECT BALANCE.

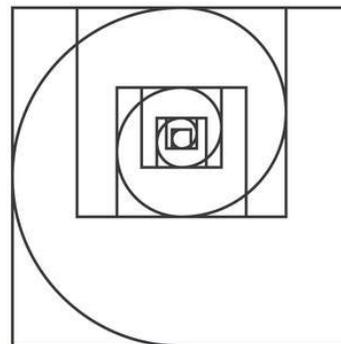
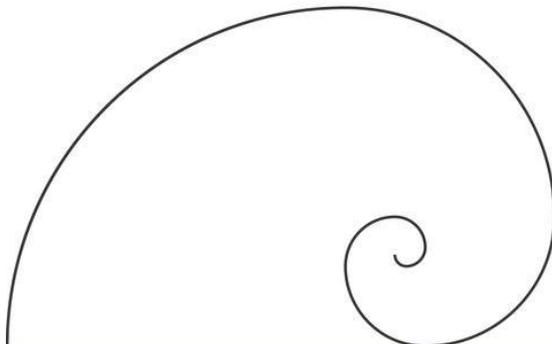
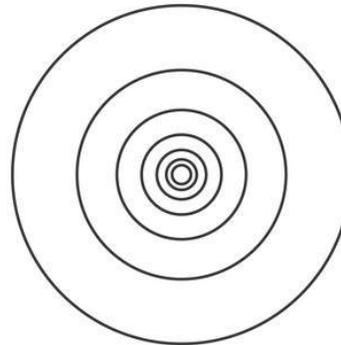
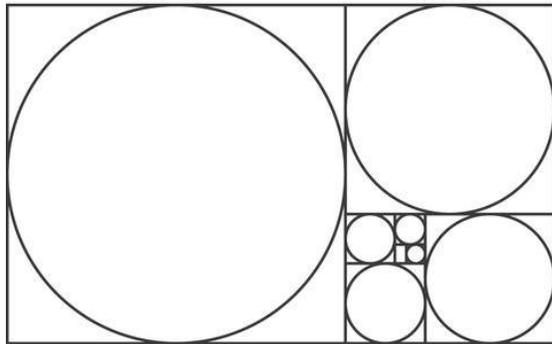
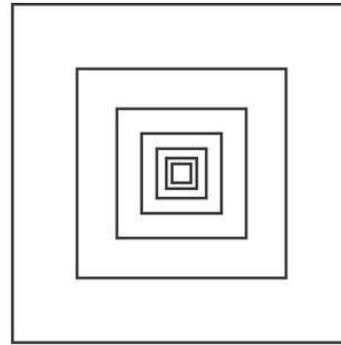
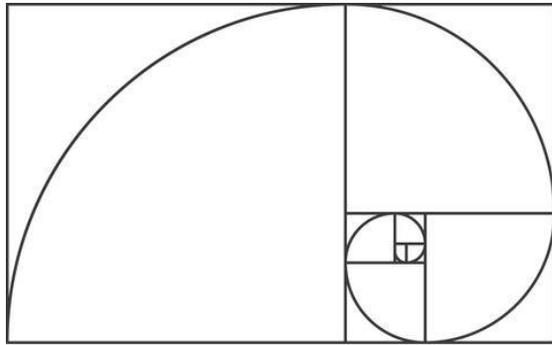
EAST MEETS WEST

EAST - CULTURALLY CONNECTED TO NATURE THROUGH SPIRITUALITY (TOAISM, BUDDHISM) THROUGH DESIGN (FENG SHUI, JAPANESE GARDEN "ART") AND THROUGH PHYSICAL PRACTICE (YOGA, FOREST BATHING, MEDITATION).

WEST - THE CULTURE OF THE WEST IS GREATLY INFLUENCED BY THE SCIENTIFIC METHOD AND USES THIS TO INFLUENCE SPIRITUALITY (EVOLUTION, ATHEISM) DESIGN (EVIDENCE BASED DESIGN, CASE STUDIES) AND PHYSICAL PRACTICE (JOGGING, CROSSFIT).

BY USING ANCIENT DESIGN METHODS FROM THE EAST OVERLAPPED WITH SCIENTIFIC EVIDENCE FROM THE WEST WE CAN BEGIN TO CREATE A FRAMEWORK FOR THE DESIGN OF A SPACE THAT SYNTHESIZES EAST AND WEST.

FIBONACCI TEMPLATES



THE FIBONACCI SPIRAL IS CREATED BY ADDING THE SUM OF TWO NUMBERS TO THE LAST NUMBER STARTING WITH 1. IT LOOKS LIKE THIS, 1,1,2,3,5,8,13,21,34,55,89.... AND SO ON. THIS PATTERN CAN BE USED TO DESIGN SPACE IN MANY WAYS AS YOU CAN SEE TO THE LEFT. ALL THE DESIGNS INCORPORATE THE FIBONACCI SEQUENCE.

GOLDEN RATIO

$$\text{PHI} = 1.61803399\dots$$

WE CAN USE THE GOLDEN RATIO TO BREAK UP SPACES IN WAYS THAT FEEL BALANCED. MULTIPLYING BY PHI 1.61803399.... OR 0.61803399... WE CAN EXPLORE POTENTIAL SPACIAL DESIGN ELEMENTS THAT MIMIC PATTERNS IN NATURE.

SACRED GEOMETRY

THE GOLDEN RATIO AND THE FIBONACCI SEQUENCE FIT INTO A LARGER GROUP OF PATTERNS CALLED SACRED GEOMETRY. SACRED GEOMETRY INVOLVES SACRED UNIVERSAL PATTERNS USED IN DESIGN OFTEN SEEN IN SACRED ARCHITECTURE AND SACRED ART.

PROGRAM

REHABILITATED HISTORIC ELEMENTS

HISTORIC GREENHOUSE - 2,000 sq-ft.

- *“Interacting with the Periodicity of Nature”*

ORGANIC GARDEN - 4,300 sq-ft

- *“Hands In Soil”*

THE ORCHARD - 5,000sqft.

- *“Harvesting”*

HISTORIC FOUNTAIN FOR SOAKING - 4 Pools @ 1,000 cu-ft.

- *“Immersing One’s Body in Water”*

LANDSCAPE ELEMENTS AROUND HISTORIC POOL

- *“Viewing from a Vista”*
- *“Plunging into Water”*

STAKEHOLDER

DANA HOLLISTER - OWNER

STEVE VITALOS - BUSINESS PARTNER

INVESTORS

EMPLOYEES

USERS

LOCALS/ TOURIST

- COUPLES FOR RETREAT
- INDIVIDUALS LOOKING FOR REJUVENATION
- “GET AWAY”
- AGE - 45 - 70 YEARS
- UPPER MIDDLE CLASS

PATIENTS

- PTSD
- CHRONIC STRESS
- HEART CONDITION
- DEPRESSION
- ADDICTION

GROUPS

- COMMUNITY GARDEN
- YOGA RETREAT
- COMPANY GROUP BUILDING
- COOKING CLASS
- HEALING WORKSHOP

NEW & ENHANCED ELEMENTS

SENSORY GARDEN AND CAFE - 2,500 sq-ft.

- *“Reading the Signs of Nature”*

HEART CENTER EVENT PAVILION - 4,500 sq-ft.

- *“Sitting by Fire”*

THE GREAT MEADOW - 13,350 sq-ft.

- *“Walking the Edges of Nature”*

THE SANCTUARY GARDEN - 3,400 sq-ft

- *“Experiencing the Elements”*

THE CONTEMPLATIVE FOREST - 24,000 sq-ft.

- *“Following Established Paths”*
- *“Viewing from a Vista”*

MEDITATION POOL

- *“Stargazing”*
- *“Immersing ones body in Water”*

RESOURCE: KAHN ET AL., 2012



couple retreat from the distant city - christopher sardegna



outdoor cooking class - bluehost.com

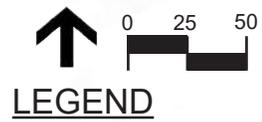
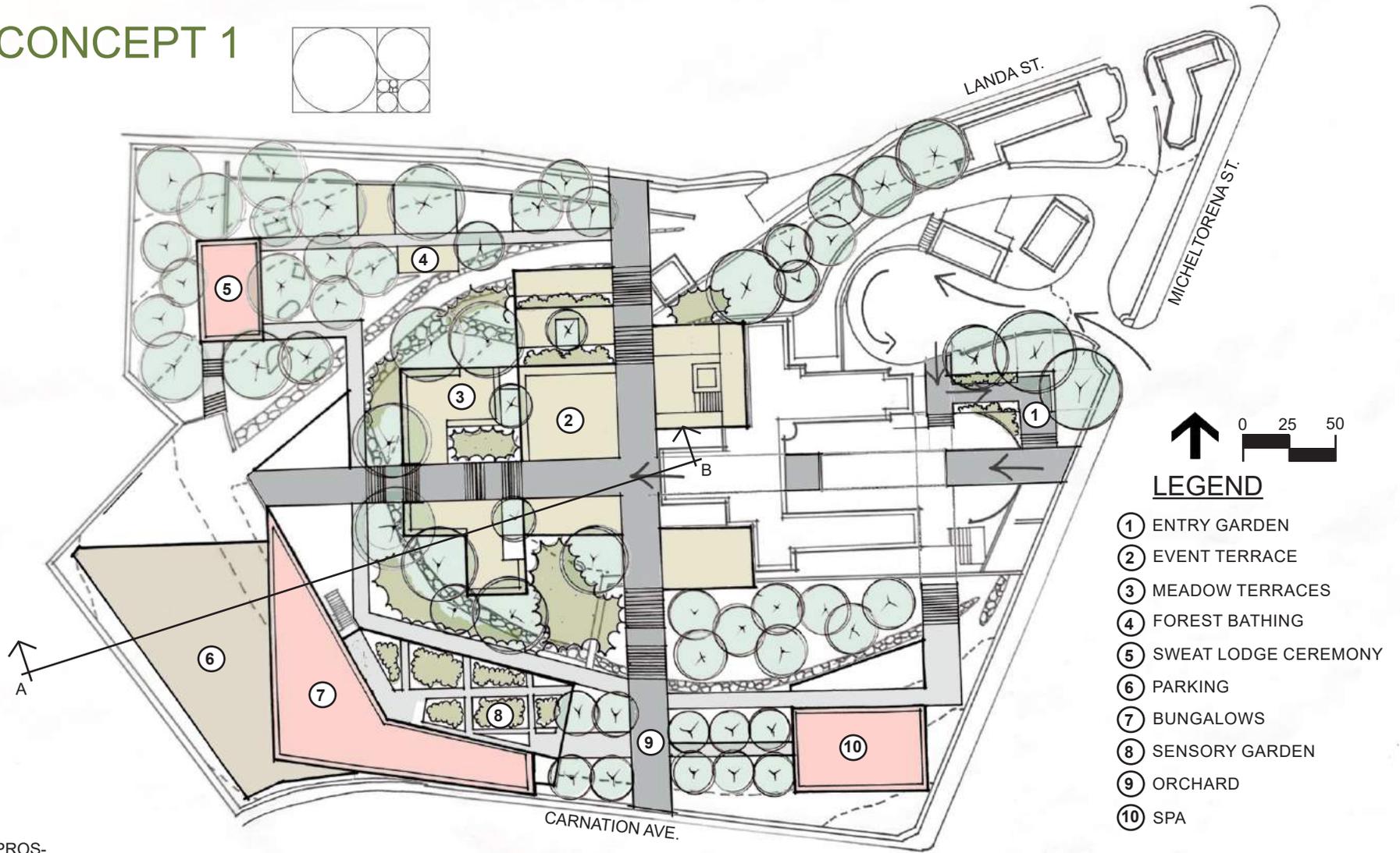
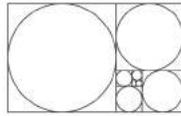


community garden - intermountainhealthcare.org



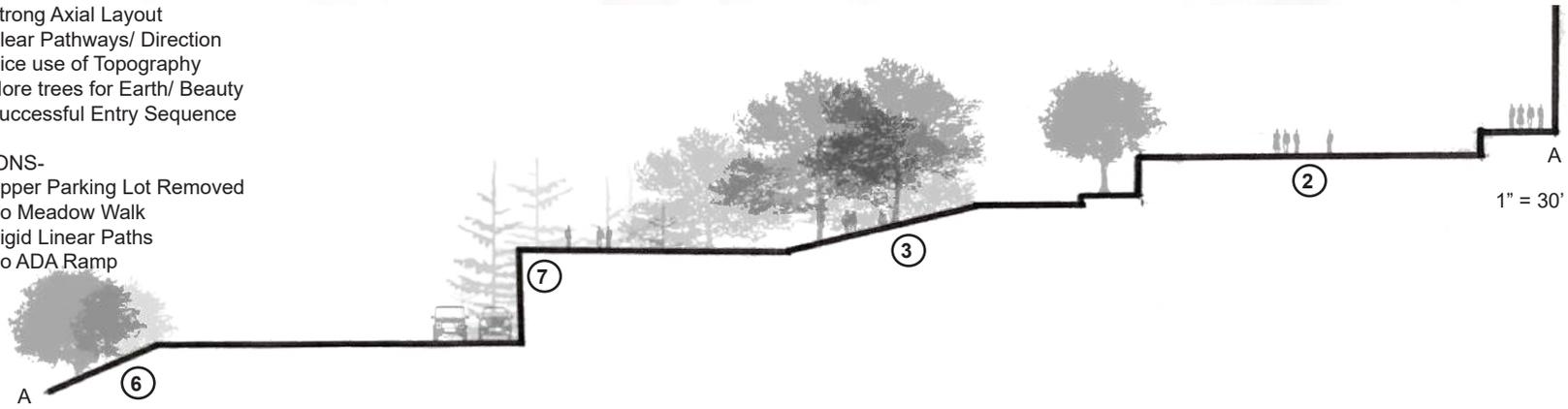
group retreat - eric brolin

CONCEPT 1



- PROS-
- Strong Axial Layout
 - Clear Pathways/ Direction
 - Nice use of Topography
 - More trees for Earth/ Beauty
 - Successful Entry Sequence

- CONS-
- Upper Parking Lot Removed
 - No Meadow Walk
 - Rigid Linear Paths
 - No ADA Ramp



CONCEPT 2



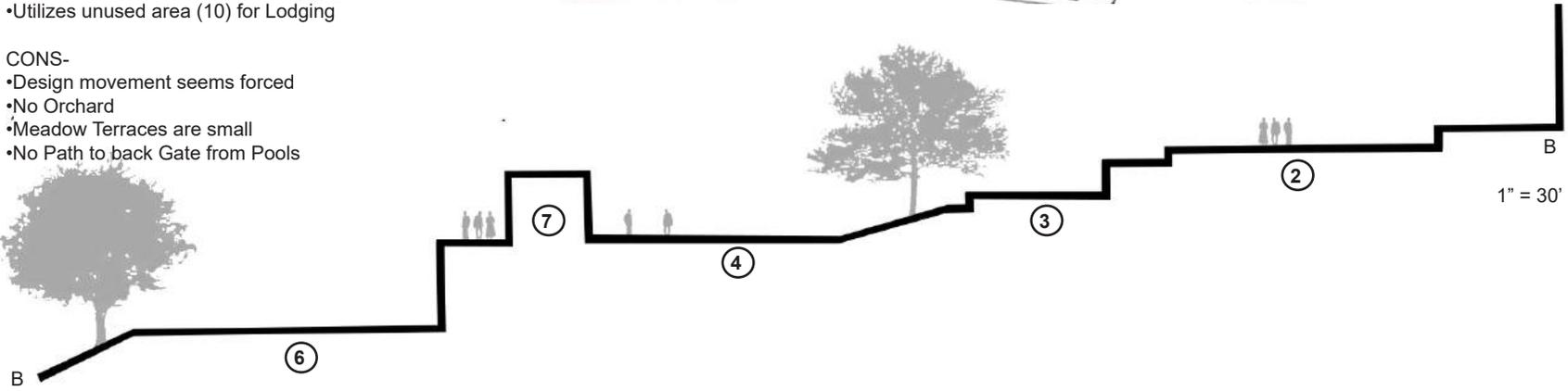
- LEGEND**
- ① GREEN ROOF ENTRY
 - ② EVENT PAVILION
 - ③ MEADOW TERRACES
 - ④ SANCTUARY GARDEN
 - ⑤ HISTORIC SOAKING POOLS
 - ⑥ PARKING
 - ⑦ SPA/ MEDITATION POOL
 - ⑧ ORGANIC GARDEN
 - ⑨ PINE FOREST
 - ⑩ BUNGALOWS

PROS-

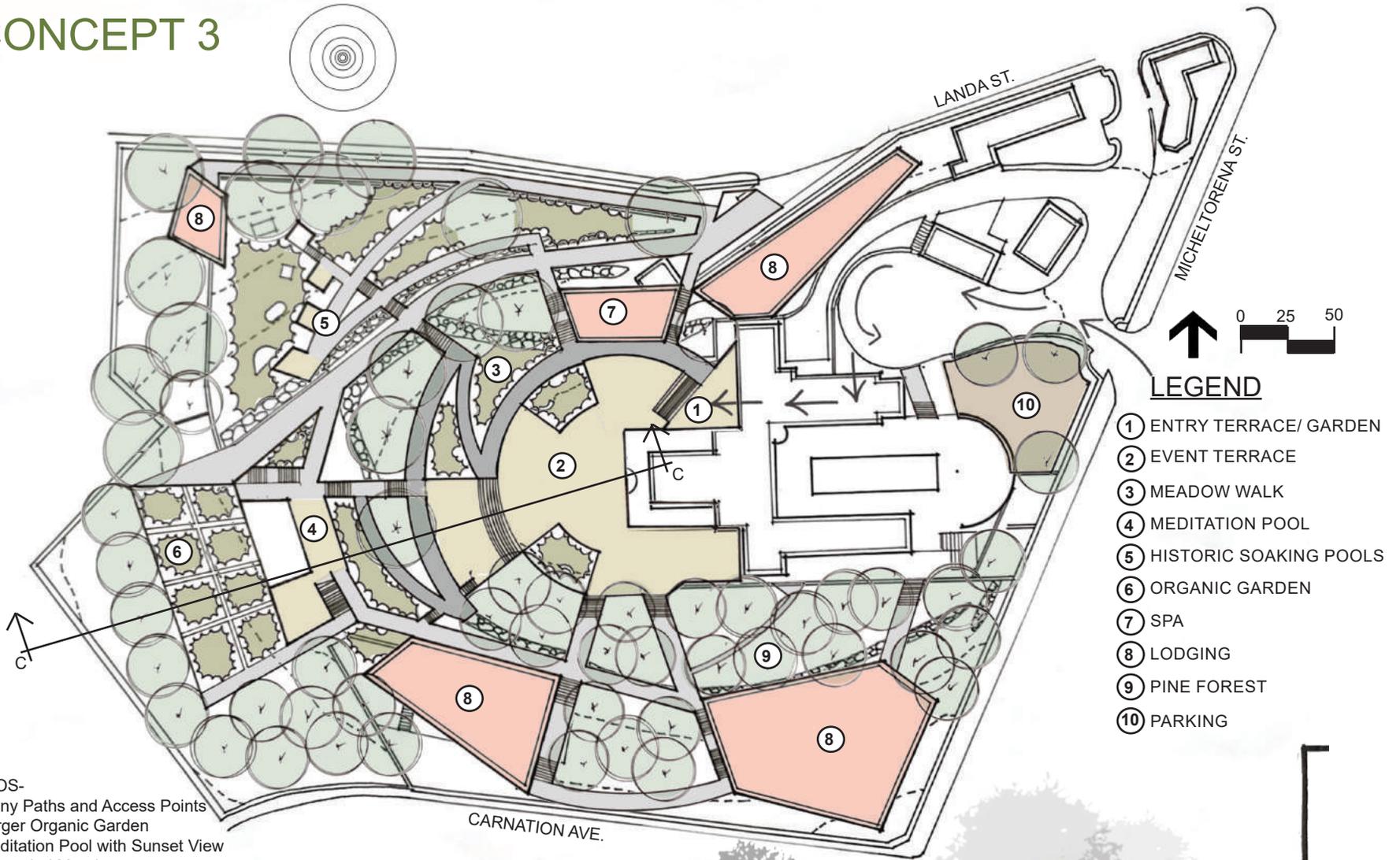
- Nice Curvilinear ADA Access
- Keeps Upper Parking
- Blg Event/ Gathering Area
- Expanded Pine Forest
- Utilizes unused area (10) for Lodging

CONS-

- Design movement seems forced
- No Orchard
- Meadow Terraces are small
- No Path to back Gate from Pools



CONCEPT 3



LEGEND

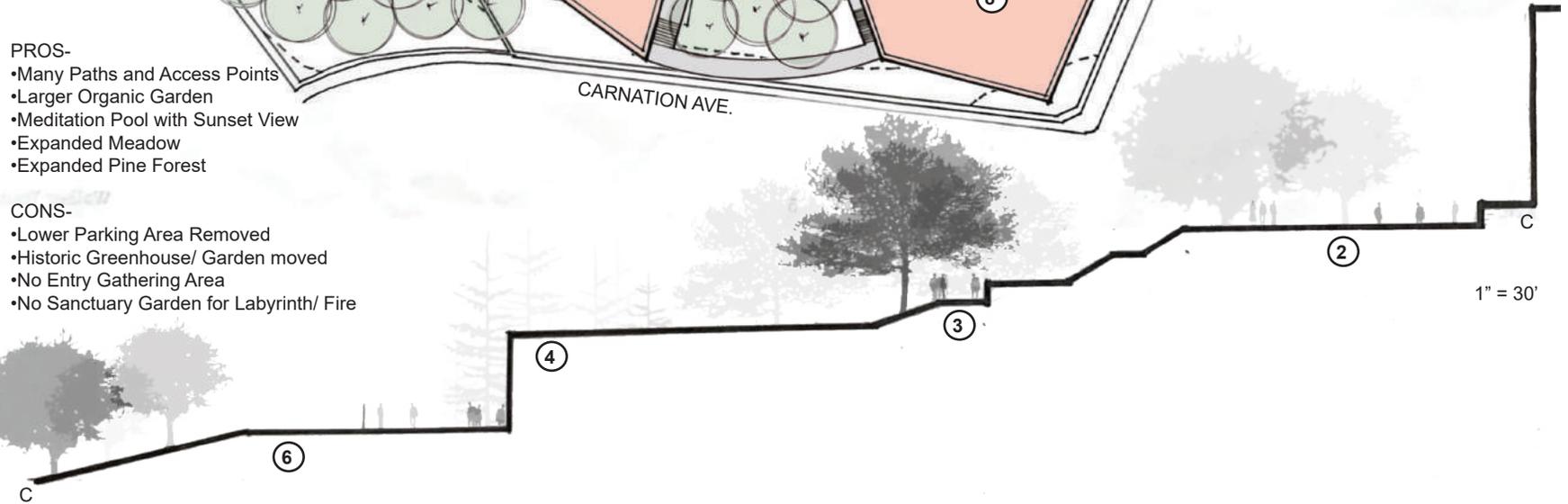
- ① ENTRY TERRACE/ GARDEN
- ② EVENT TERRACE
- ③ MEADOW WALK
- ④ MEDITATION POOL
- ⑤ HISTORIC SOAKING POOLS
- ⑥ ORGANIC GARDEN
- ⑦ SPA
- ⑧ LODGING
- ⑨ PINE FOREST
- ⑩ PARKING

PROS-

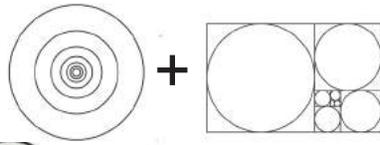
- Many Paths and Access Points
- Larger Organic Garden
- Meditation Pool with Sunset View
- Expanded Meadow
- Expanded Pine Forest

CONS-

- Lower Parking Area Removed
- Historic Greenhouse/ Garden moved
- No Entry Gathering Area
- No Sanctuary Garden for Labyrinth/ Fire

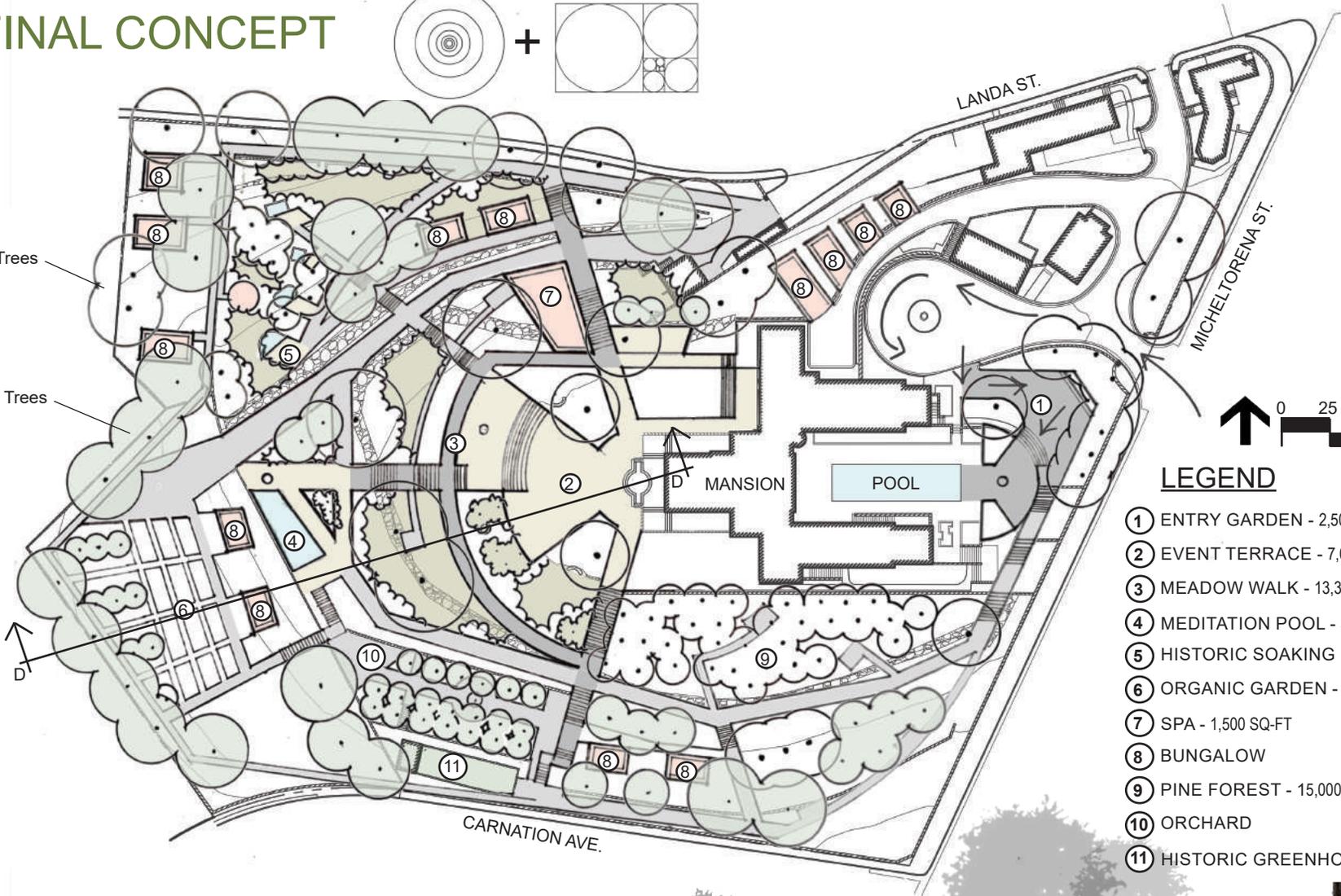


FINAL CONCEPT



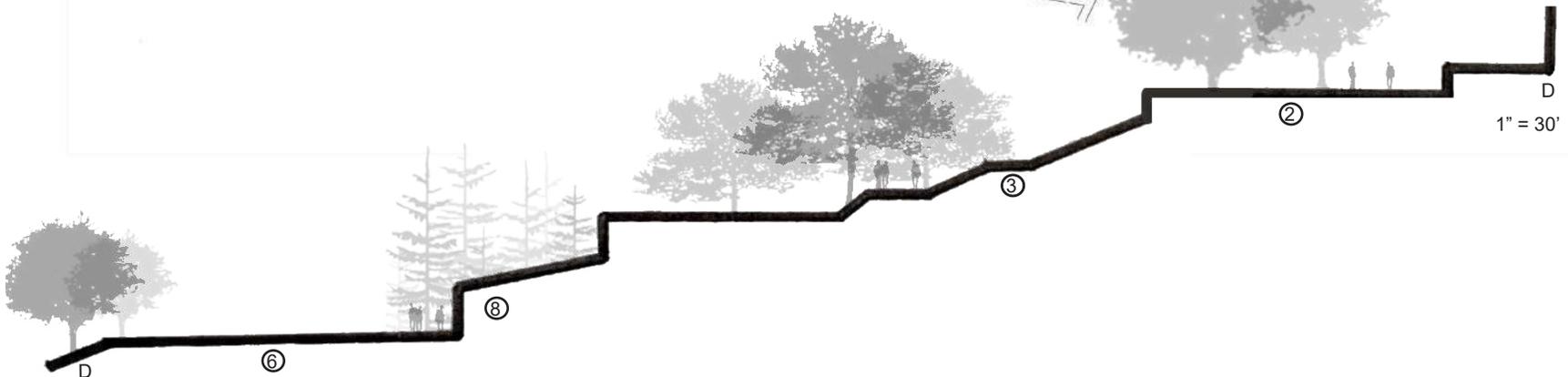
Existing Trees

Proposed Trees



LEGEND

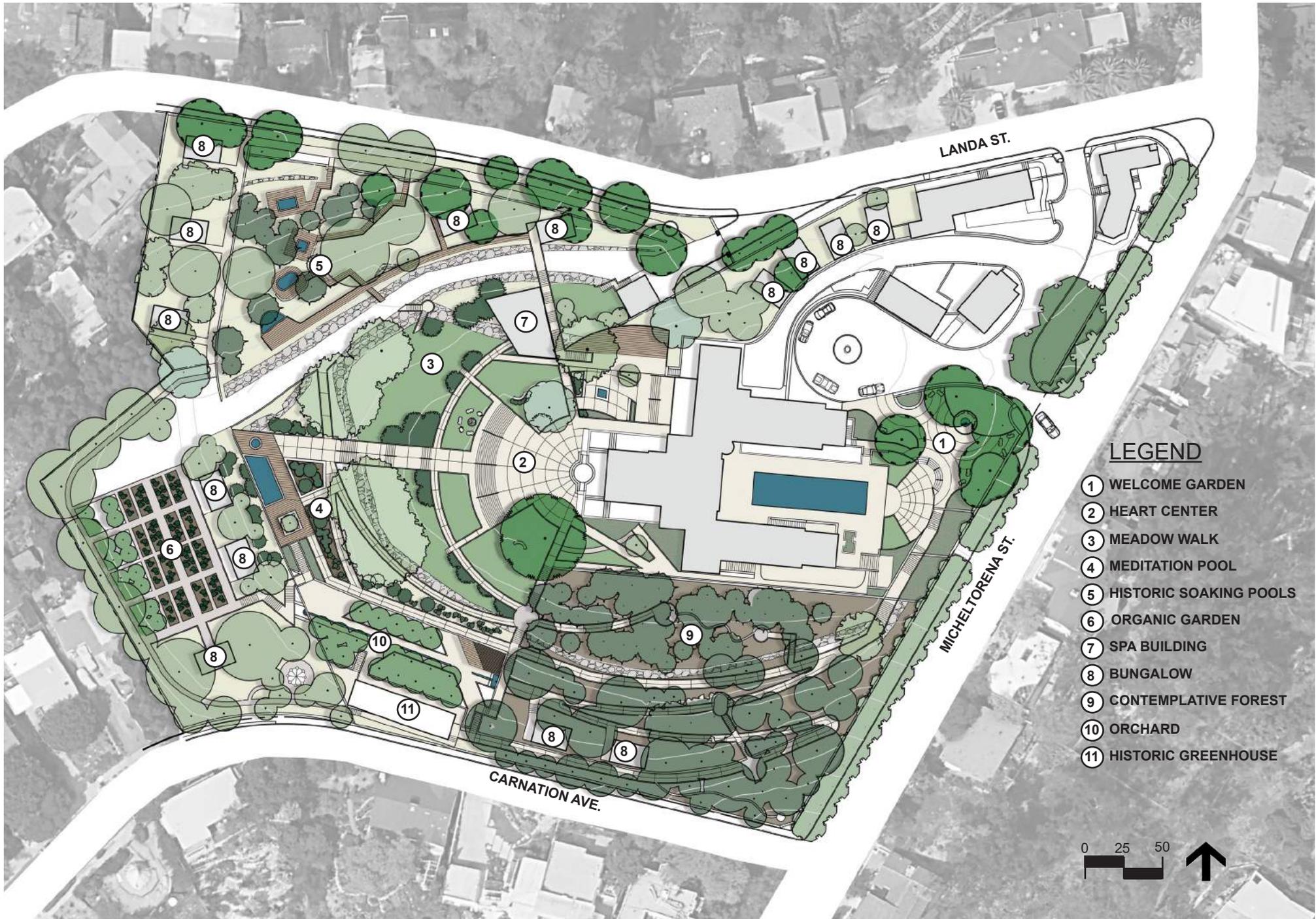
- ① ENTRY GARDEN - 2,500 SQ-FT
- ② EVENT TERRACE - 7,000 SQ-FT
- ③ MEADOW WALK - 13,350 SQ-FT.
- ④ MEDITATION POOL - 3,400 SQ-FT
- ⑤ HISTORIC SOAKING POOLS
- ⑥ ORGANIC GARDEN - 3,500 SQ-FT
- ⑦ SPA - 1,500 SQ-FT
- ⑧ BUNGALOW
- ⑨ PINE FOREST - 15,000 SQ-FT.
- ⑩ ORCHARD
- ⑪ HISTORIC GREENHOUSE



“We often forget that we are nature. Nature is not something separate from us. So when we say we have lost our connection to nature, we’ve lost our connection to ourselves.”

ANDY GOLDSWORTHY

ILLUSTRATIVE PLAN - THE CANFIELD



THE WELCOME GARDEN

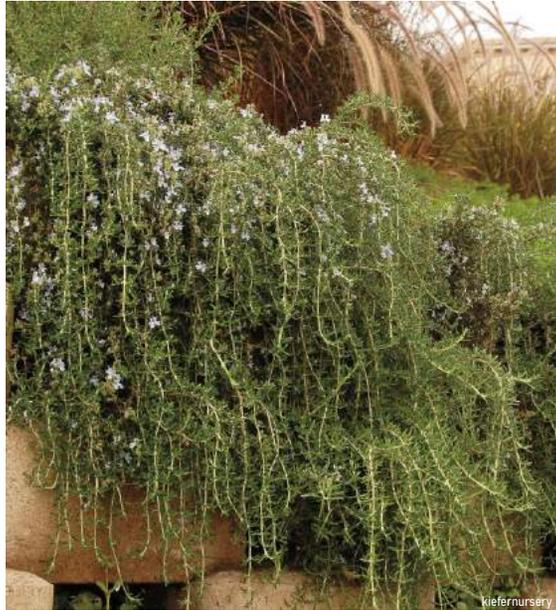


THE WELCOME GARDEN - Plant Palette

Muhlenbergia rigens



Rosmarinus officianalis



Lavendula angustifolia 'Hidcote'



Cedrus deodara



Olea europaea 'Swan Hill'



Ficus pumila



THE WELCOME GARDEN

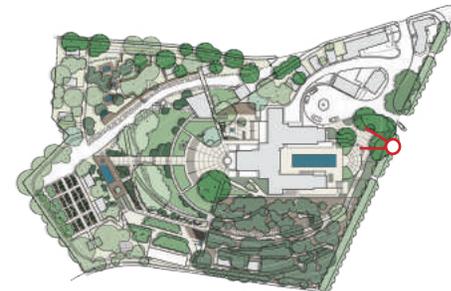


A PATTERN LANGUAGE

24 - Sacred Site
112 - Entrance Transition

INTERACTION PATTERN DESIGN

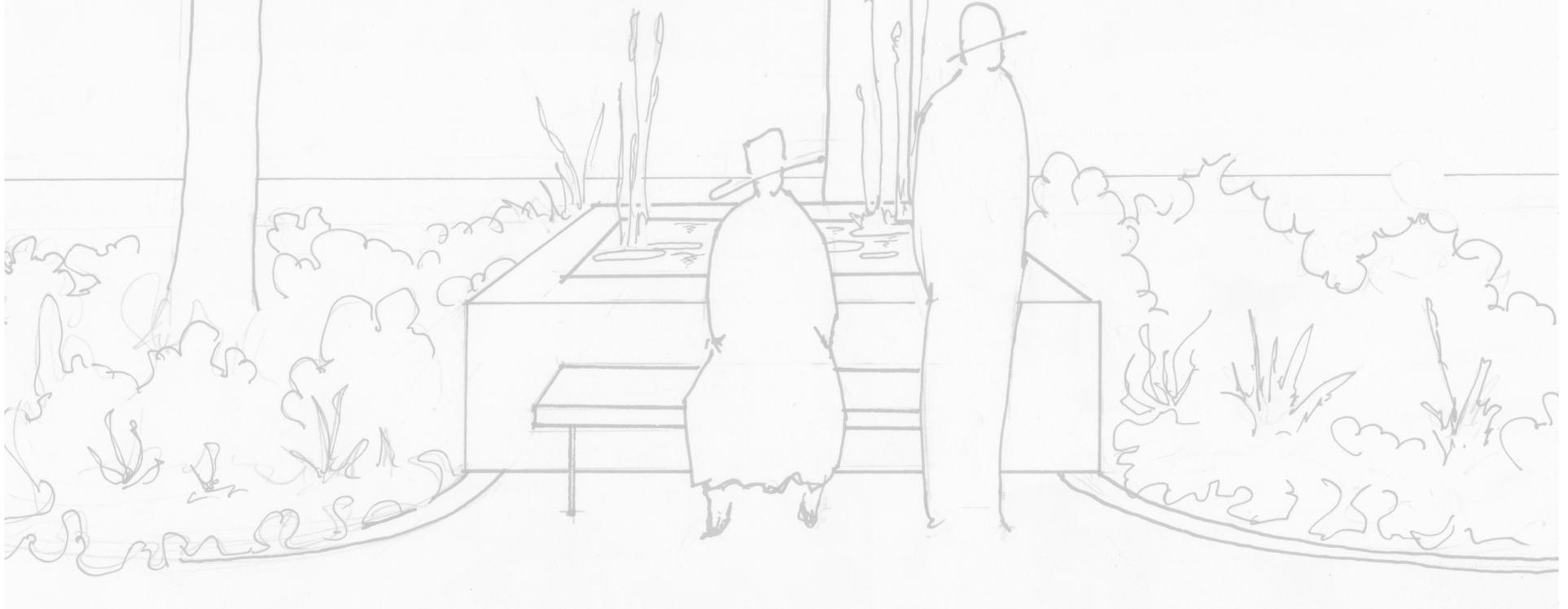
Interacting with the Periodicity of Nature
Viewing from a Vista



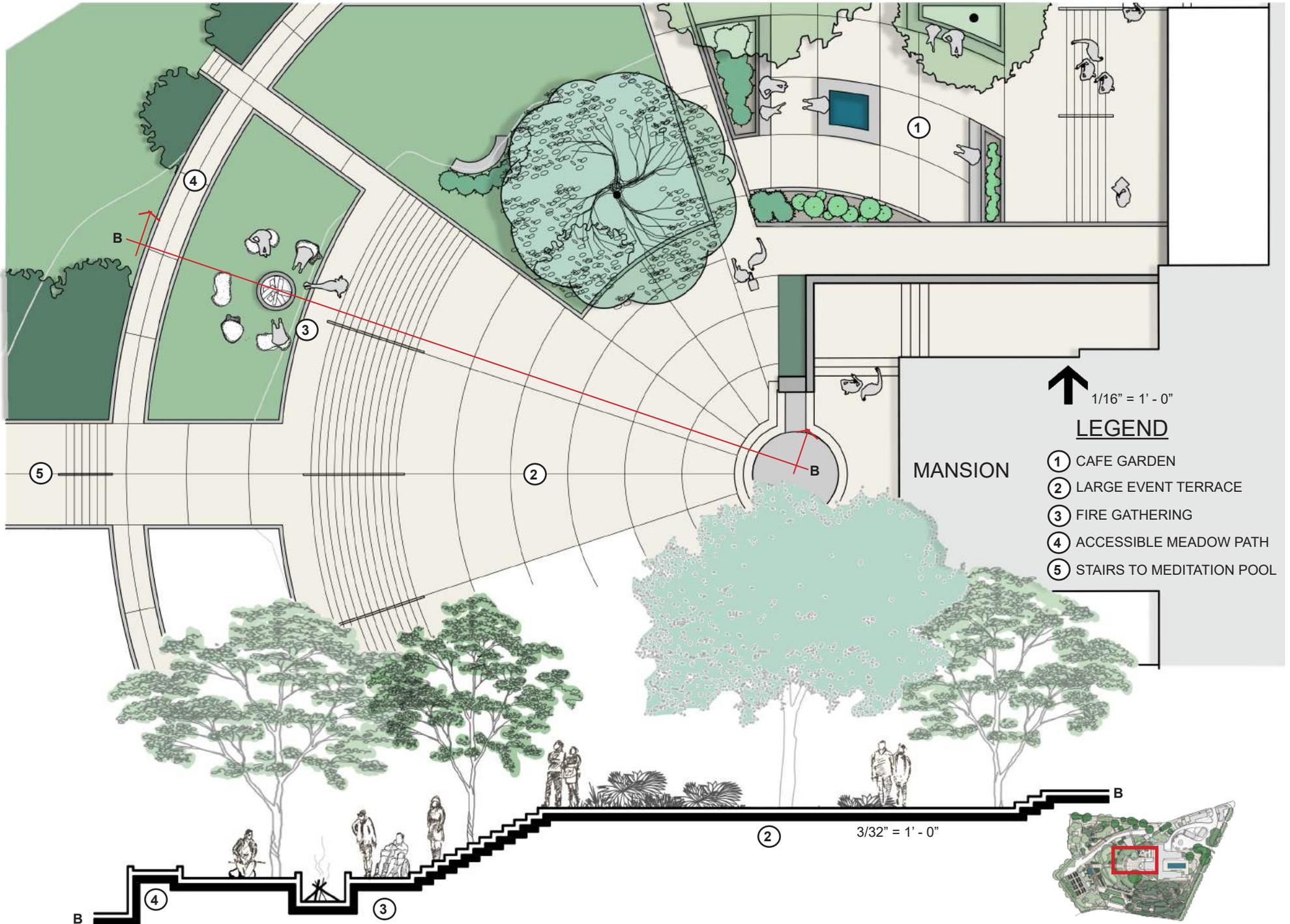
THE WELCOME GARDEN

“Make a transition space between the street and the front door. Bring the path which connects street and entrance through this transition space, and mark it with a change of light, a change of sound, a change of direction, a change of surface, a change of level, perhaps by gateways which make a change of enclosure, and above all with a change of view.” (Alexander et al., 1977)

THE WELCOME GARDEN IS A NEW ENTRY SPACE CREATING A MUCH NEEDED ARRIVAL GATHERING AREA. THE BOULDER SEATS, THE VIEW OF THE DISTANT SAN GABRIEL MOUNTAINS, THE SHADE OF THE ORIGINAL DEODAR CEDARS, AND THE CALMING REFLECTION OF THE WATER FEATURE ALL HELP OUR GUEST BEGIN TO SEPERATE THEMSELVES FROM THE STRESS OF THE CITY.



THE HEART CENTER



THE HEART CENTER - Plant Palette

Muhlenbergia rigens



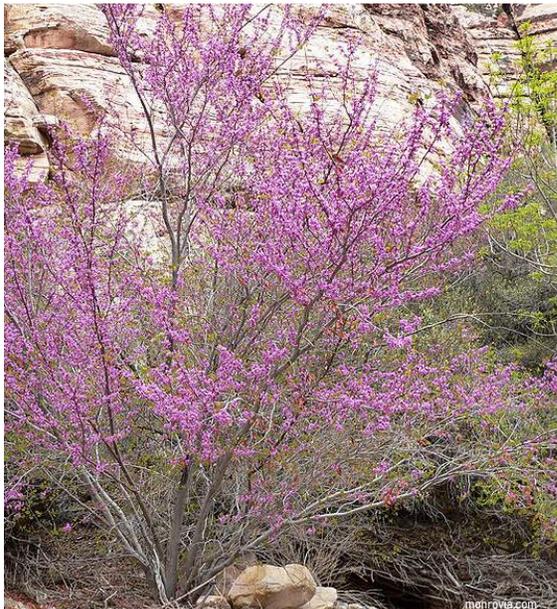
Salvia leucophylla 'Point Sal'



Sedum matrona



Cercis occidentalis



Rhamnus californica



Agrostis pallens



THE HEART CENTER



A PATTERN LANGUAGE

125 - Stair Seats

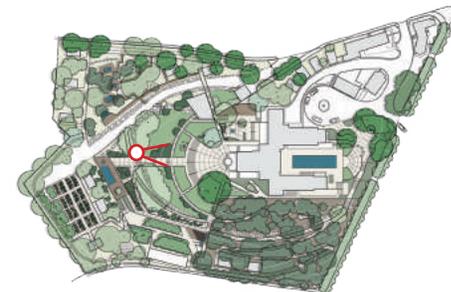
181 - The Fire

INTERACTION PATTERN DESIGN

Sitting by a Fire

Cooking around the Fire Circle

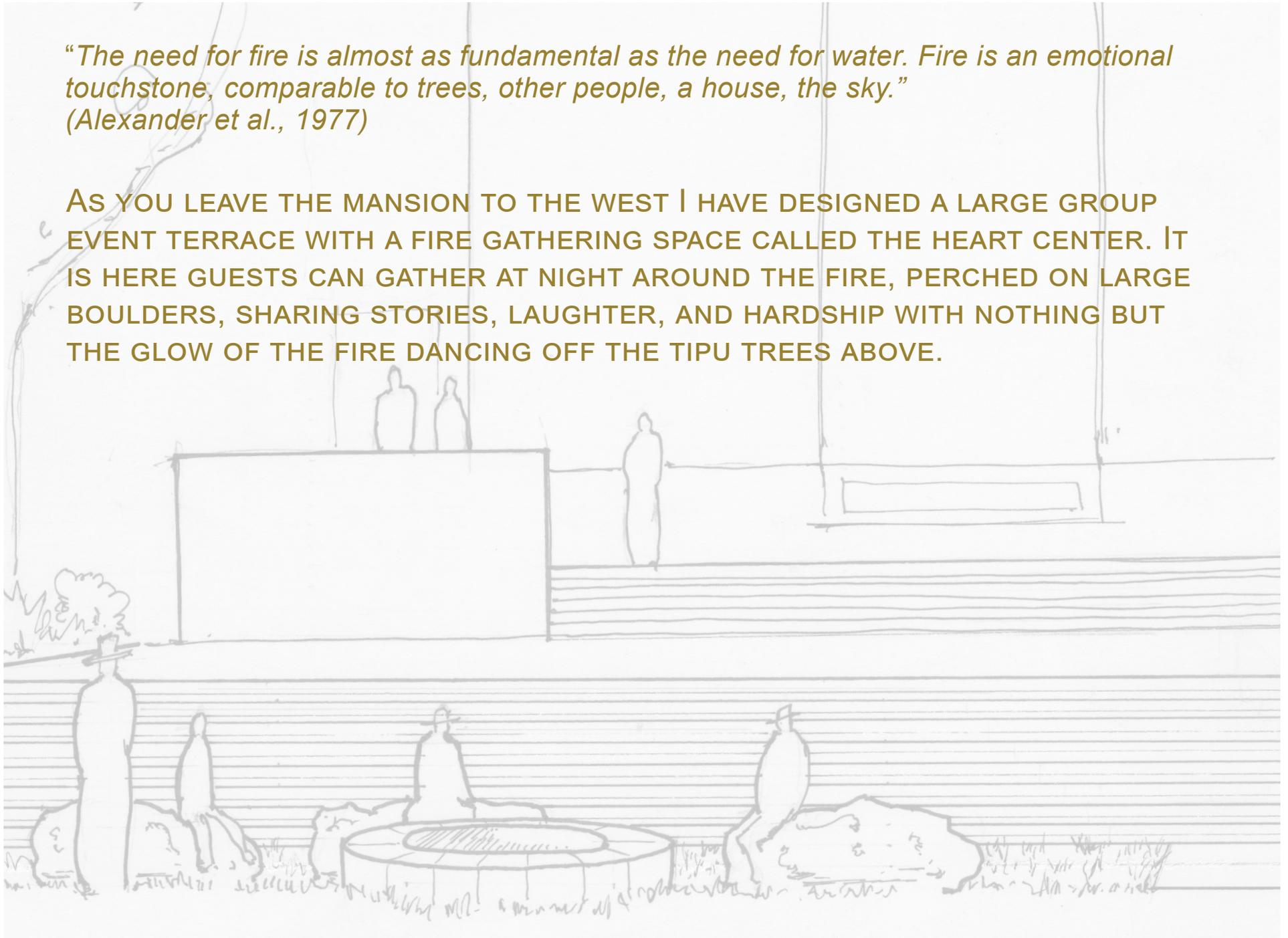
Stargazing



THE HEART CENTER

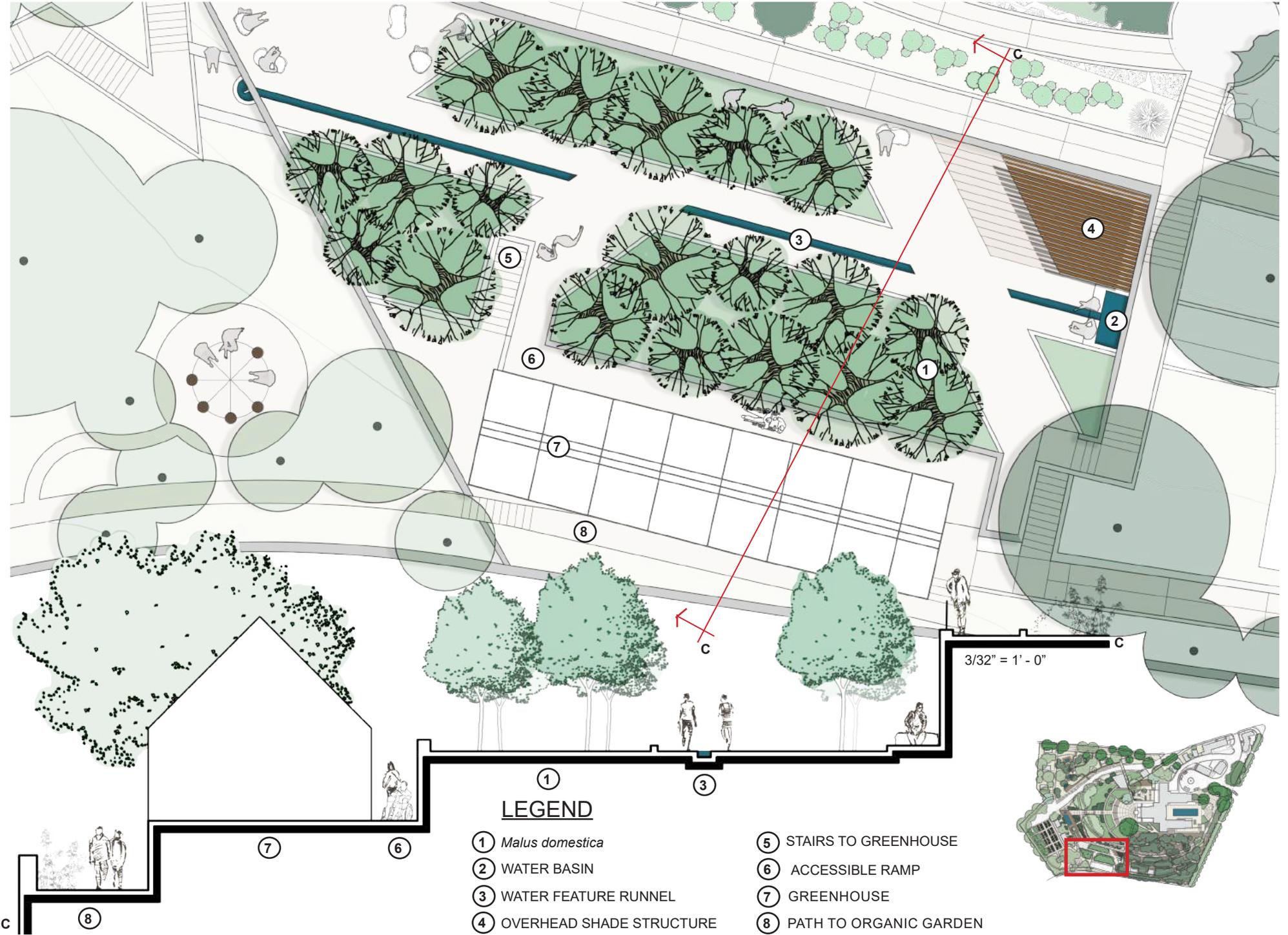
*“The need for fire is almost as fundamental as the need for water. Fire is an emotional touchstone, comparable to trees, other people, a house, the sky.”
(Alexander et al., 1977)*

AS YOU LEAVE THE MANSION TO THE WEST I HAVE DESIGNED A LARGE GROUP EVENT TERRACE WITH A FIRE GATHERING SPACE CALLED THE HEART CENTER. IT IS HERE GUESTS CAN GATHER AT NIGHT AROUND THE FIRE, PERCHED ON LARGE BOULDERS, SHARING STORIES, LAUGHTER, AND HARDSHIP WITH NOTHING BUT THE GLOW OF THE FIRE DANCING OFF THE TIPU TREES ABOVE.



THE ORCHARD

↑ 1/16" = 1' - 0"



LEGEND

- | | |
|----------------------------|--------------------------|
| ① <i>Malus domestica</i> | ⑤ STAIRS TO GREENHOUSE |
| ② WATER BASIN | ⑥ ACCESSIBLE RAMP |
| ③ WATER FEATURE RUNNEL | ⑦ GREENHOUSE |
| ④ OVERHEAD SHADE STRUCTURE | ⑧ PATH TO ORGANIC GARDEN |



THE ORCHARD - Plant Palette

Malus domestica 'Fuji'



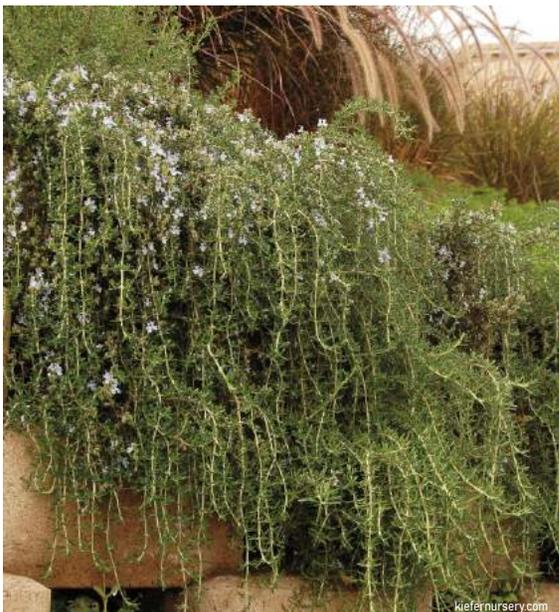
Agrostis pallens



Achillea millefolium



Rosmarinus officianalis (container)



Mentha spp. (container)



Quercus douglasii



THE ORCHARD



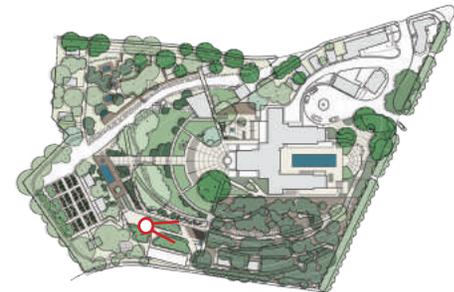
A PATTERN LANGUAGE

170 - Fruit Trees

173 - Garden Wall

INTERACTION PATTERN DESIGN

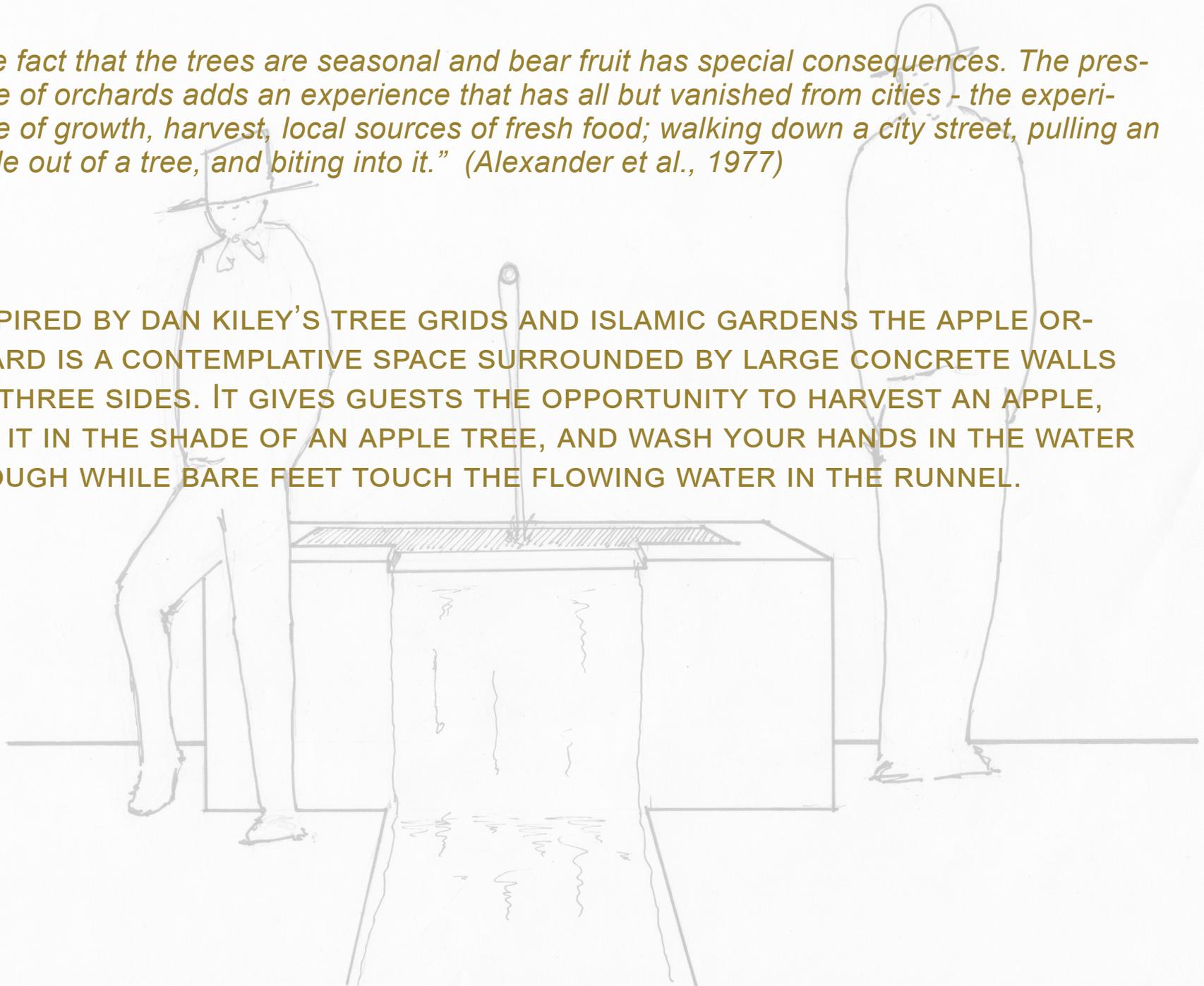
Foraging
Harvesting



THE ORCHARD

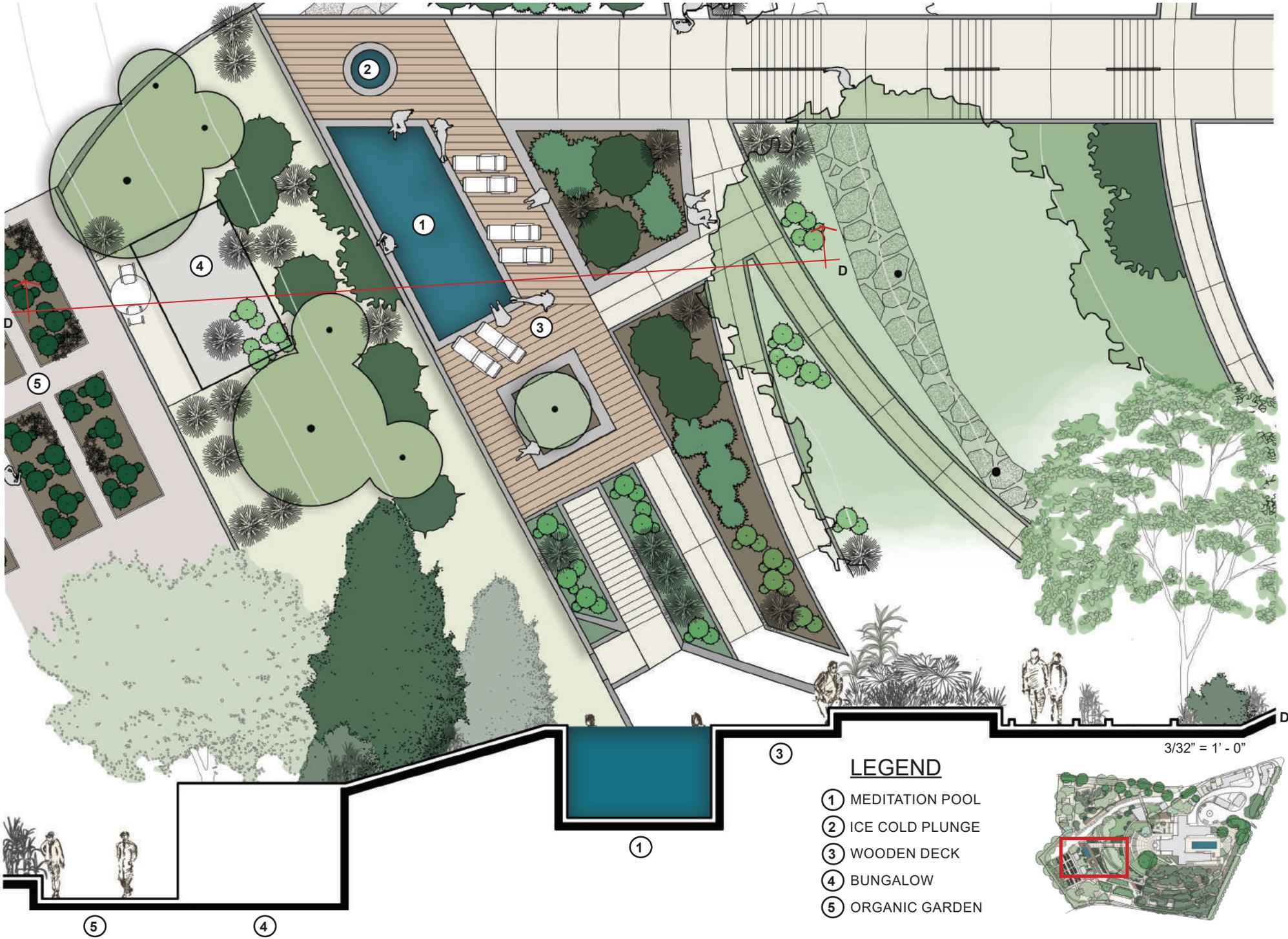
“The fact that the trees are seasonal and bear fruit has special consequences. The presence of orchards adds an experience that has all but vanished from cities - the experience of growth, harvest, local sources of fresh food; walking down a city street, pulling an apple out of a tree, and biting into it.” (Alexander et al., 1977)

INSPIRED BY DAN KILEY’S TREE GRIDS AND ISLAMIC GARDENS THE APPLE ORCHARD IS A CONTEMPLATIVE SPACE SURROUNDED BY LARGE CONCRETE WALLS ON THREE SIDES. IT GIVES GUESTS THE OPPORTUNITY TO HARVEST AN APPLE, EAT IT IN THE SHADE OF AN APPLE TREE, AND WASH YOUR HANDS IN THE WATER TROUGH WHILE BARE FEET TOUCH THE FLOWING WATER IN THE RUNNEL.



THE MEDITATION POOL

↑ 1/16" = 1' - 0"



LEGEND

- ① MEDITATION POOL
- ② ICE COLD PLUNGE
- ③ WOODEN DECK
- ④ BUNGALOW
- ⑤ ORGANIC GARDEN

3/32" = 1' - 0"



THE MEDITATION POOL - Plant Palette

Heteromeles arbutifolia



Ceanothus 'Ray Hartmann'



Arctostaphylos edmundsii



Polystichum munitum



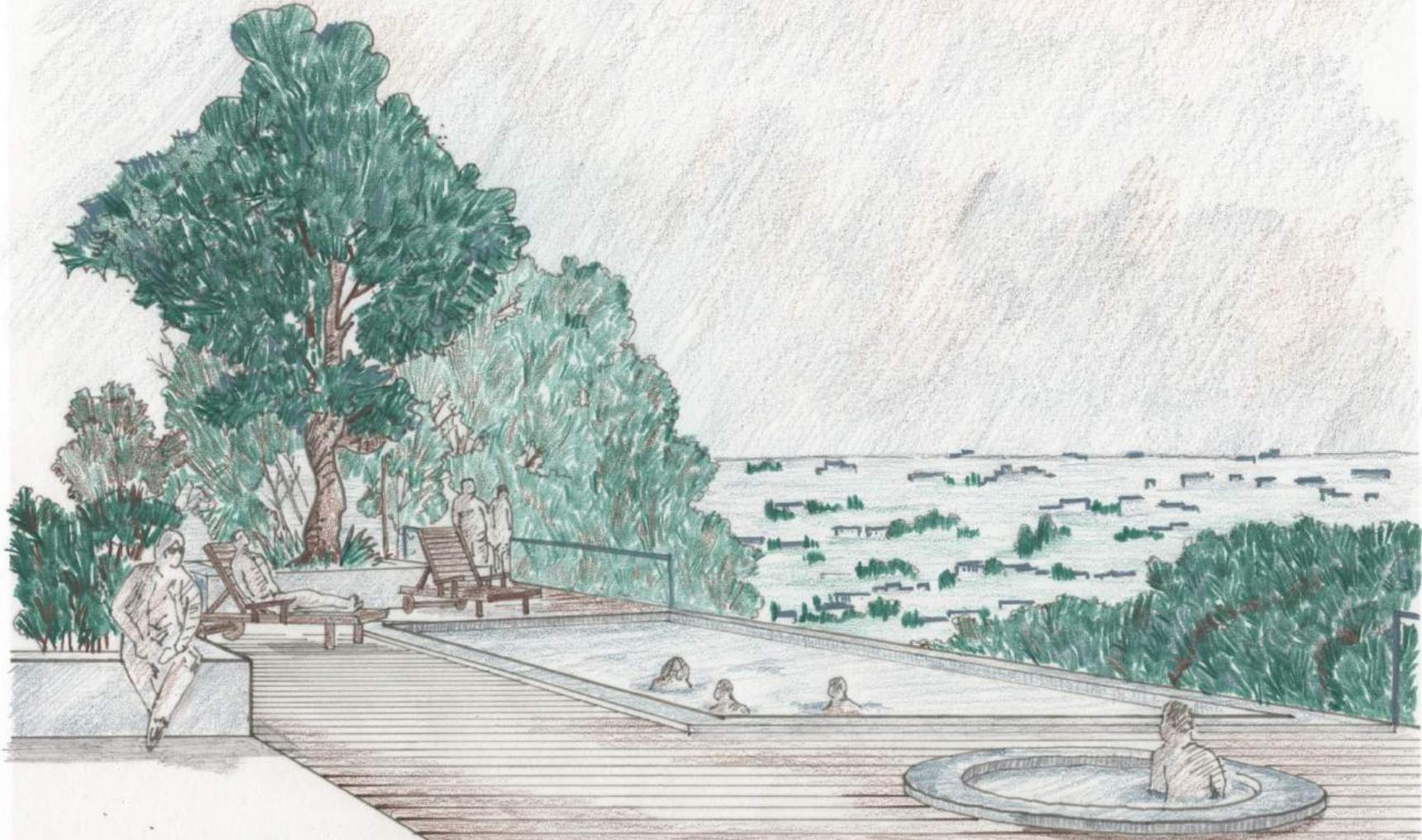
Salvia clevelandii



Muhlenbergia rigens



THE MEDITATION POOL



A PATTERN LANGUAGE

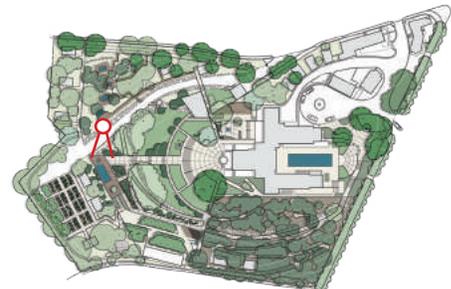
71 - Still water

62 - High Places

INTERACTION PATTERN DESIGN

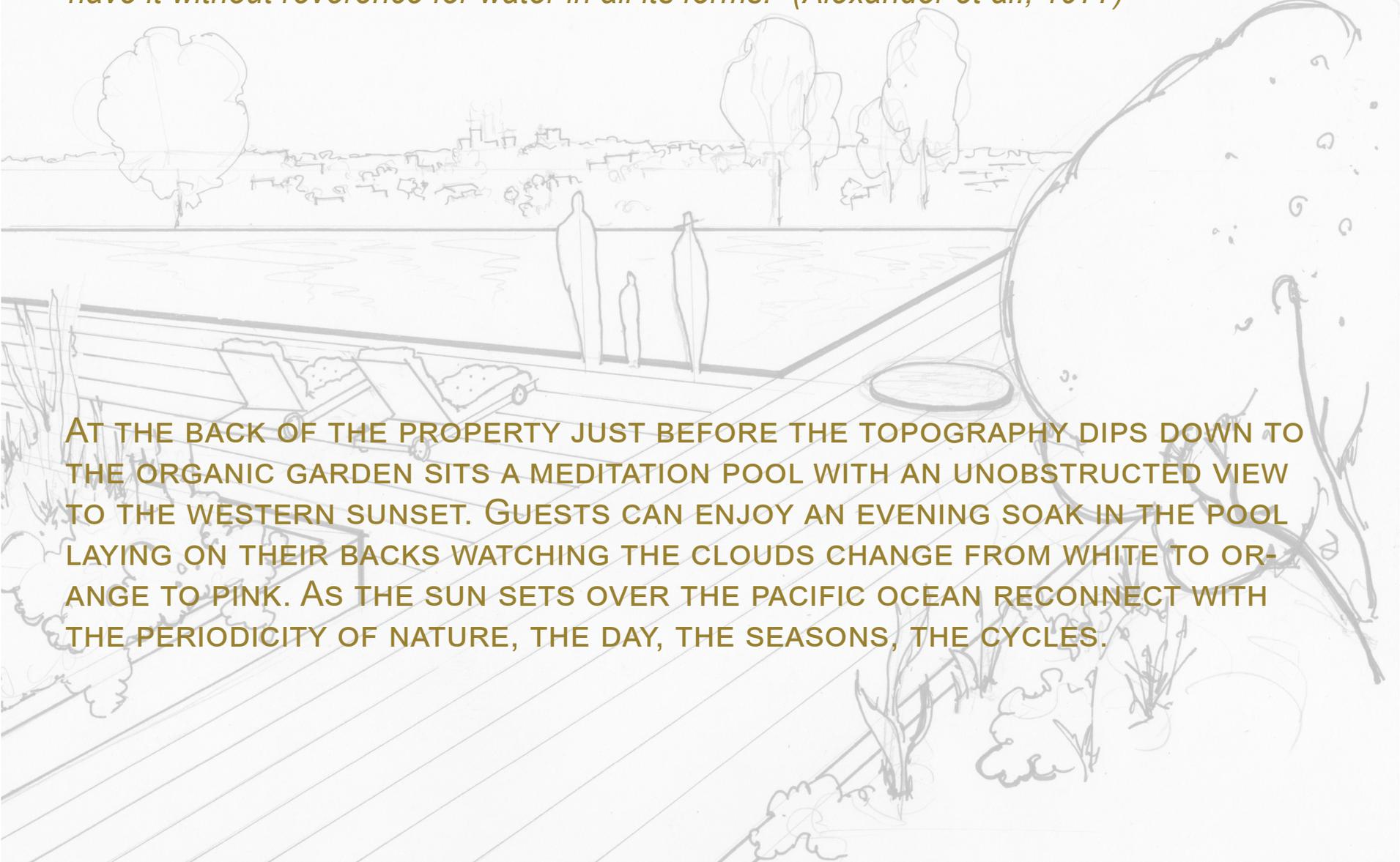
Plunging into Water

Viewing from a Vista



THE MEDITATION POOL

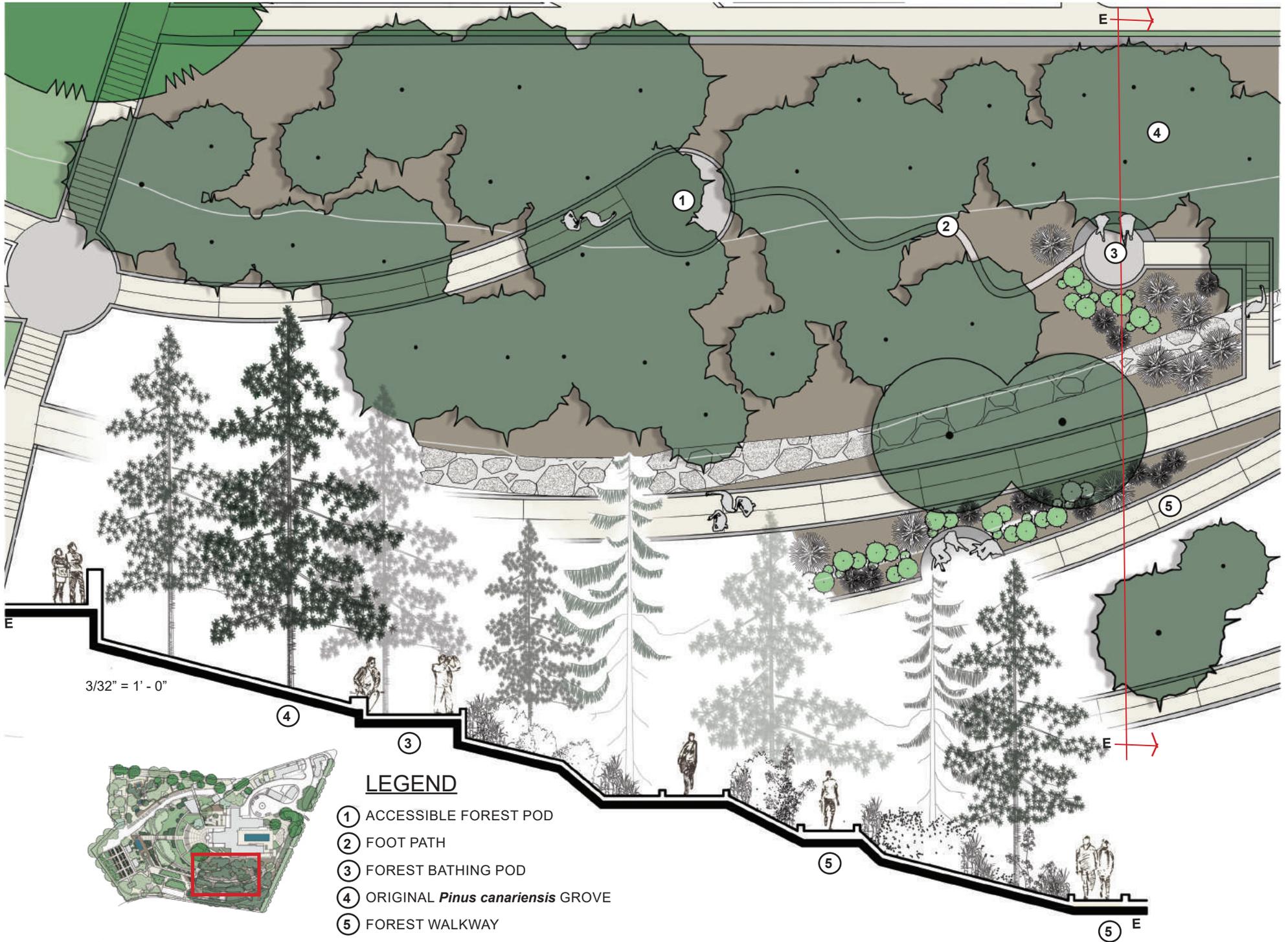
“We came from the water; our bodies are largely water; and water plays a fundamental role in our psychology. We need constant access to water, all around us; and we cannot have it without reverence for water in all its forms.” (Alexander et al., 1977)



AT THE BACK OF THE PROPERTY JUST BEFORE THE TOPOGRAPHY DIPS DOWN TO THE ORGANIC GARDEN SITS A MEDITATION POOL WITH AN UNOBSTRUCTED VIEW TO THE WESTERN SUNSET. GUESTS CAN ENJOY AN EVENING SOAK IN THE POOL LAYING ON THEIR BACKS WATCHING THE CLOUDS CHANGE FROM WHITE TO ORANGE TO PINK. AS THE SUN SETS OVER THE PACIFIC OCEAN RECONNECT WITH THE PERIODICITY OF NATURE, THE DAY, THE SEASONS, THE CYCLES.

THE CONTEMPLATIVE FOREST

1/16" = 1' - 0"



LEGEND

- ① ACCESSIBLE FOREST POD
- ② FOOT PATH
- ③ FOREST BATHING POD
- ④ ORIGINAL *Pinus canariensis* GROVE
- ⑤ FOREST WALKWAY

THE CONTEMPLATIVE FOREST - Plant Palette

Pinus canariensis



Pinus elderica



Pinus pinea



Arctostaphylos edmundsii



Arctostaphylos glauca 'Ramona'



Heteromeles arbutifolia



THE CONTEMPLATIVE FOREST



A PATTERN LANGUAGE

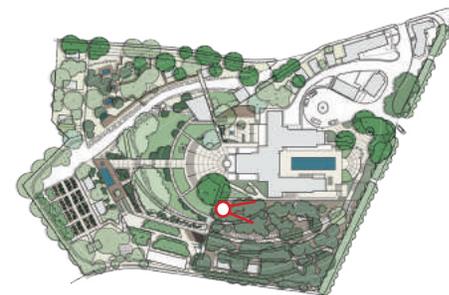
64 - Paths and Goals

134 - Zen View

INTERACTION PATTERN DESIGN

Following established paths

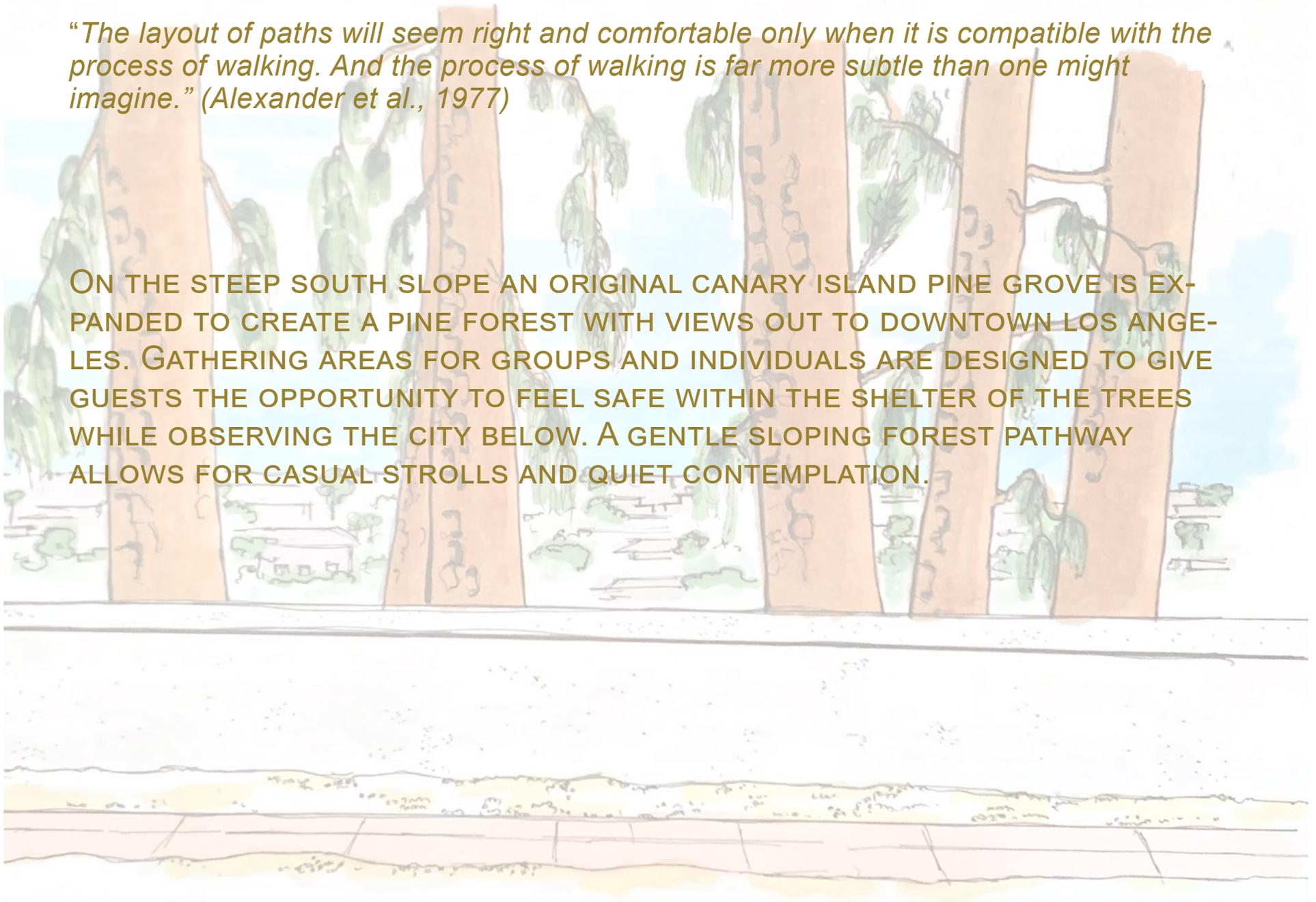
Bird watching



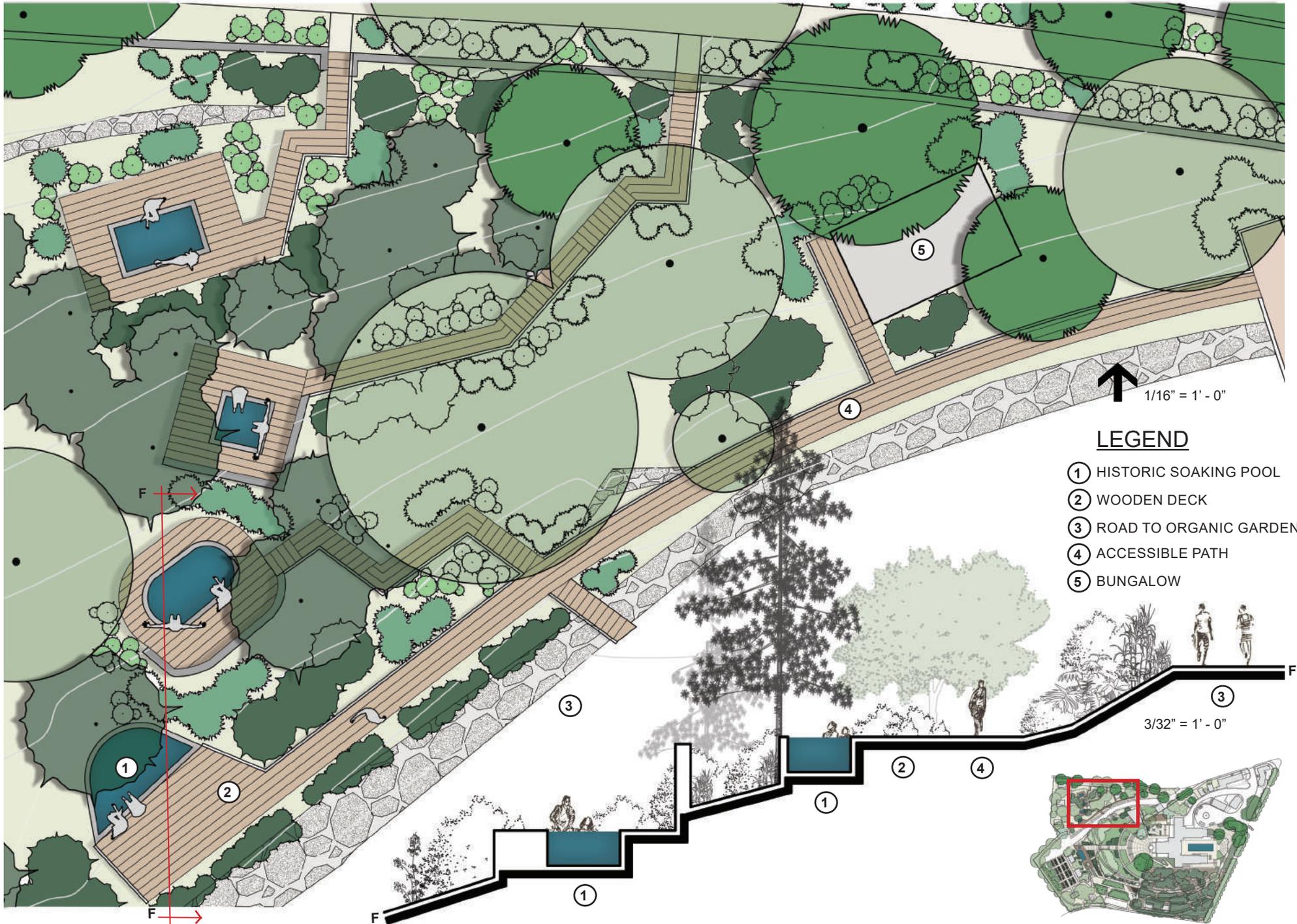
THE CONTEMPLATIVE FOREST

“The layout of paths will seem right and comfortable only when it is compatible with the process of walking. And the process of walking is far more subtle than one might imagine.” (Alexander et al., 1977)

ON THE STEEP SOUTH SLOPE AN ORIGINAL CANARY ISLAND PINE GROVE IS EXPANDED TO CREATE A PINE FOREST WITH VIEWS OUT TO DOWNTOWN LOS ANGELES. GATHERING AREAS FOR GROUPS AND INDIVIDUALS ARE DESIGNED TO GIVE GUESTS THE OPPORTUNITY TO FEEL SAFE WITHIN THE SHELTER OF THE TREES WHILE OBSERVING THE CITY BELOW. A GENTLE SLOPING FOREST PATHWAY ALLOWS FOR CASUAL STROLLS AND QUIET CONTEMPLATION.



THE SOAKING POOLS



↑ 1/16" = 1' - 0"

LEGEND

- ① HISTORIC SOAKING POOL
- ② WOODEN DECK
- ③ ROAD TO ORGANIC GARDEN
- ④ ACCESSIBLE PATH
- ⑤ BUNGALOW

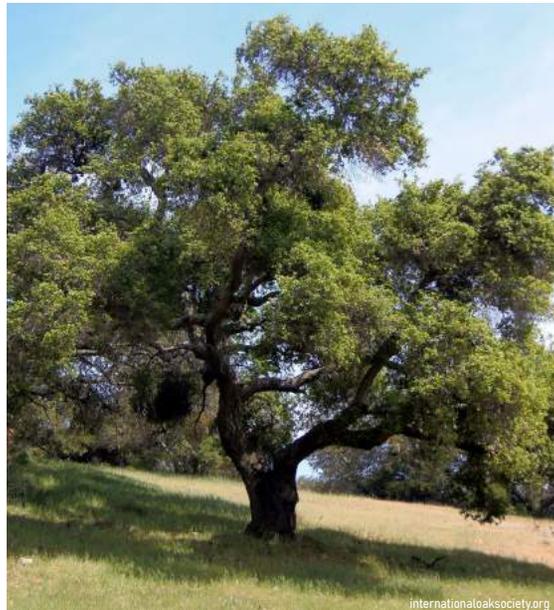
3/32" = 1' - 0"

THE SOAKING POOLS - Plant Palette

Quercus douglasii



Quercus agrifolia



Heteromeles arbutifolia



Rhamnus californica



Muhlenbergia rigens



Salvia apiana



THE SOAKING POOLS



A PATTERN LANGUAGE

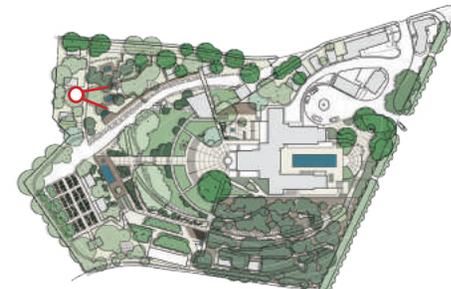
64 - Pools and Streams

47 - Heath Center

INTERACTION PATTERN DESIGN

Immersing one's body in water

Stargazing



THE SOAKING POOLS

“A system of health care which is actually capable of keeping people healthy, in both mind and body, must put its emphasis on health, not sickness. It must therefore be physically decentralized so that it is as close as possible to people’s everyday activities. And it must be able to encourage people in daily practices that lead to health.”
(Alexander et al., 1977)

ON THE NORTH SLOPE I HAVE CONSTRUCTED A SERIES OF THERAPEUTIC SOAKING POOLS. THE DESIGN OF THE SOAKING POOLS IS BASED ON THE LAYOUT OF A NON WORKING FOUNTAIN ORIGINAL TO THE PROPERTY. THE FOUR POOLS EACH HAVE THEIR OWN PATHWAY ENTRY AND HAVE BEEN DESIGNED TO CREATE A PRIVATE USER EXPERIENCE.

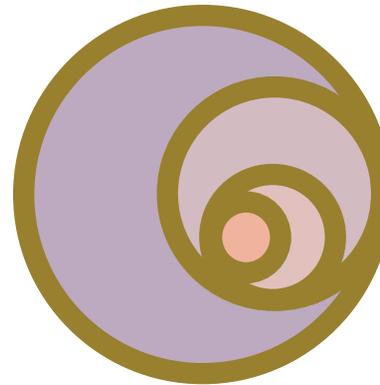


THE CANFIELD - A THERAPEUTIC LANDSCAPE RETREAT

HEAL THE SELF



HEAL THE COMMUNITY



HEAL THE EARTH



THE WELCOME GARDEN

- WATCH A SUNRISE
- TAKE IN THE VIEW

- MEET A FRIEND
- SWIM WITH FRIENDS

- CONNECT TO NATURAL CYCLES

THE HEART CENTER

- STARE AT A FIRE
- FEEL THE WIND

- STORIES AROUND FIRE
- COMMUNITY/ LAUGHTER

- FEEL GROUNDED TO COMMUNITY AND PLACE

THE ORCHARD

- HARVEST FRUIT
- EAT FRUIT

- PICNIC WITH FRIEND
- WALK WITH FRIEND

- CONNECT TO THE SEASONS WITH THE HARVEST

THE MEDITATION POOL

- HOLD BREATH
- FLOATING MEDITATION

- SUNSET WITH PARTNER
- GROUP COLD PLUNGE

- TAKE IN THE SHIFT FROM DAY TO NIGHT, LIGHT, SOUND, ENERGY

THE CONTEMPLATIVE FOREST

- HUG A TREE
- LAY ON THE EARTH

- BIRDWATCHING GROUP
- QUIET WALK WITH FRIEND

- FEEL THE SYMBIOSIS OF HUMANS AND TREES

THE SOAKING POOLS

- WATER ON BODY
- VIEW ACROSS VALLEY

- LATE NIGHT GROUP SOAK
- HEAR AN OWL...DISCUSS

- LET THE WARM WATER REJUVENATE

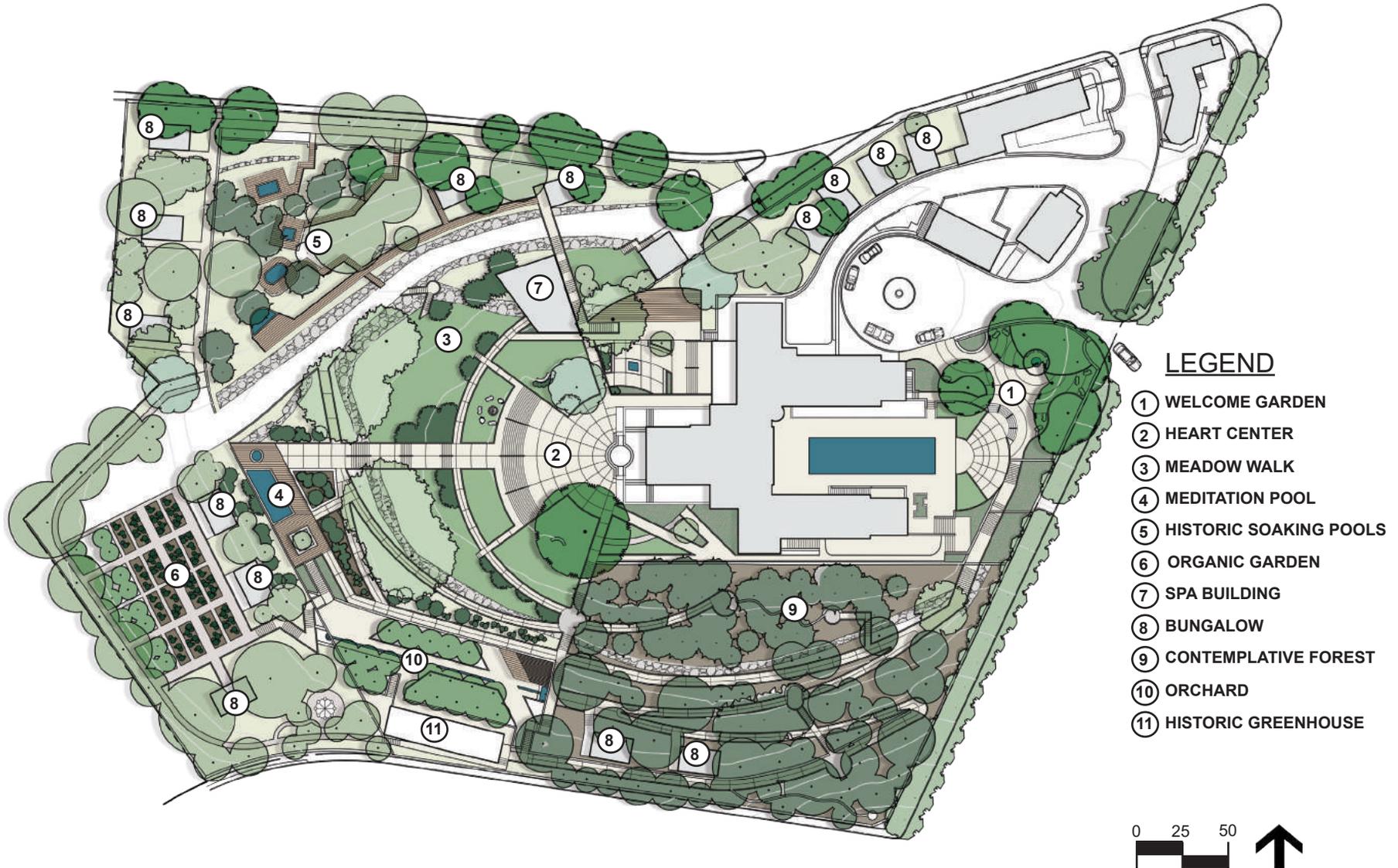
THE CANFIELD - A THERAPEUTIC LANDSCAPE RETREAT

Given the site a story.

Rooted the site in its history.

Created a valuable destination for the city and the local community.

Through nature we can HEAL THE SELF, HEAL THE COMMUNITY, HEAL THE EARTH



RESOURCES

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“In every walk with nature one receives far more than he seeks”

JOHN MUIR

A SPECIAL THANKS TO MEG, JIM, AND STEPHANIE FOR THEIR GUIDANCE AND INSIGHT THROUGHOUT THE CAPSTONE PROCESS. I WOULD LIKE TO THANK MY CLASSMATES WHO PUSHED ME THROUGH TO THE FINISH LINE, MY INCREDIBLE WIFE BRIANA, AND MY LOVING FAMILY WHO HAVE SHOWN ME SUPPORT THROUGHOUT THE PROGRAM.