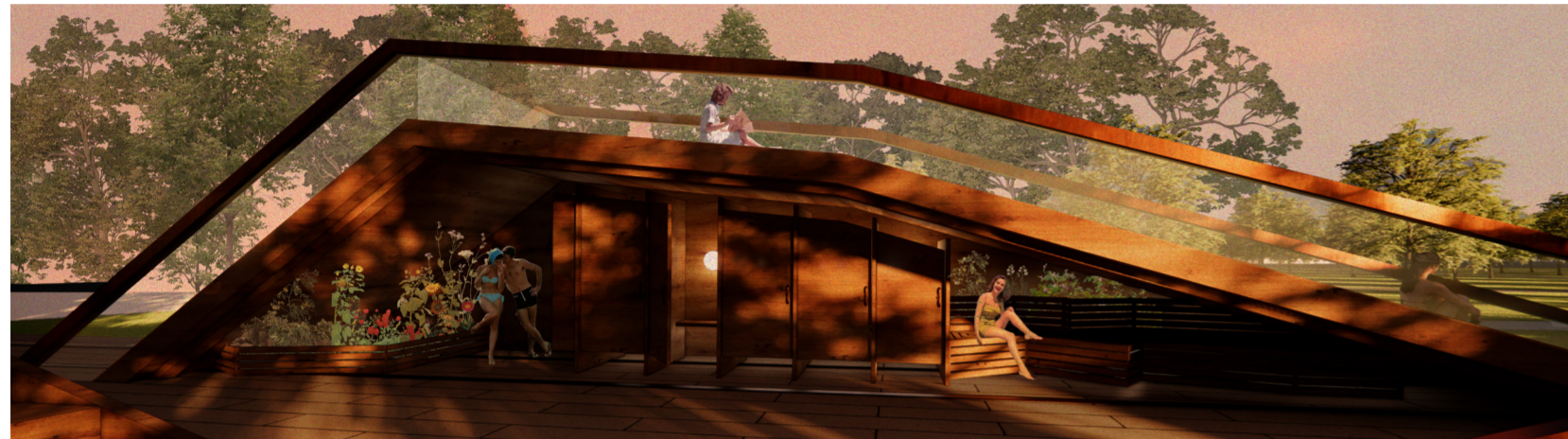
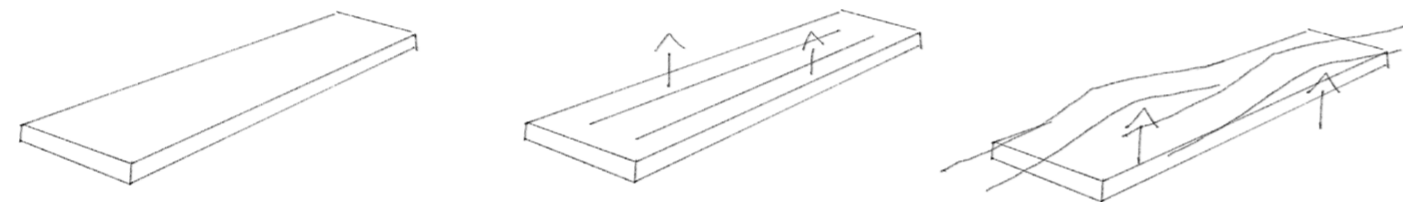


Thermal Rhythm

Thermal Rhythm transforms a disused railway corridor within Berlin's Park am Gleisdreieck into a public wellness destination centred around recovery, connection and shared experience. Responding to the park's diverse community of runners, cyclists, residents and visitors, the proposal uses a carefully choreographed sequence of thermal environments to guide users through arrival, preparation, heat, cold and rest. Atmosphere is shaped through changing relationships between light, materiality, temperature and landscape, encouraging engagement through all senses. By prioritising lived experience, wellbeing and human connection, the project demonstrates how thoughtful interior design can create meaningful spatial experiences that extend beyond the building itself and into the wider community.



External short of the changing rooms



Peeling up the existing rail track - diagram



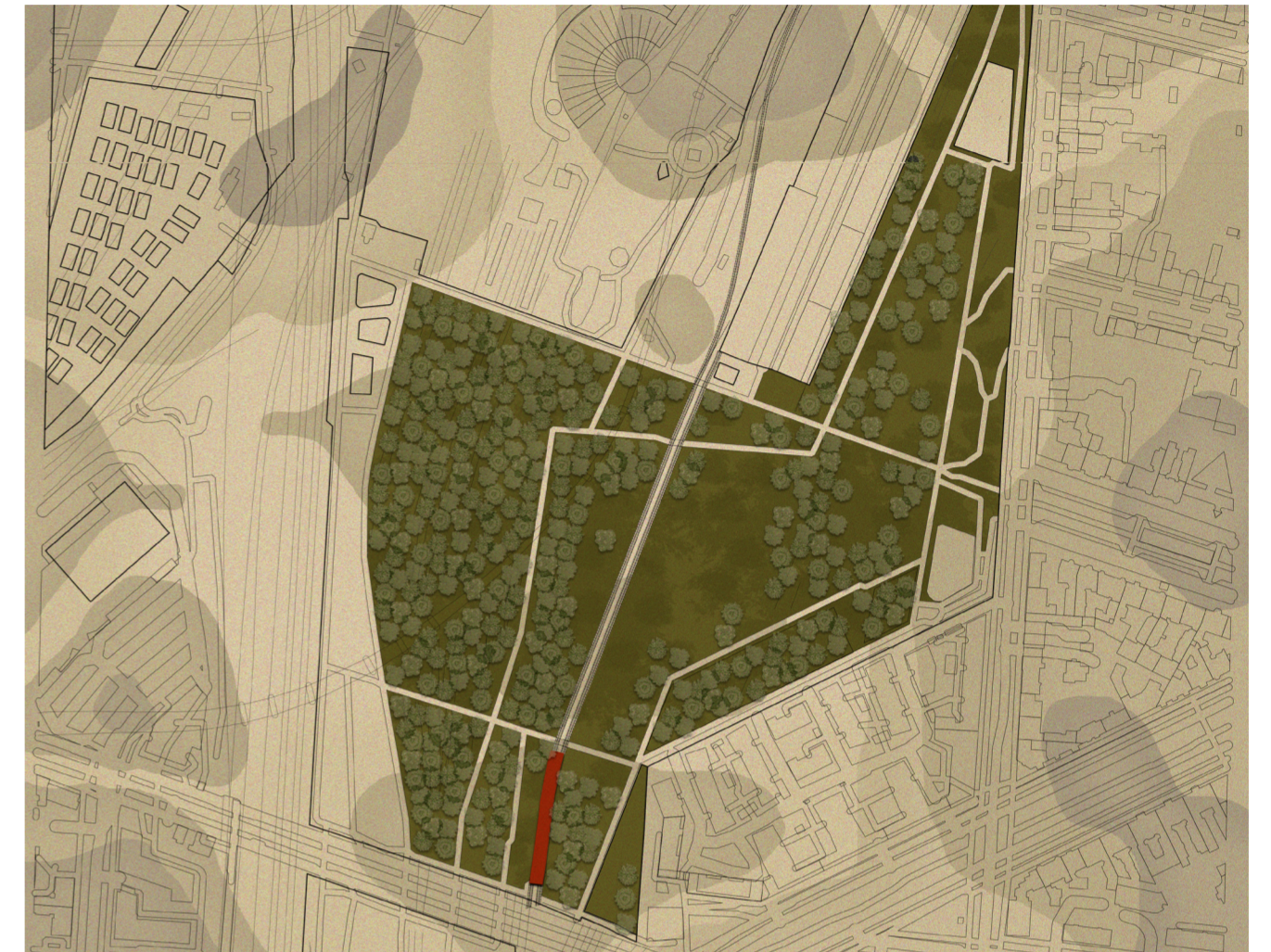
Reception Area



Conceptual site movement sketch

Site

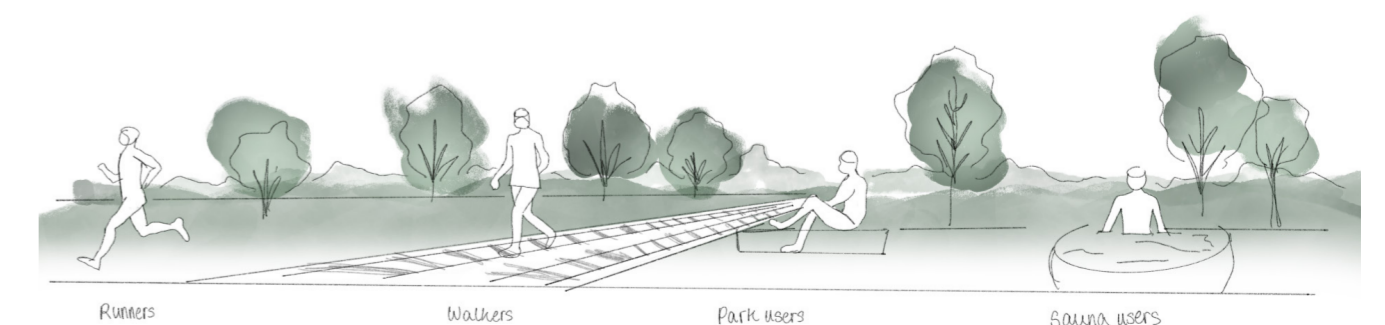
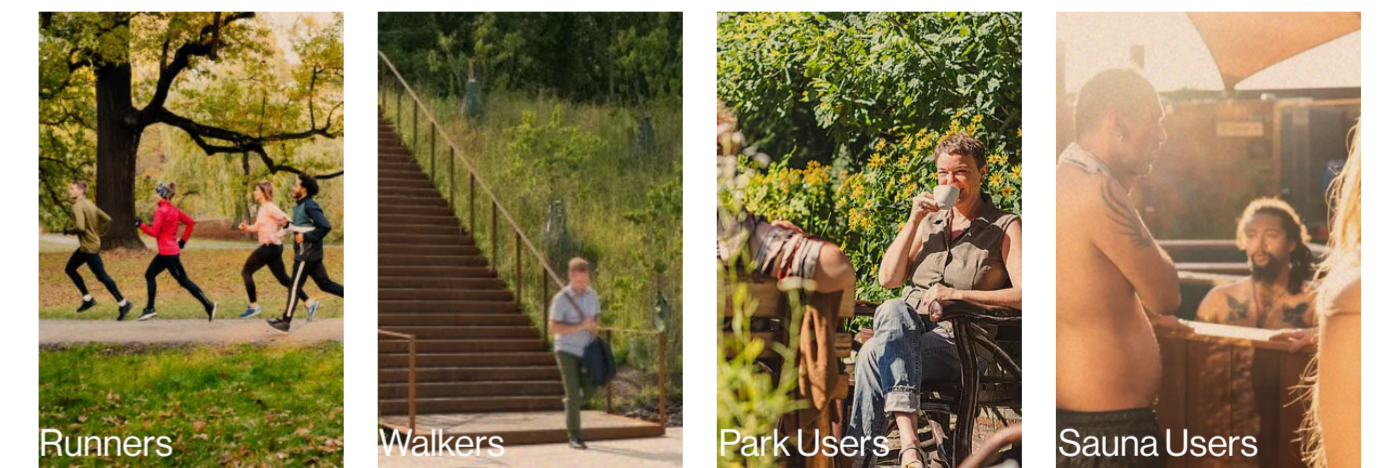
Located within the former railway infrastructure of Park am Gleisdreieck in Berlin, the project occupies a unique threshold between movement and stillness. The park attracts runners, cyclists, walkers and local residents throughout the day, providing an opportunity to introduce spaces dedicated to recovery, wellbeing and social interaction within an already active urban environment.



Location plan of site within Park am Gleisdreieck.

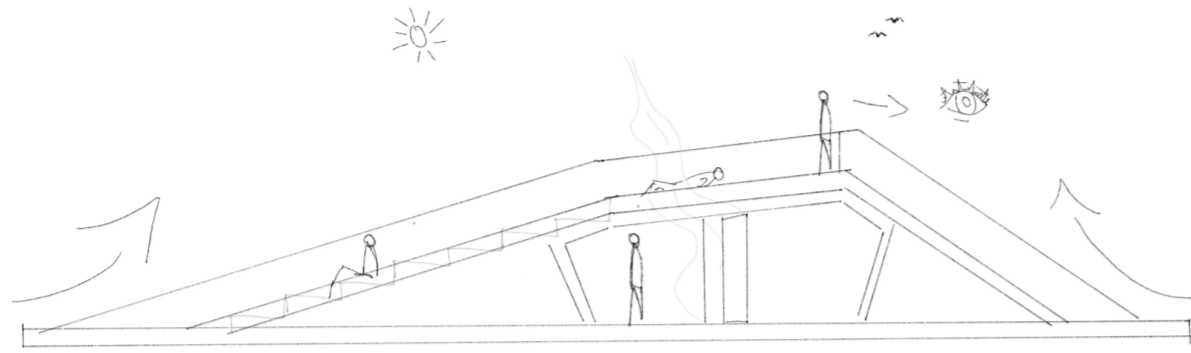
Community

Thermal Rhythm is designed for the diverse community that already inhabits Park am Gleisdreieck; runners recovering after exercise, cyclists passing through the city, residents seeking moments of calm, and visitors gathering to rest, socialise and reconnect with nature.

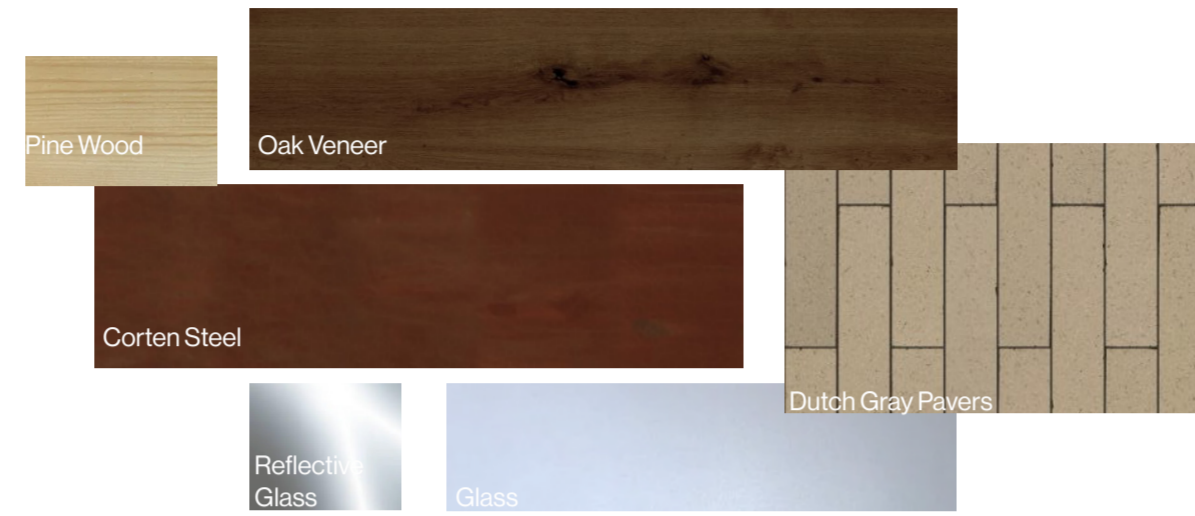


Users journey sketch

Sauna's Multi-use Diagram



Material Collage

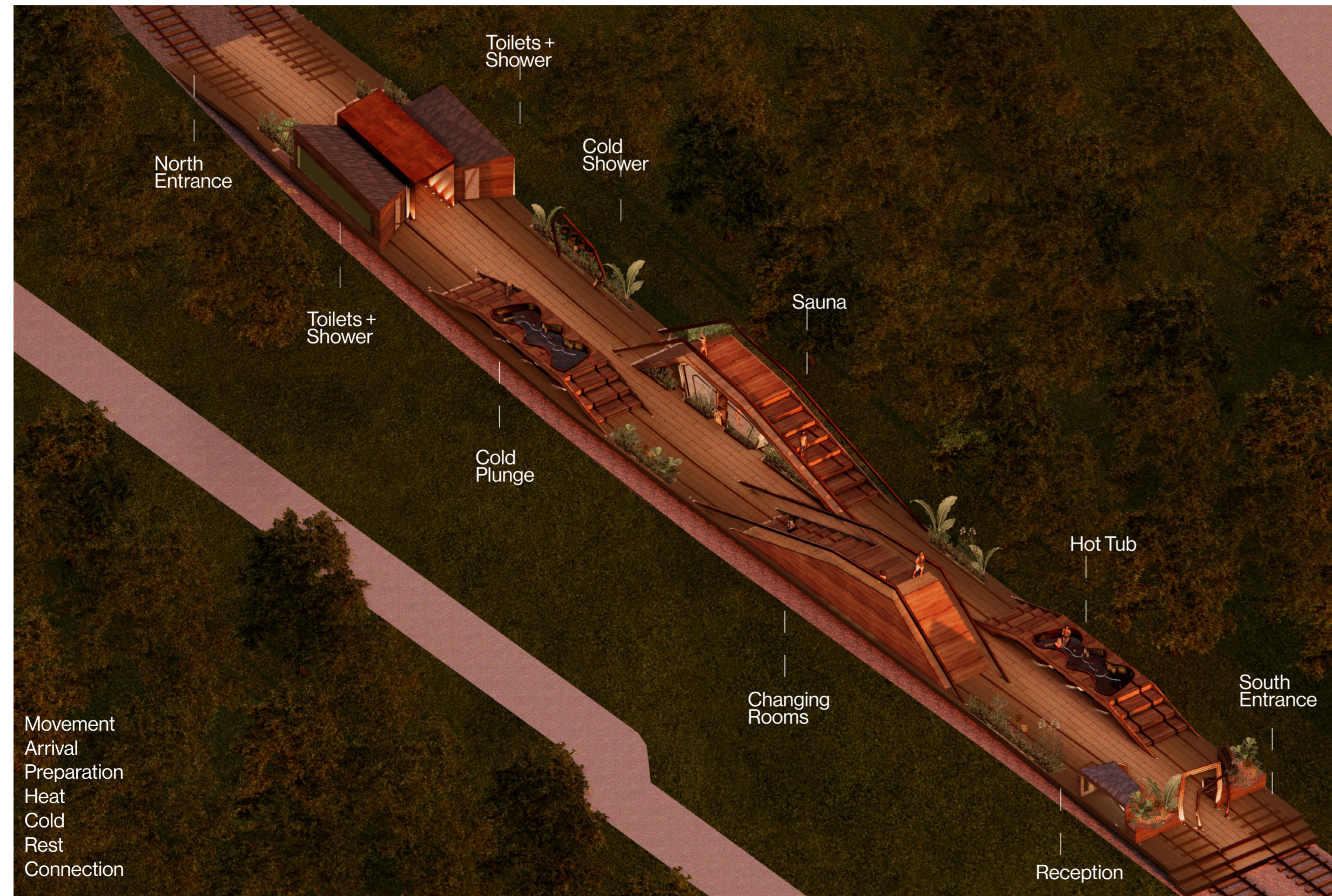


Thermal Rhythm is organised as a linear sequence of thermal experiences embedded within the former railway corridor. Rather than imposing a building onto the landscape, the architecture emerges from the existing path, guiding users through a carefully choreographed journey of arrival, preparation, heat, cold and recovery while maintaining a strong connection to the surrounding park.

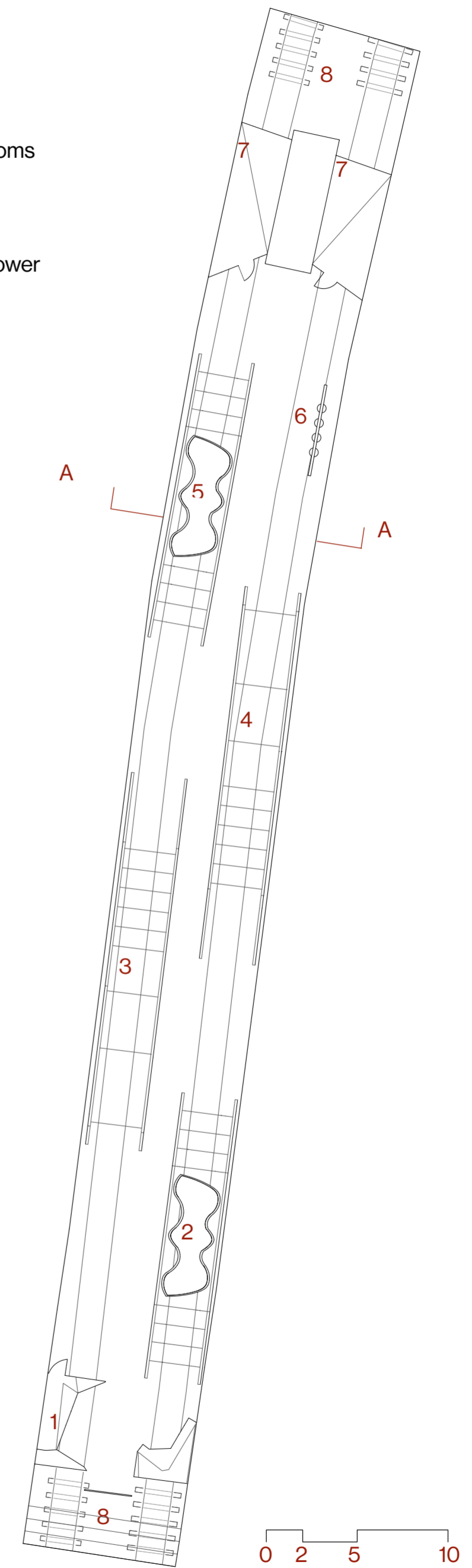
Raised above the abandoned railway tracks, the wellness strip preserves the site's industrial heritage while introducing a new layer of public occupation. Fully accessible and integrated into existing circulation routes, the intervention supports everyday movement through the park, allowing the space to remain active and connected to the wider community beyond its function as a sauna.

Key

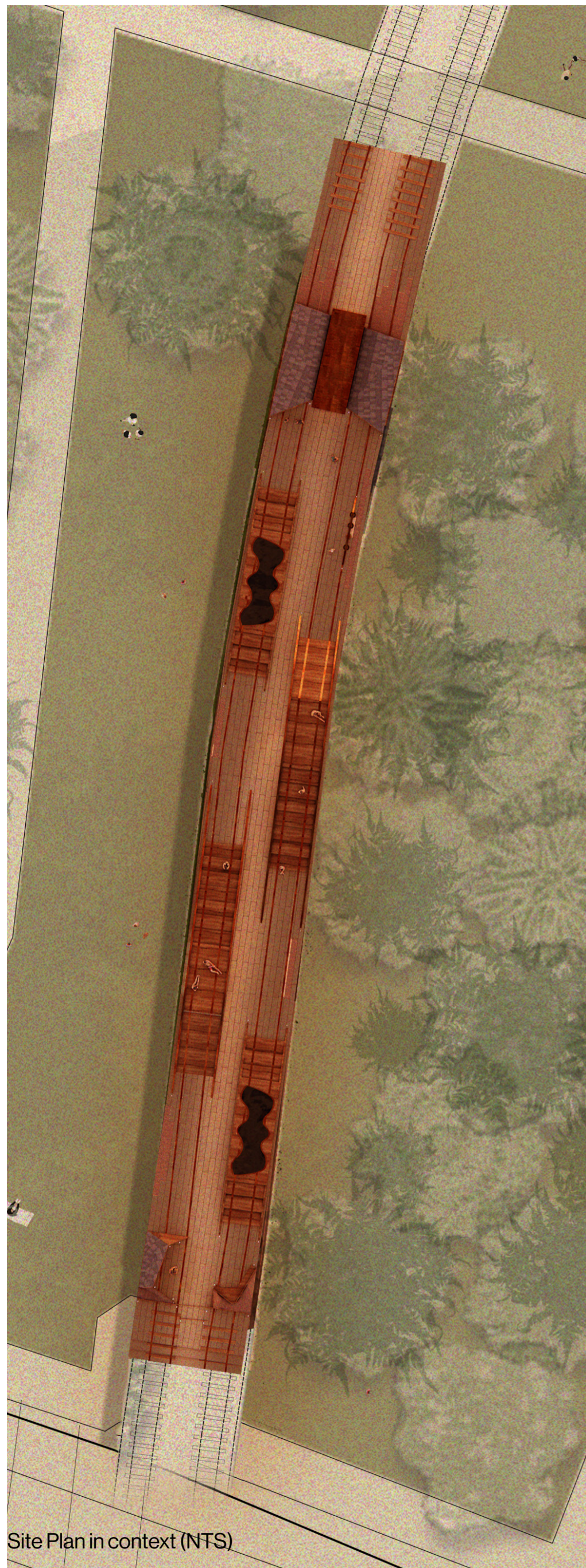
- 1- Reception
- 2- Hot Tub
- 3- Sauna
- 4- Changing Rooms
- 5- Cold Plunge
- 6- Cold Shower
- 7- W/C + Hot Shower
- 8- Entrance



Rendered Wayfinding Isometric.

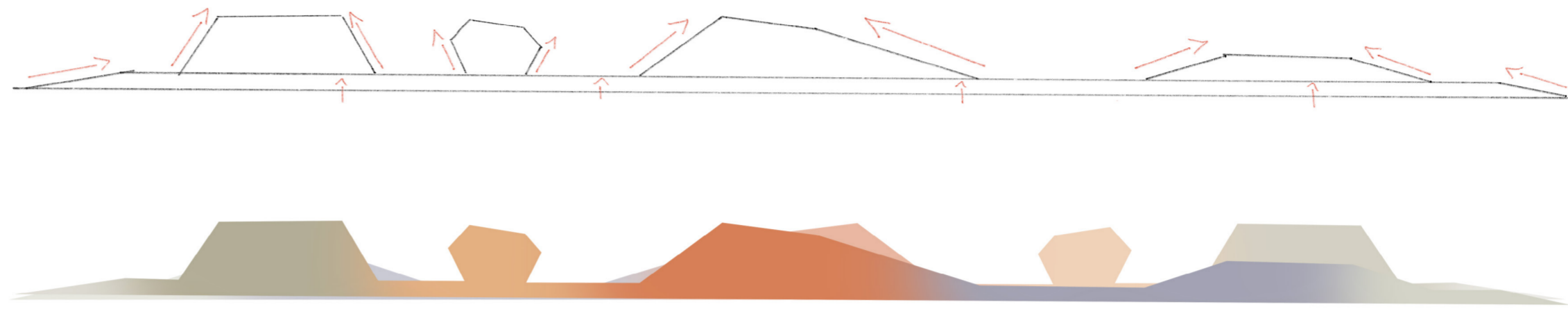


Floor Plan @ 1:200



Site Plan in context (NTS)

Thermal Journey.



PUBLIC SEMI PRIVATE SOCIAL



MOVEMENT

Flow in through the park.



ARRIVAL

Be welcomed into this safe space



PREPARATION

Prepare the mind and soul



HEAT

Decompress within the sauna and reflect



COLD

Invigorate the body with monitored cold exposure



REST

Recover and regulate



CONNECTION

reconnect with self, community and nature

Thermal Rhythm is organised as a choreographed sequence of thermal experiences. Each space prepares the body for the next, creating moments of anticipation, contrast and recovery that transform a simple visit into a ritual of wellbeing.



North Entrance, Toilets and Warm Showers.

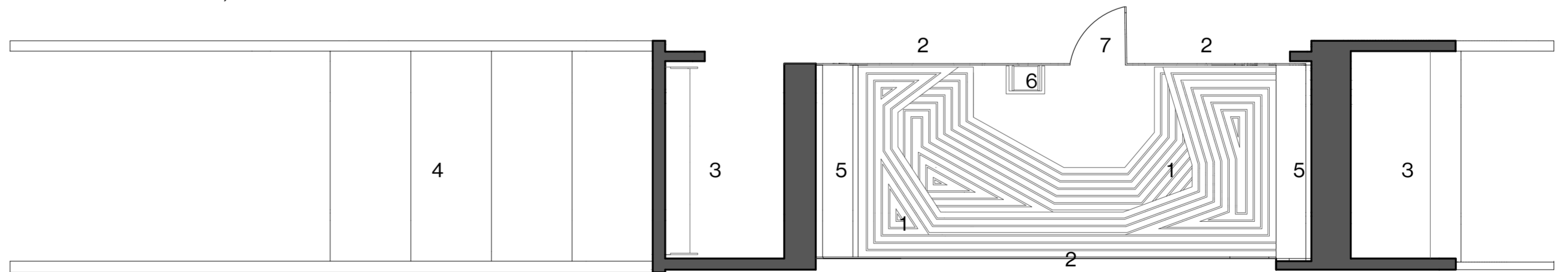


Internal View Changing rooms



Cold Shower

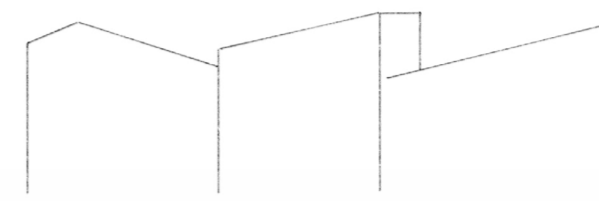
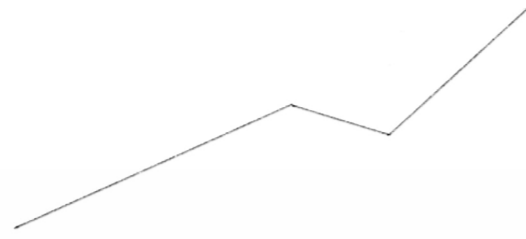
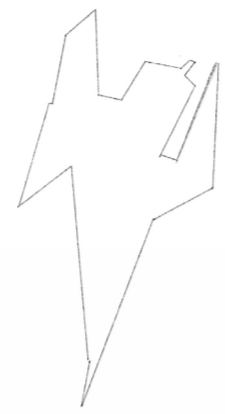
1:50 Close Plan of Sauna,



Key 1-Seating 2-Window 3-Storage 4- Stairs 5- Himilayan Salt Wall 6- Wood fired heat source 7- Entrance

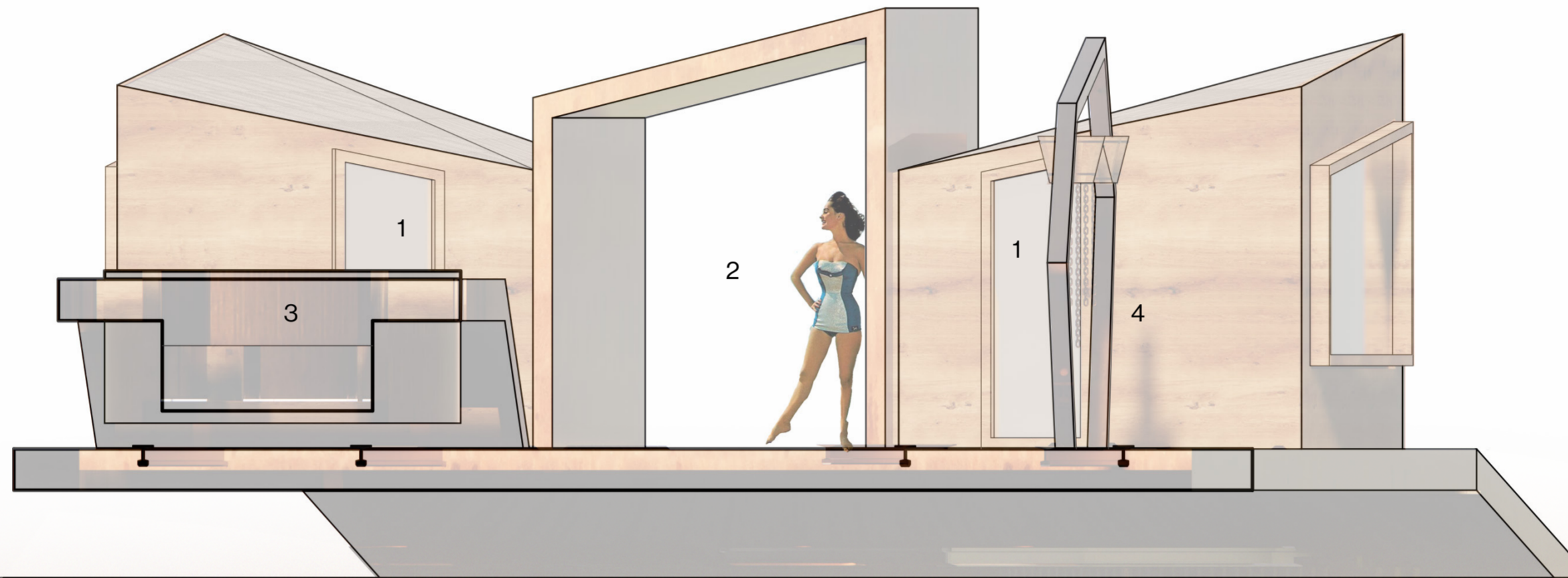
Sensory Experience

Interior atmosphere is shaped through changing relationships between heat, light, scent, sound and materiality. Contrasting thermal environments encourage users to slow down, reconnect with their surroundings and experience the space through the body as well as the eye.



Park am Gleisdreieck - Simplified plan. Taking inspiration from the angular forms.

Conceptualising the shape into a 3D form.



Section A-A (NTS) Through Cold Plunge and South Entrance

Key

- 1- W/C + Hot Shower
- 2- Entrance
- 3- Cold Plunge
- 4- Cold shower



SOUND

Natural sounds from the birdsong and rustling trees creates a tranquil atmosphere, promoting a deeper connection to place.

COLD

Rapid temperature contrast heightens bodily awareness, invigorating the body and sharpening sensory perception.

HEAT

Immersive warmth promotes relaxation and encourages visitors to slow down and reconnect with their physical senses.

SCENT

The fragrance of natural planting enhances the sensory experience, creating a calming atmosphere that reconnects visitors with the surrounding landscapes.

CONNECTION

Shared experiences encourage social interaction, create a sense of community and belonging.

TOUCH

Warm timber, cold water and textured surfaces create moments of tactile contrast that deepen the connection between the body and built environment.

