

The Sund Continuum

The Sund Continuum explores how interior architecture can shape meaningful experiences through ritual, sensory engagement, and connection to nature. Inspired by Scandinavian wellness traditions and Japanese design philosophies that emphasise harmony between architecture and the natural world, the project creates a sequence of spaces that guide visitors through cycles of temperatures, rest, and reflection. Located within the unique landscape of the West Reservoir, the design uses light, materiality, temperature, and framed views to blur the boundaries between interior and exterior environments. By prioritising atmosphere, movement, and lived experience, the Sund Continuum demonstrates how interior space can support sustainable health initiatives while creating memorable spatial experiences.



Claude Monet (1871). Arm of the Seine near Vetheuil (Painting). Musée d'art moderne André Malraux in Le Havre, France (08052026)

Site: Woodberry Wetlands

the site is woodberry wetlands in the borough of hackney. the wetlands are 30 acres, one of the largest in inner london, contributing to the biodiversity of this rare urban environment and landscape. it is split into two sections, east and west reservoir. this area dates back to the 1600s (london wildlife trust).

the sund continuum envisions an ecosystem of sustainable wellness, where sustainable living, heritage and mindful practices intertwine. divided into different zones, the strategy is to create a space where the forces of nature are put as the priority. the sund continuum will offer a therapy and wellness wing featuring saunas, cold plunges, hot plunges and workout classes open all year around in different temperatures, welcoming the idea of cold bathing. the strategy also includes a café and lounge focusing on sustainable food, and a retreat wing offering a unique private overnight stay designed for smaller groups. this provides immersive workshops, classes and sustainable practices. the strategy also includes multifunctional workshop studios where professionals will host relevant workshops focusing on cold water safety, but can also be used as conference spaces for potential corporate retreats. the spaces connect to the exterior surroundings of the wetlands.



Sund

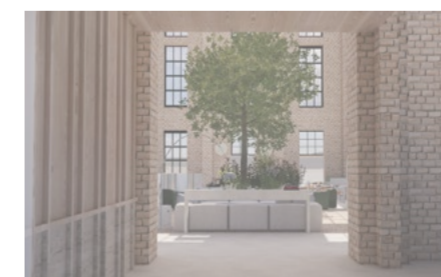
adjective
translation from swedish

"sound/strait and or healthy/sane"
(Cambridge Dictionary)

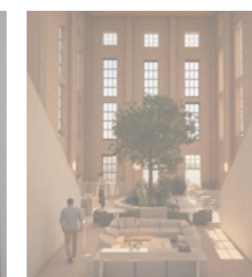
Continuum

noun

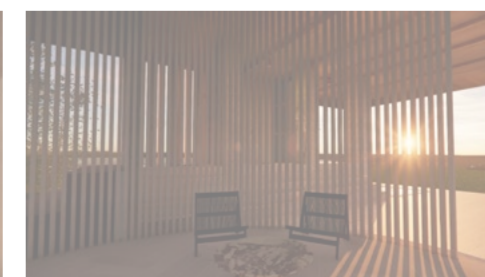
"something that changes in character gradually or in very slight stages without any clear dividing points"
(Cambridge Dictionary)



arrival/departure
leaving the urban environment behind.



connection
shared wellness experiences foster community and belonging.



reflection
quiet space overlooking the reservoir for contemplation

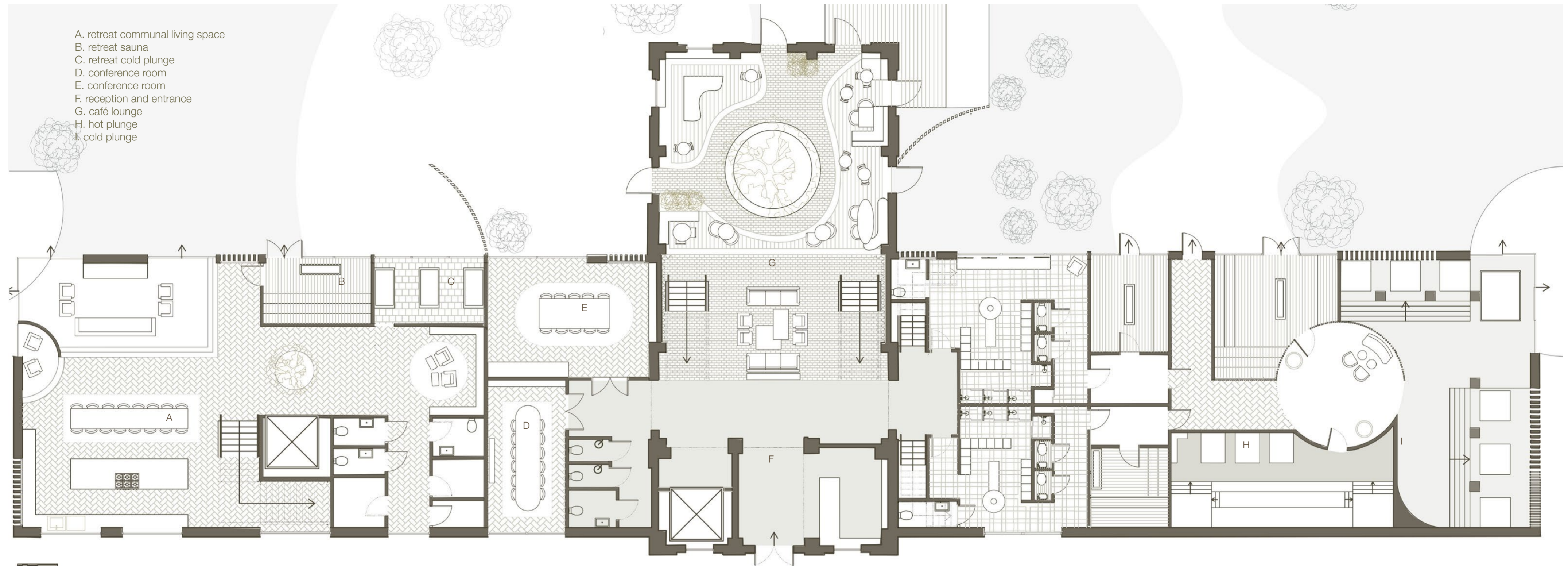


heat
sauna spaces encourage relaxation and physical release



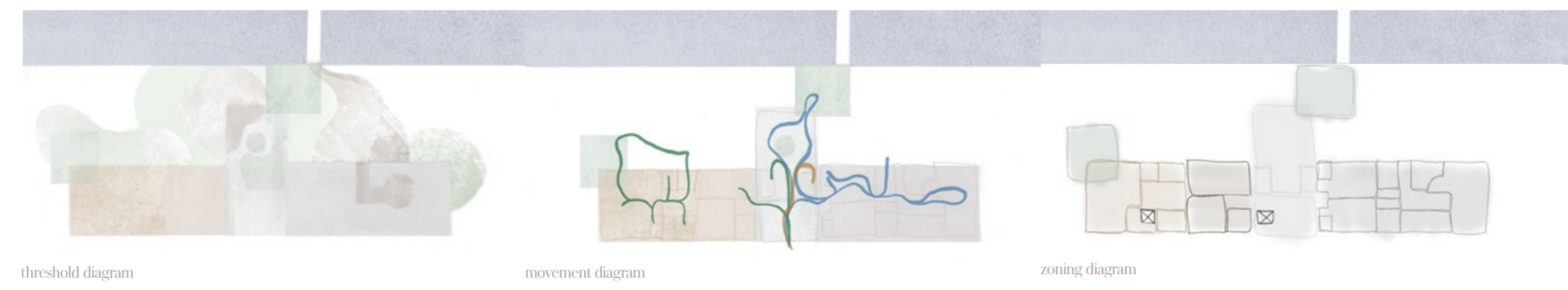
cold
immersion creates heightened awareness and rejuvenation

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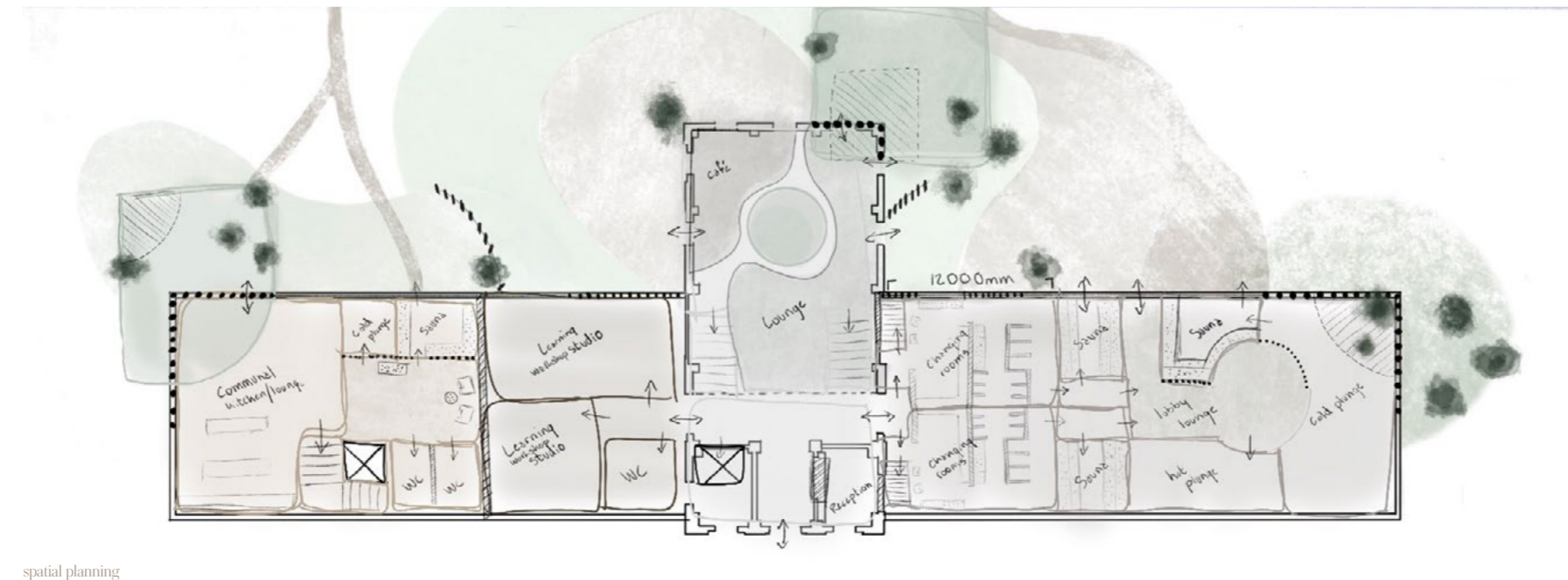
spatial strategy and planning ground floor

rather than organising spaces solely by function, the plan is structured around sensory experience. variations in temperature, light, privacy, and connection to nature create a progression of atmospheres that support both individual reflection and collective wellbeing. for example, the cold plunging area and the passage to the changing rooms will become fully uninsulated bringing the natural temperatures indoors erasing the boundary between what is considered indoors and outdoors.



the wellness journey

the journey through the sund continuum unfolds as a gradual transition between contrasting sensory experiences. through a sequence of warming, cooling, resting, and gathering spaces, visitors are immersed in an architecture that responds to the rhythms of both the body and the natural environment. the sectional relationships reveal how light, materiality, temperature, and framed views are carefully orchestrated to create moments of connection, reflection, and renewal, transforming wellness into a continuous and meaningful ritual.

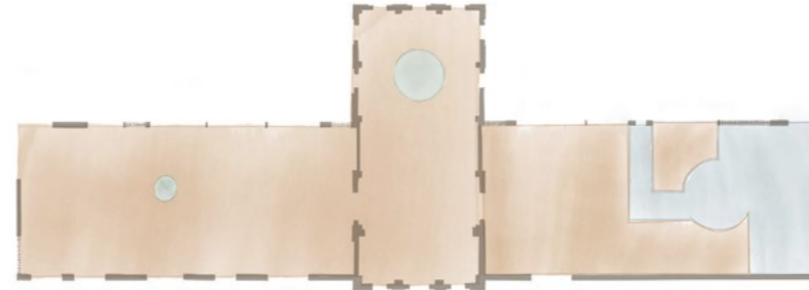


communal lounge in retreat wing

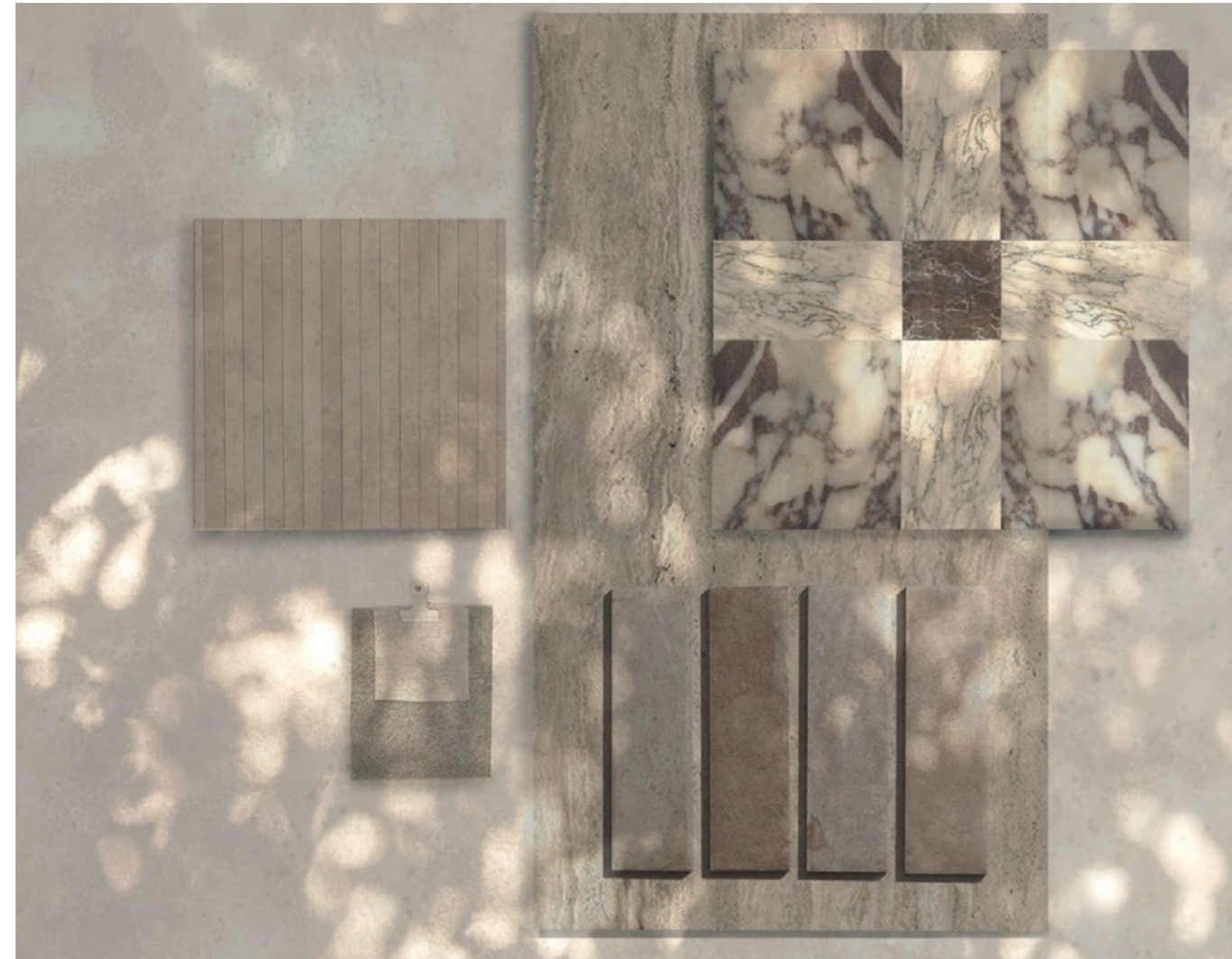
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material & sensory experience

the material and sensory strategy of the sund continuum is designed to heighten awareness of both the body and the surrounding landscape. drawing from scandinavian wellness traditions and japanese philosophies that emphasise harmony between architecture and nature, materials are selected for their tactile qualities, durability, and ability to age gracefully over time. warm timber, natural stone, water, and filtered daylight create a sequence of contrasting sensory experiences that support the rituals of heating, cooling, resting, and reflection. through changing textures, temperatures, sounds, and views, the interior becomes an active participant in the wellness journey, encouraging mindfulness and a deeper connection to place.



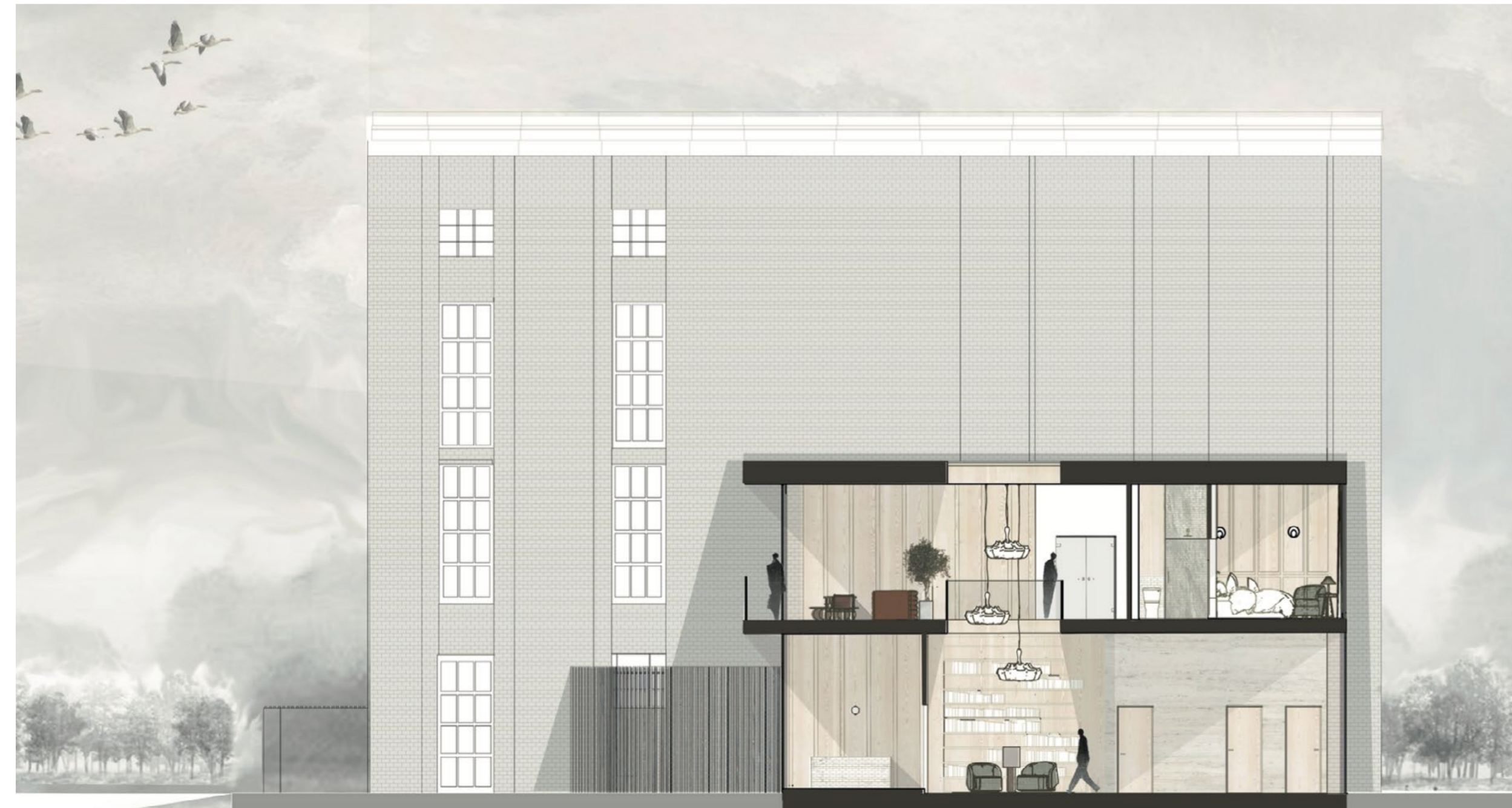
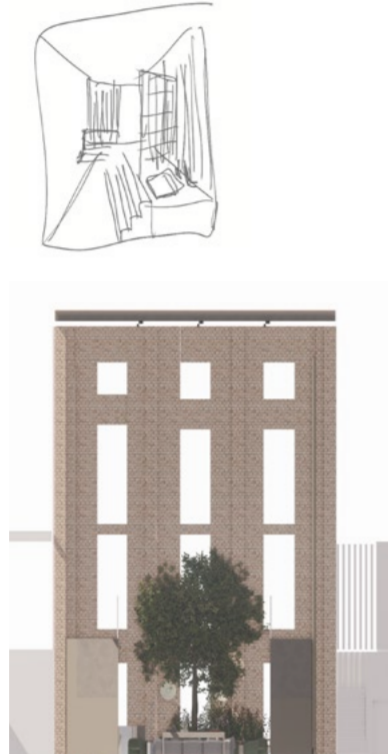
this digram shows the cold (gray) and warm (orange) areas



materiality



light quality



Section BB



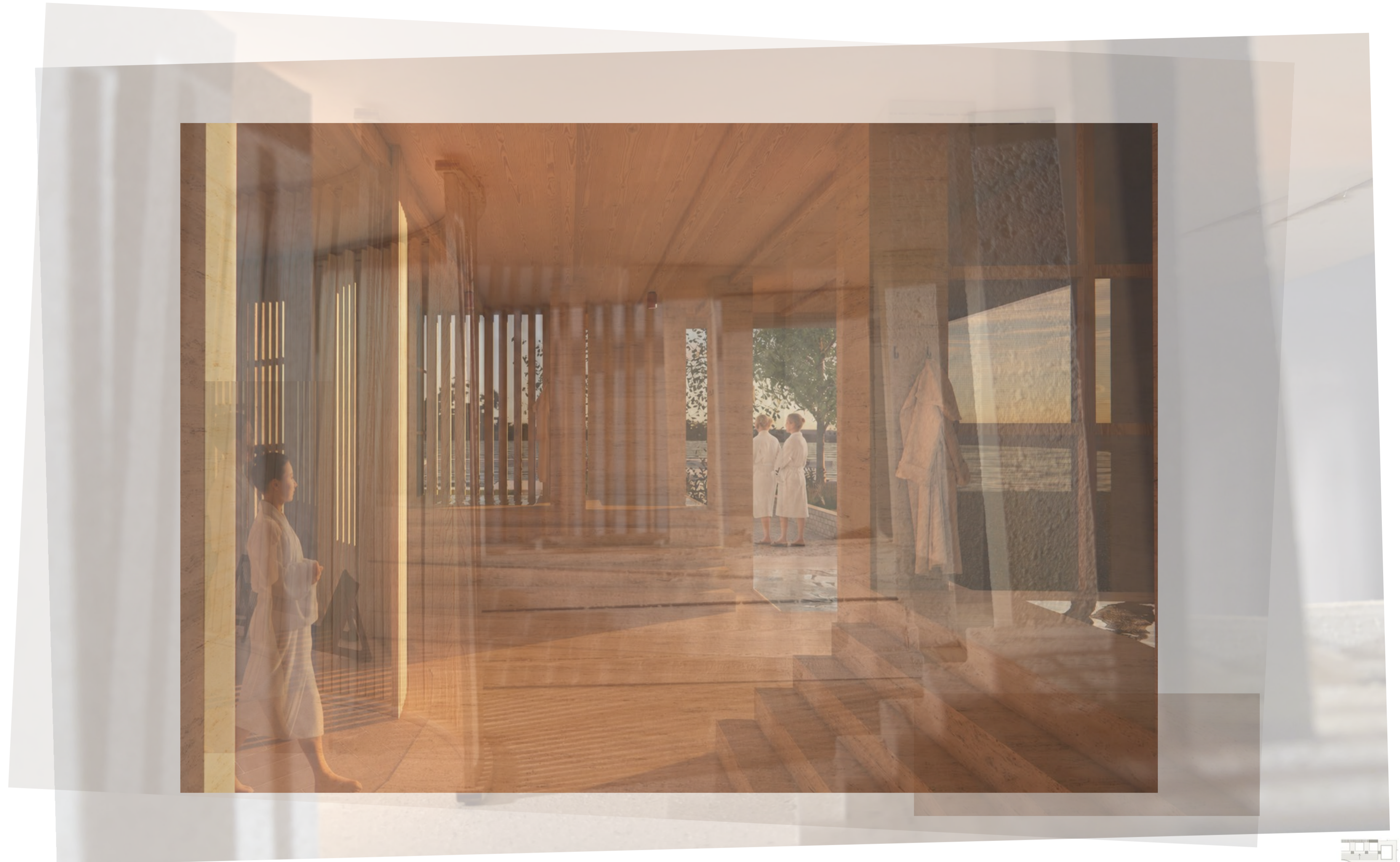
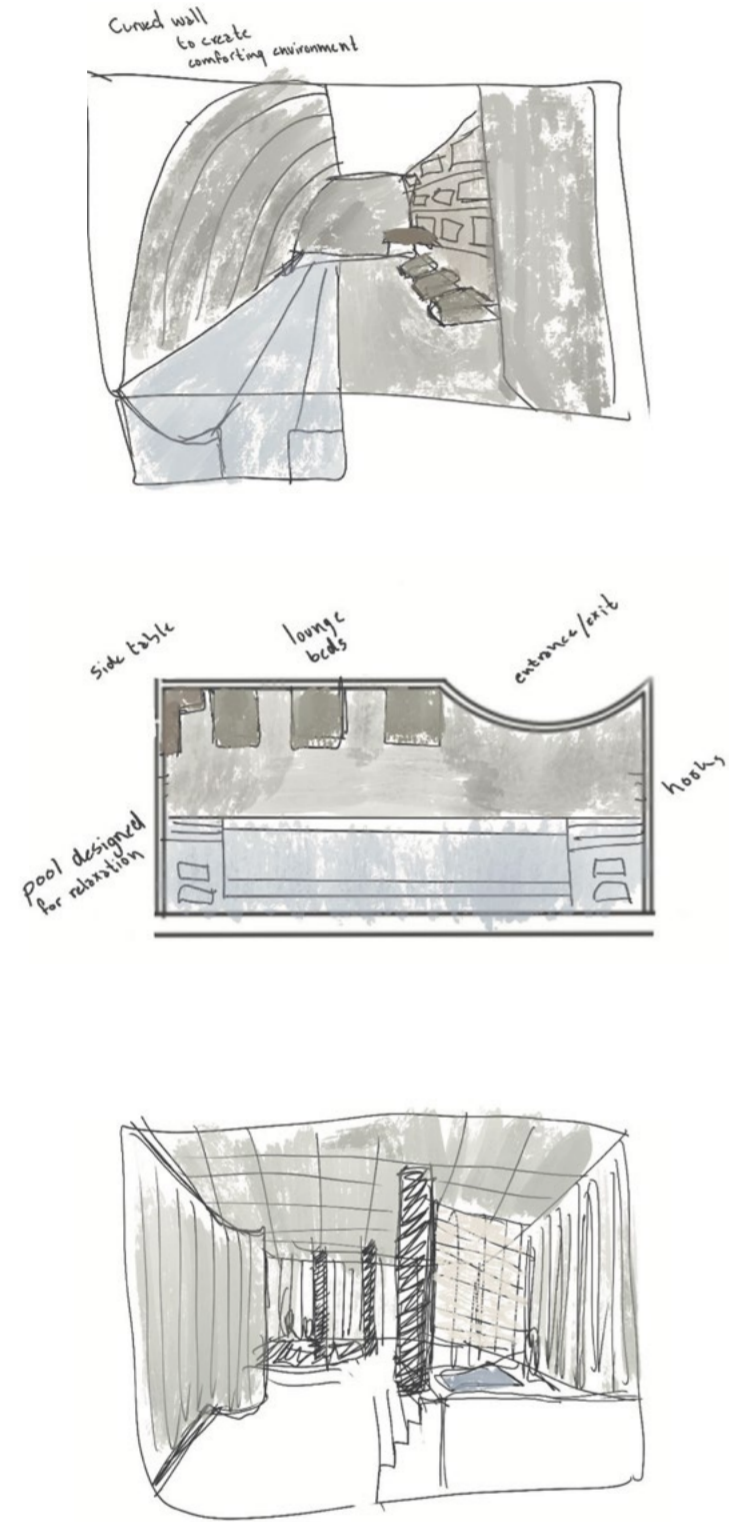
interior view of lounge and cafe



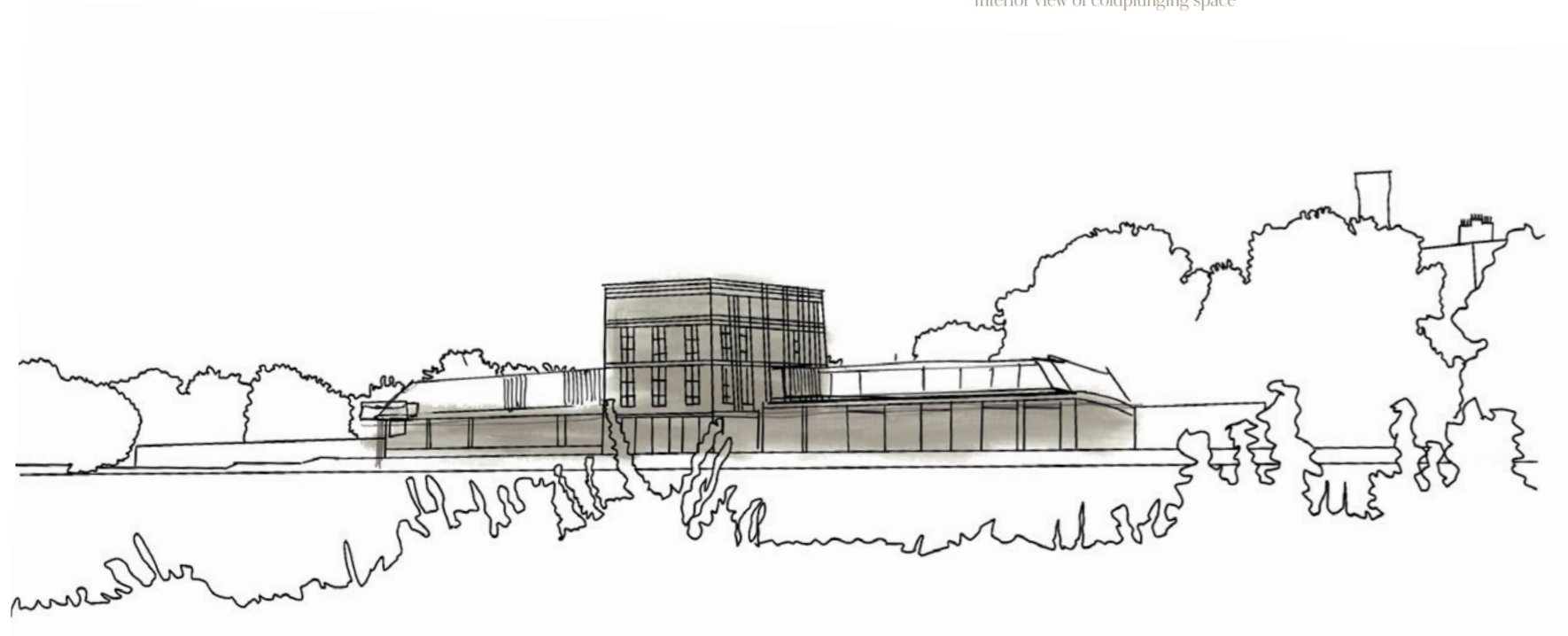
interior view of retreat hotel room

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atmosphere & inhabitation



interior view of coldplunging space



E20 spatial model



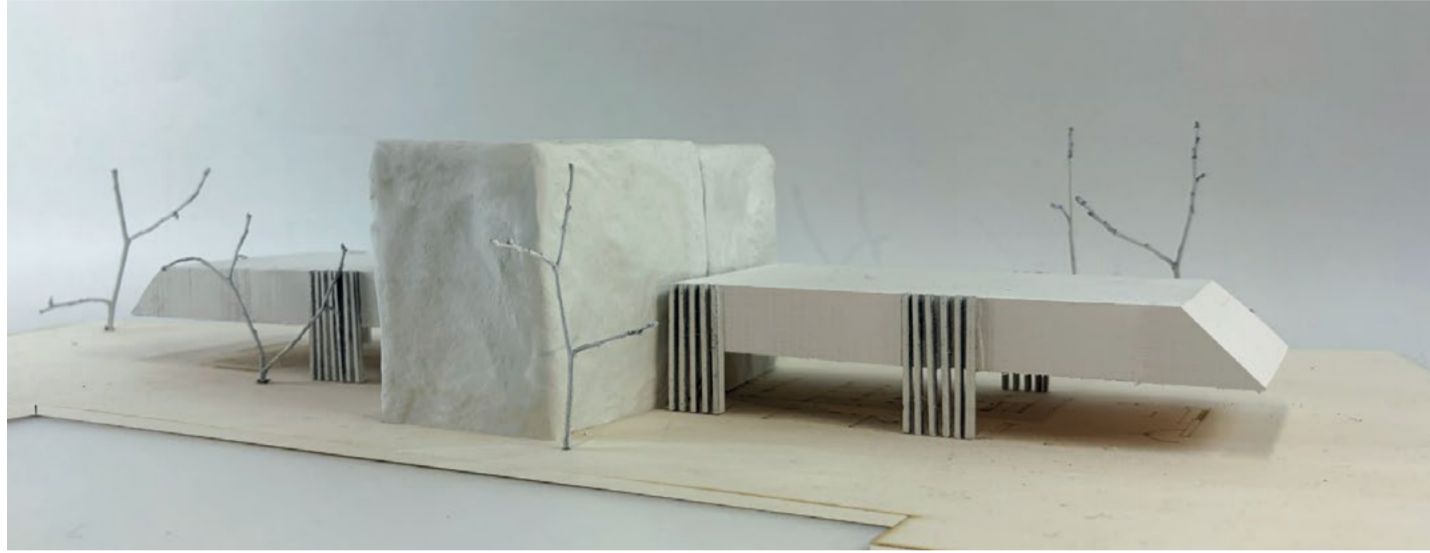
E20 spatial model



E20 spatial model

The Sund Continuum

repurposing the existing wings



exploded isometric drawing



Section AA