Seeking Solace

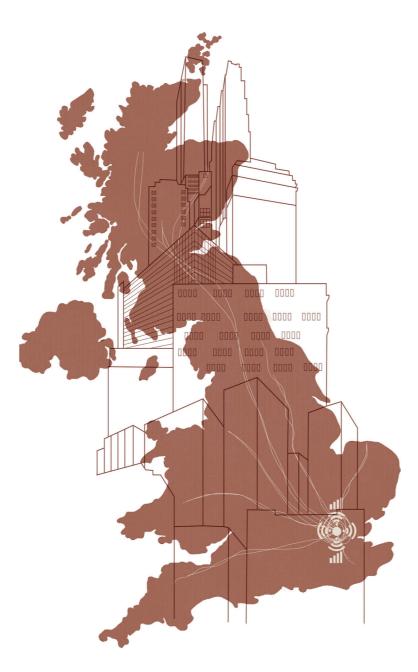
A space to encourage people to resist the technology consumed lifestyle where stress dissipates and serenity thrives.

In the innovation of a sacred space, the aim is to embrace the seasonal cycle to alleviate stress. Through the rhythm of seasonal light, lemon balm as a herbal remedy tea, is cultivated as the sacred ritual. The worship begins by sowing and pricking, honouring the plant's ability to reduce stress and connecting the visitor to the earth. Meditation intertwines with plant nurture, fostering mindful connection and personal reflection. The preservation space, celebrates the natural cycle and rhythm of the seasonal solstice and appreciates the benefits natural light exposure has on the mind. Through exploration, the hands on craft of lemon balm tea takes place, infusing the spiritual reflection of nurturing the plant with the healing essence it provides. In the embrace of seasons, the journey to solace, rejuvenation and harmony is found. A retreat where stress dissipates and serenity thrives.

2084 Speculation

In 2084, the population as migrated to the densely built up city of Netscape, due to technology advancement, attracting people to the more appealing fast pace technology consumed lifestyle. The demolishment of surrounding buildings and landscape for resources to keep up with the demand of people migrating to Netscape has gone too far. Life within Netscape has become mundane and unfufilling with no sense of seasonality, natural daylight, time and a disconnect to nature, causing the population to become increasingly stressed. After stumbling upon Roche Abbey, the charm of the site and revelation of the Zoetrope's rotational characteristic, reflecting the suns natural orbit around earth, they yearn for the natural daylight, sense of time, seasonality and greenery to alleviate their stress. With this discovery, the Seeking Solace Retreat was founded, where the Lemon Balm plant is grown, dried and made into a herbal tea, encouraging people to re connect to the earth's natural rhythm as well one another while cultivating a remedy to alleviate their stress, while maximizing the sites natural charm, serenity and access to natural light.





The Rise Pre 2084...

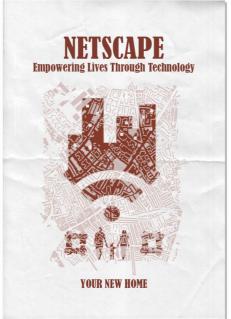
Technology Advancements

The consumer is controlled by imagery they are shown, and no longer entertain themselves without technology advancements. The constant need to give children screens to keep them entertained has stunted their ability to interpret imagery and express themselves creatively and collectively.

The Fall Now in 2084...

Loss of Connectedness to Nature

Relying so heavily on technology, the population have loss their ability to connect with the surroundings of nature and one another. This has started to create a feeling of loneliness and anxiety in humans.



Rural to Urban Migration in 2084

People are moving to Netscape due to the face past, high end and access to technology and signal. Individuals believe that this will mean a better quality of life, as they have become so heavily reliant on technology in 2084.

Building Deconstruction

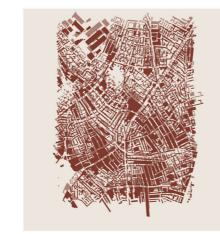
Pre 2084

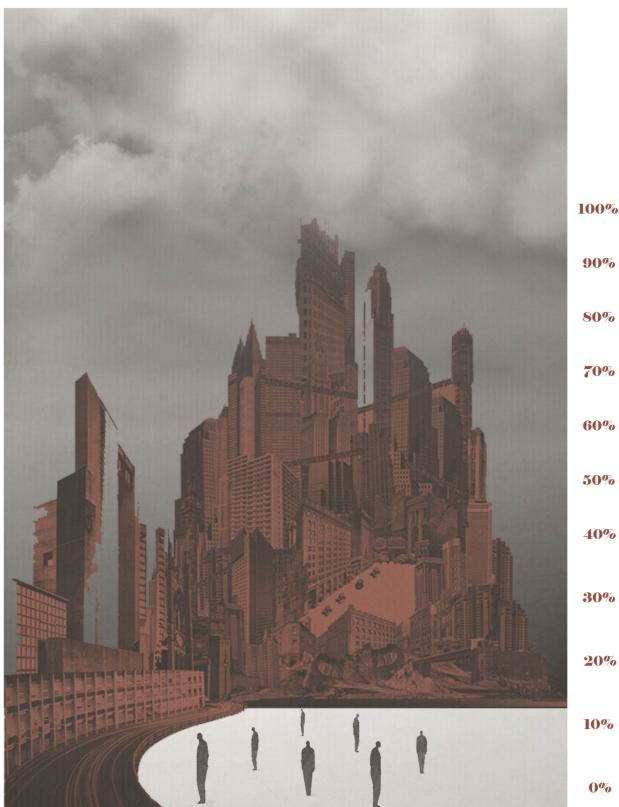


2084 Landscape



2084 Netscape



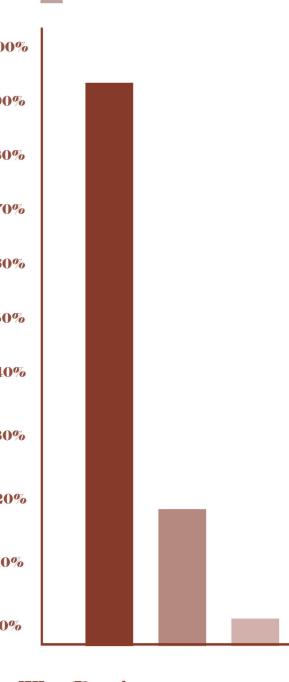


Netscape Data

Screen time

Connectedness

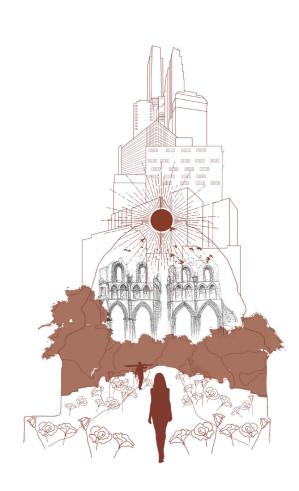
Sun exposure



The Derive

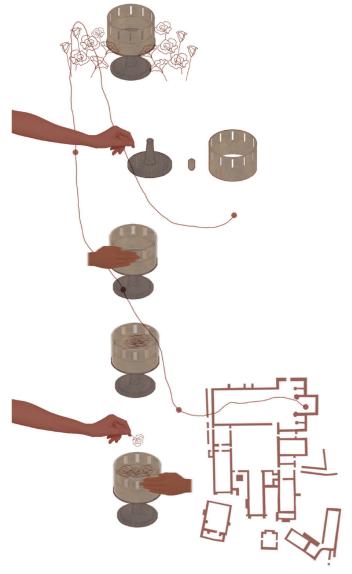
Journey Leaving Netscape

The derive captures the journey taken by a group of collectors to survey Roche abbey for resource collection. A wanderer from the Netscape population, tags along as she feels suffocated in the city.



The Revelation

The revelation of both discoveries of Roche Abbey and the Relic, has made the founder realise the effect it has on her mind, feeling at ease, less stressed and wanting to share this





Counterculture Existence

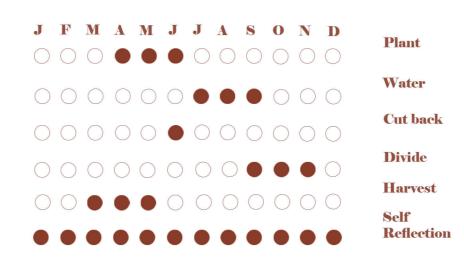
The now Founder has made flyers and posters to put around Netscape to help encourage people to discover what she has and experience the serenity at Roche Abbey.

Visitor Instructions



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Meditation Space



Collective Celebration Space

○ ○ ● ● ● ○ ○ ○ ○ ○ ○ ○ **Sow**

J F M A M J J A S ON D





J	F	M	A	M	J	J	A	S	0	N	D	
												Appreciation
												Dry leaves

Exploration



Each space reflects each activity of the start to end of making the Lemon Balm Tea as a herbal remedy.

The Collective Celebration space signifies the start of the new journey to rejuvenation and achieving solace in sowing and germinating the seeds.

The Meditation space signifies the plant nurture and care of the plant, which puts the mind at ease.

The Tomb, where the Lemon Balm leaves are left to dry out, which also reflects the importance of sun light exposure on the visitors state of mind. It also houses the Zoetrope, for the visitors to appreciate.

The Exploration space, where the visitor can come individually or community in a hands on activity of brewing and enjoying produced themselves.

Each activity is in order of the natural sun path, using light and exposure to guide the visitor around each space.

Design Intent

Seasonal Design Integration

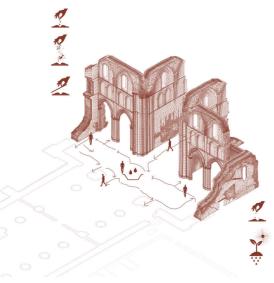
Embracing the seasonal cycles of light through architectural elements that optimize natural illumination to harness sunlight during different times of the year and day, fostering a connection to the seasonal rhythm.

Preservation

By retaining as much as the standing structure as possible, the design intends to blend the new into the old, signifying the historical layers of the site, but also intends to add charm to the interior space, encouraging the reconsideration of the monumental value and aesthetic of abbey, into a light and tranquil space for the cultivation of Lemon Balm Tea.

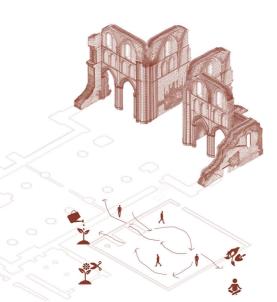
Sensory Experience

Integrating elements of smell and sound through materiality and architectural features to engage the visitors senses and deepen their experience in nature, fostering tranquillity.



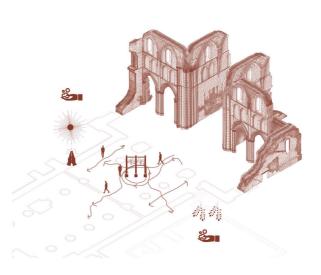
Function of The Collective Celebration

In the Lemon Balm Greenhouse, a worship place with a central space to create easy circulation, flow and direction for visitors. Here, the ritual of new life, representing new beginnings for visitors in their shared journey towards growth, serenity and transformation.



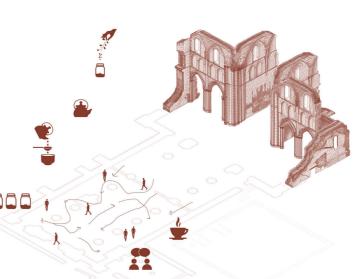
Function of The Meditation

The Botanical Garden, the most south situated building provides the space to maximize light and natural heat for the lemon balm to grow. The visitors will use this space for communal and private meditation in the large and spacious space to relieve stress and lower cortisol levels, a space to stop and breathe and reflect during their time at the Retreat.



Function of The Tomb

The tomb is placed centrally, acting as a passage way between the worship space and exploration space. The circular shape will help guide the visitor through from one space to the next, allowing space to dry the leaves and appreciate the natural light exposure, once the leaves are dry, they collect them and take to the workshop to make the tea.



Function of The Exploration

The exploration is the space where all the work from around the retreat comes together in appreciation for relieving stress. The space will harness serenity and kept large and airy to make the space feel less claustrophobic and spacious, which encourages feelings of calmness. The space is where the Lemon Balm tea is made to be ready to drink, they may also sit and converse in this space.

Materiality



Key

01 Off White Limelite Plaster interal walls and some areas of flooring (tough, hard wearing finish, BBA

Approved System, non-combustible to comply with BS476:4 & Certified under BES 6001 Responsible Sourcing)

02 Walnut Slats for false ceiling (bespoke sizing to fit project, (9m x 80mm x 30mm)

03 Caesarstone Calacatta Oro Quartz

for splash back, worktops and fountain (made up of recycled material, EPD Certification, Greenguard Environmetnal Insitute certified) bookmatched to reflect symmetry of relic.

04 Hoxton Burnt Orange Gloss Procelain Tiles for flooring and splashbacks

(produced with recylced and recyclable materials with low environmental impact in its life cycle & reduces heating and cooling peaks in every season, moderating room temperature, saving energy)

05 Rustic Walnut with Oil Stain for

cabinets, ceiling beams and shelving (hard wearing and eco friendly, wood collected from plantations where new tree is replenished regularly, stain to avoid bleaching in direct sunlight applied using The Real Milk Paint Hemp Oil leaving nutty aroma)

06 Satin Brass for details in scheme (LRV of 59 meaning it can bounce back more light than absorb, creating a expansive daytime feel to the space)

07 Hendel and Hendel Barrington Pull **Handle** for cabinets in bronze finish (180 x 20 x 9mm)

08 Re Used Limestone Flooring taken from areas of the site which have been removed, to be re used within the proposal.

09 Linen Roof Curtains naturally biodegradable

End of Life Building Interior Materials



75-100 years life expectancy.



Natural stone marble over 100 years life expectancy.



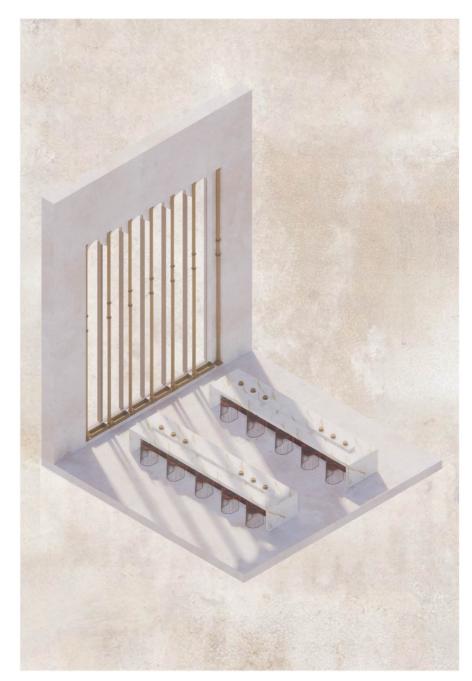
Re used limestone flooring, can be crushed into aggregates



The Zoetrope's Influence

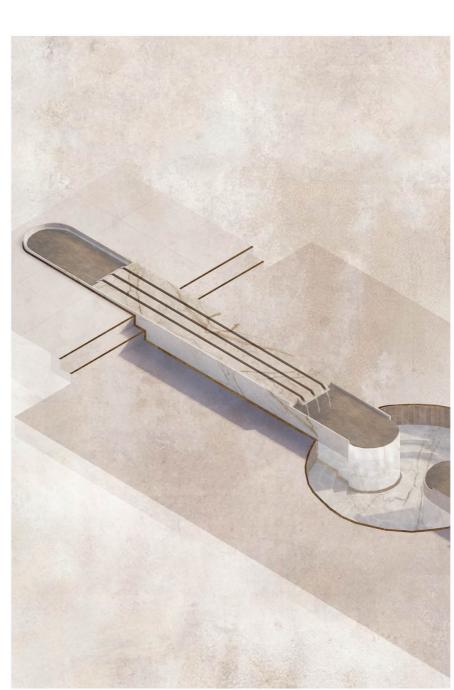
Walnut & Brass are the constituent materials of the relic, inspiring the dark, neutral and luxury feel materials. The bookmatched symmetrical marble reflects the symmetrical nature of the zoetrope, as well as catching the visitors eye, drawing them into the space first, ready to start the process of sowing and germinating the seeds.

The brass accents on the support beams reflect the stand of the Zoetrope, which supports the drum. The beams supports the hanging shelves. The accents are a design language found throughout the whole scheme, especially the area of focus, the collective Celebration space.



Isometric of New Windows

The window is designed to reflect the slits of the zoetrope. With 6 openings, signifying the 3,6,12 language of the relic and how it works in 12 intervals.



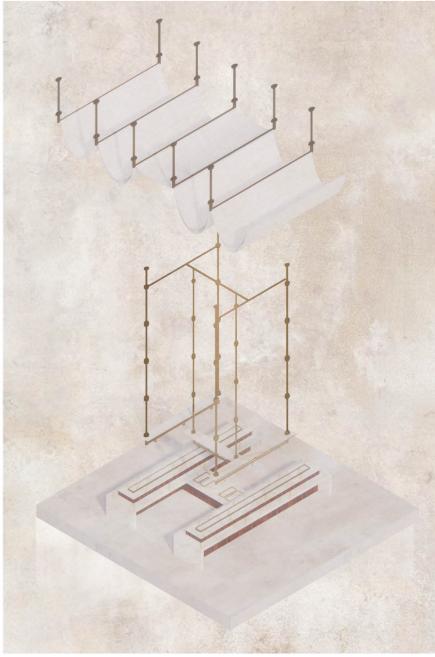
Isometric of Fountain

Linking the sowing to the germinating space, the fountain is built into the steps to reach each side, with the water pond central to generate a peaceful and calming ambience



Isometric of Old & New Blend

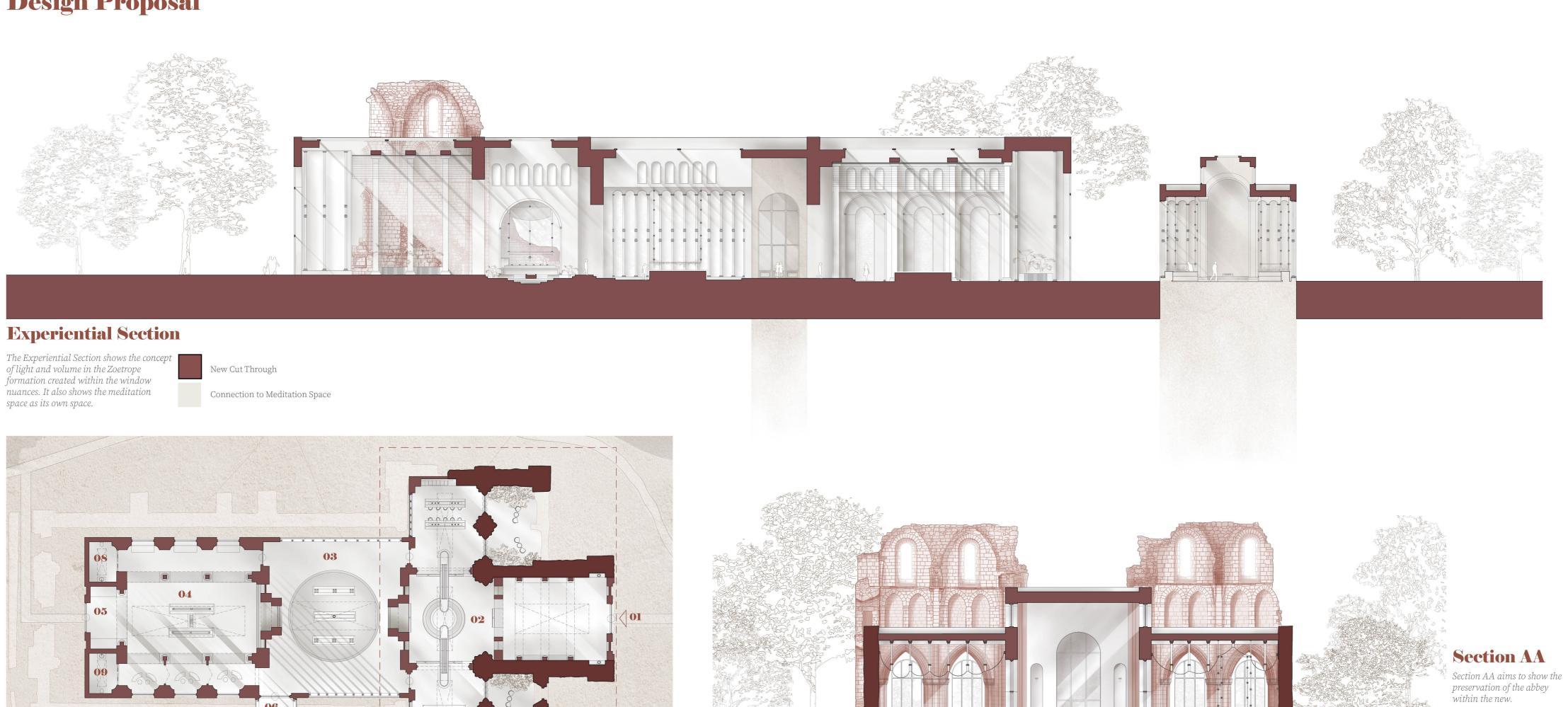
The blend of old and new within the design is vital in preserving the layered history the Abbey holds, especially in the transepts which are the most intact part of the site.

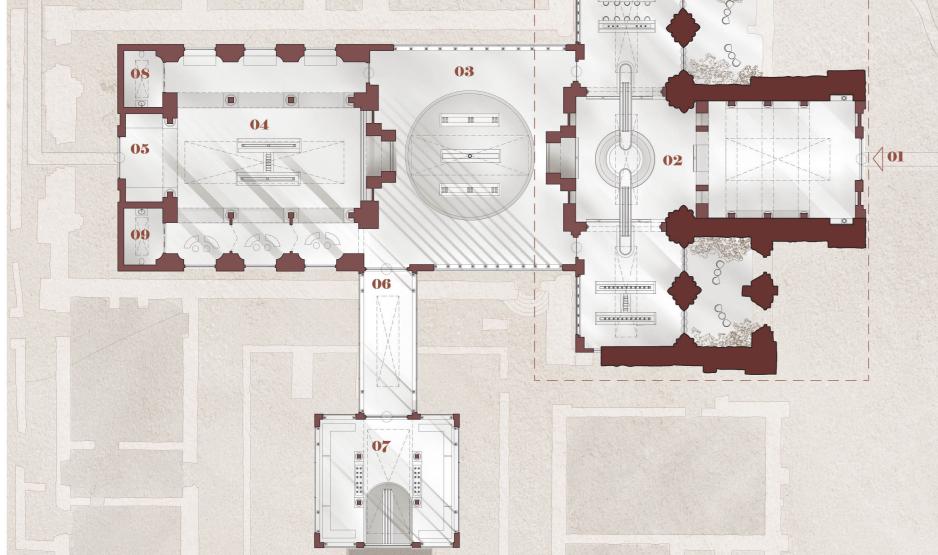


Isometric of Brass Support Beams

The sun when it hits the brass poles against the new plaster and old brick will display the detail of the zoetrope influence.

Design Proposal





Master Plan Area of Focus Call Out

Existing Cut Through

New Cut Through

The Lemon Balm Greenhouse

03 Tomb

The Light Tomb

04 Exploration Space
The Lemon Balm Tea Room

05 Exit

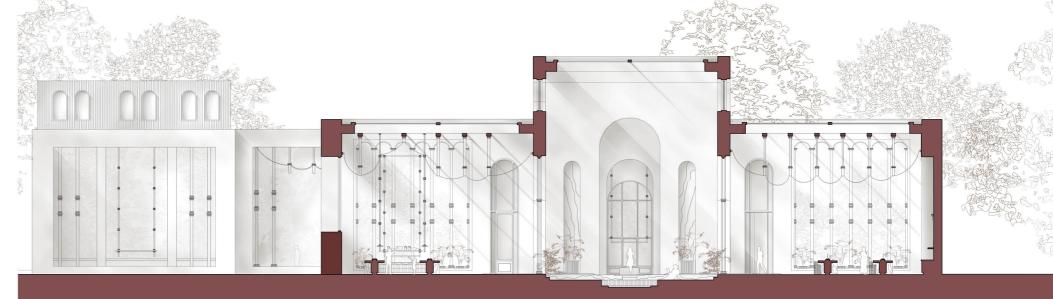
06 Walkway







08 WC male **09** WC female



Section BB

Existing Cut Through

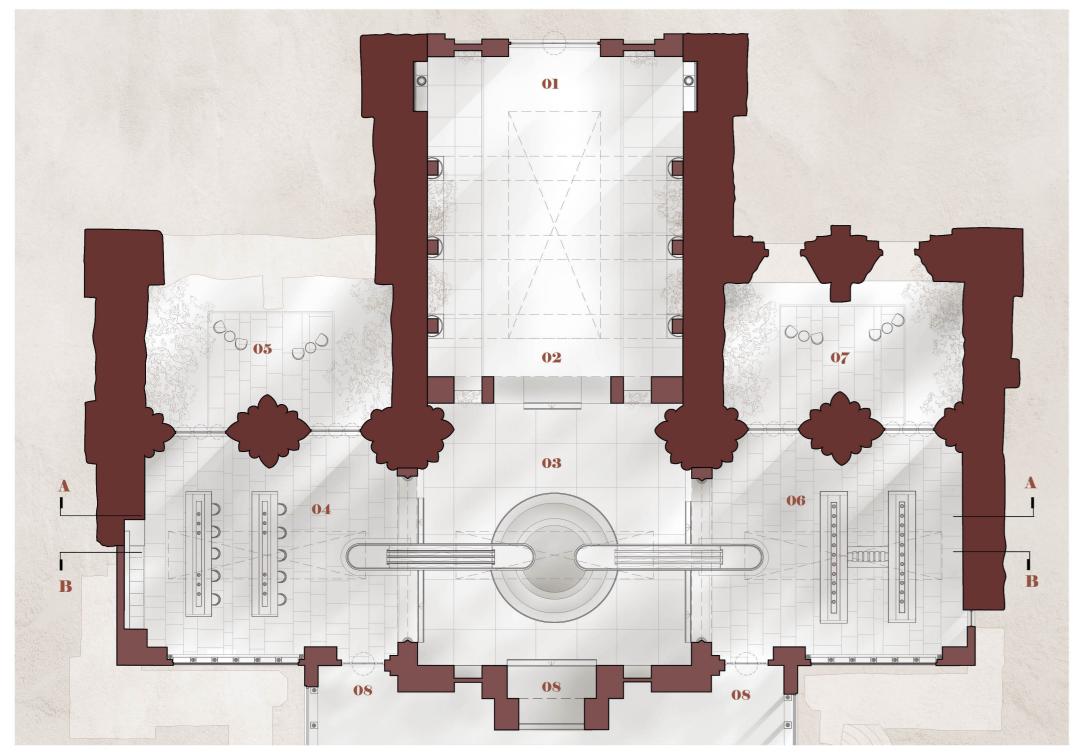
New Cut Through

Section BB aims to show the light through the skylight beams and the connection to the meditation space in elevation.



Existing Cut Through





Collective

Celebration \bigcirc

Area of Focus Plan Scale 1:100

New and Existing Cut through similar colouring to emphasise the aim to blend the old and new

Key 01 Entrance to Seeking Solace Retreat

02 Extended Walkway **03** Fountain

04 Sowing Area (Visual taken from)**05** Outdoor Breathing Space

06 Germinating Area (Visual taken

07 Outdoor Breathing Space 08 Exit to Tomb

Existing Cut Through



Existing



New Cut Through



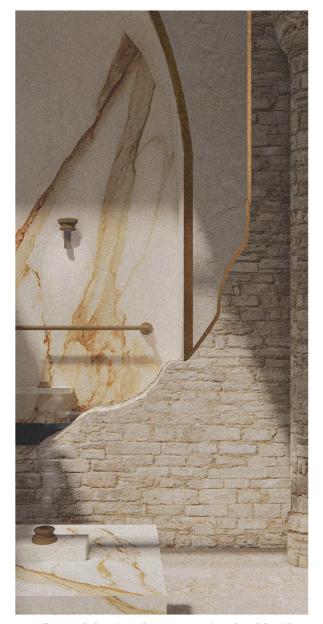
Sowing Area

Visual showing the bookmatched marble feature within the arch where the old meets the new.





Detail Visual showing The Real Milk Paint Hemp Oil on walnut and brass materiality reflecting the Zoetrope's influence.



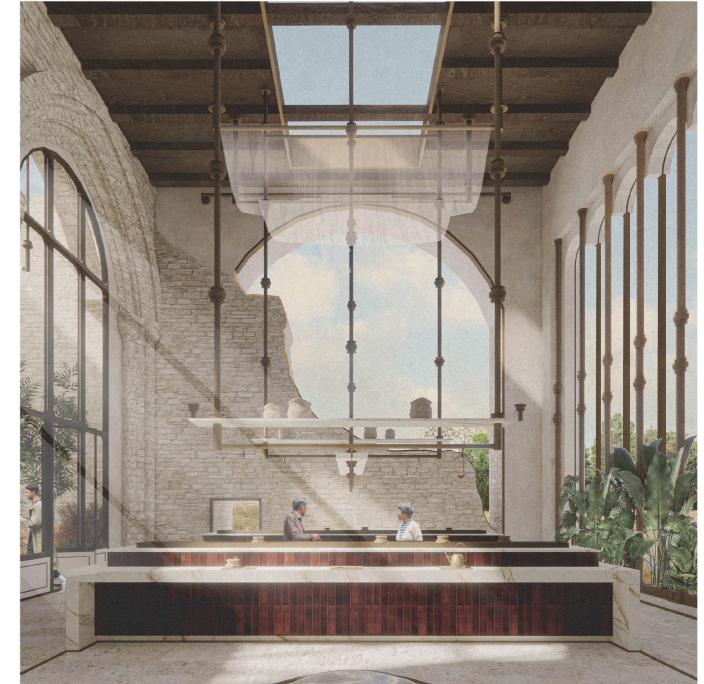
Detail Visual showing the new meeting the old with incense lit to create a calming environment for the visitor.



Detail Visual showing the ritual of placing the spoon on the germinating ready to carefully drip water into the pot of seeds.



Detail Visual showing the marble effect taking the eye to the view of the garden and the outside views.



Germinating Area

Visual showing how to space encourages visitors to communicate and work together, and the rotating door connection to the garden.

