

Amida Reflection Centre

Realise the calmness within; feel the happiness that arises.

Zoe Barkes



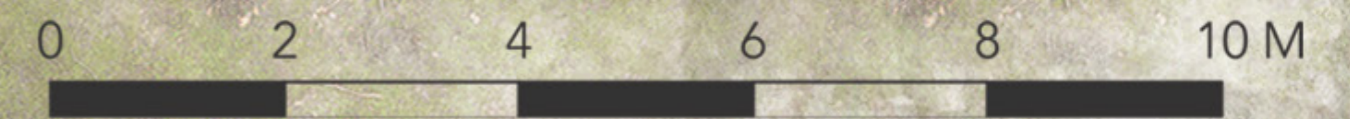
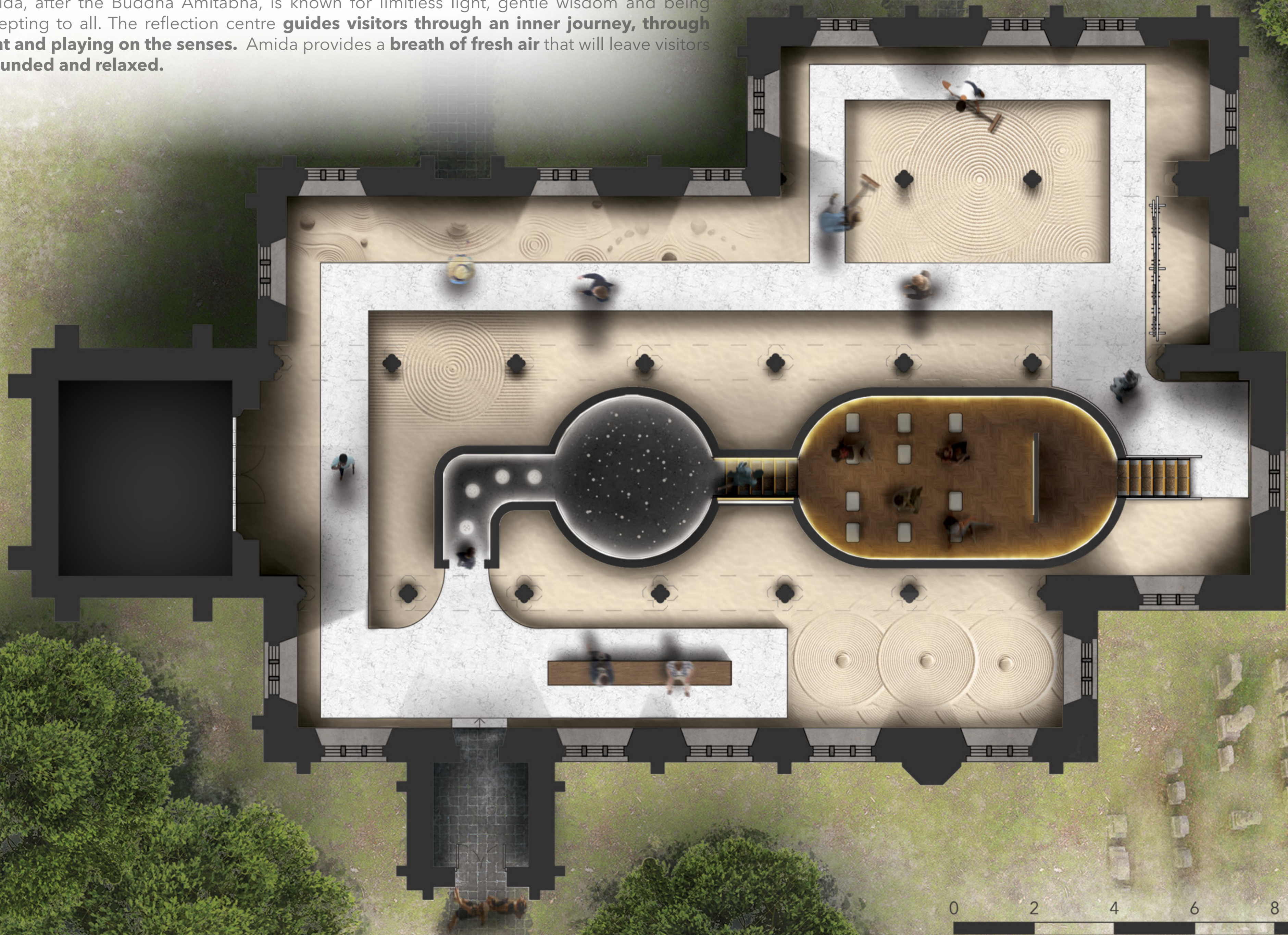
Rendered Perspective Section

Overview

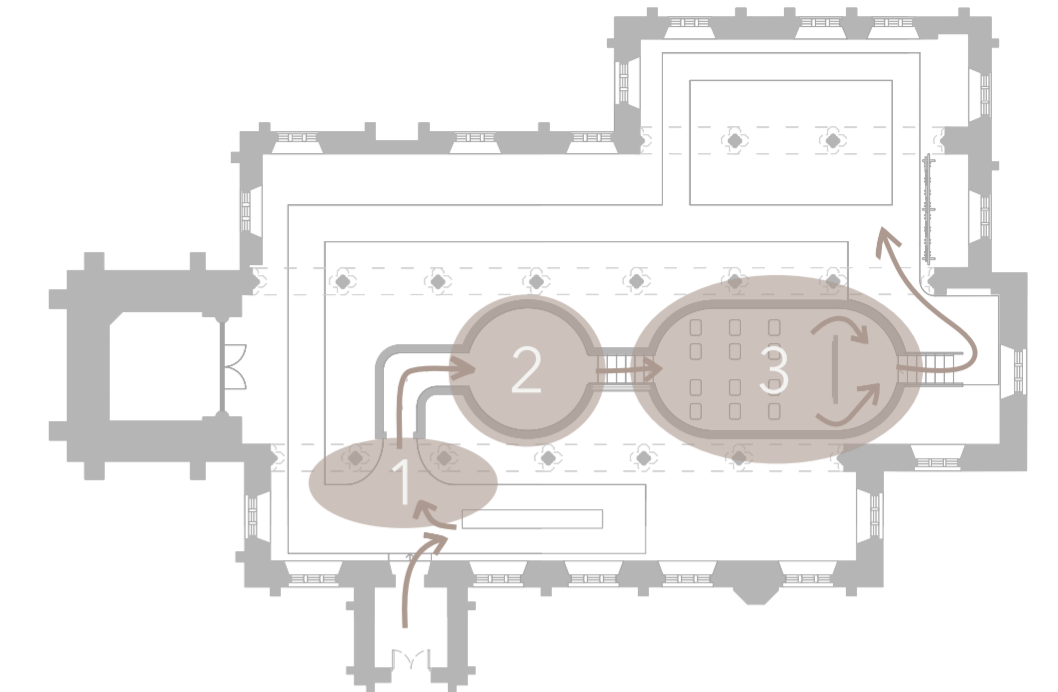
Constantine is a **small rural village** in Cornwall and home to the **Saint Constantine Church**. Currently only **38% of the UK population identify as being Christian** which is a **significant decline**, resulting in **Churches are losing their function**. This brief explores how churches, such as Saint Constantine Church, can be made **relevant** to the modern day society and local communities. More than ever, **mental well-being** is a priority of our lifestyles. From **relaxation to meditation**, taking time to delve into an inner journey of reflection **promotes a balanced lifestyle**.

An Experience of the Sense & Light

Amida, after the Buddha Amitabha, is known for limitless light, gentle wisdom and being accepting to all. The reflection centre **guides visitors through an inner journey, through light and playing on the senses.** Amida provides a **breath of fresh air** that will leave visitors grounded and relaxed.



Inward Journey



Upon entry visitors are invited to remove their shoes. The **smooth cold marble** underfoot begins the **sensory journey**. The darkness of the tunnel and 'Intrigue' space, **removes the visual sense** thus **heightening the other senses**. Light guides visitors up to the 'Reflection' space visitors are invited to simply **relax**. The **warm low lighting** provides a **comforting and peaceful atmosphere**. These spaces are designed to **stimulate the senses and evoke an inner journey**.



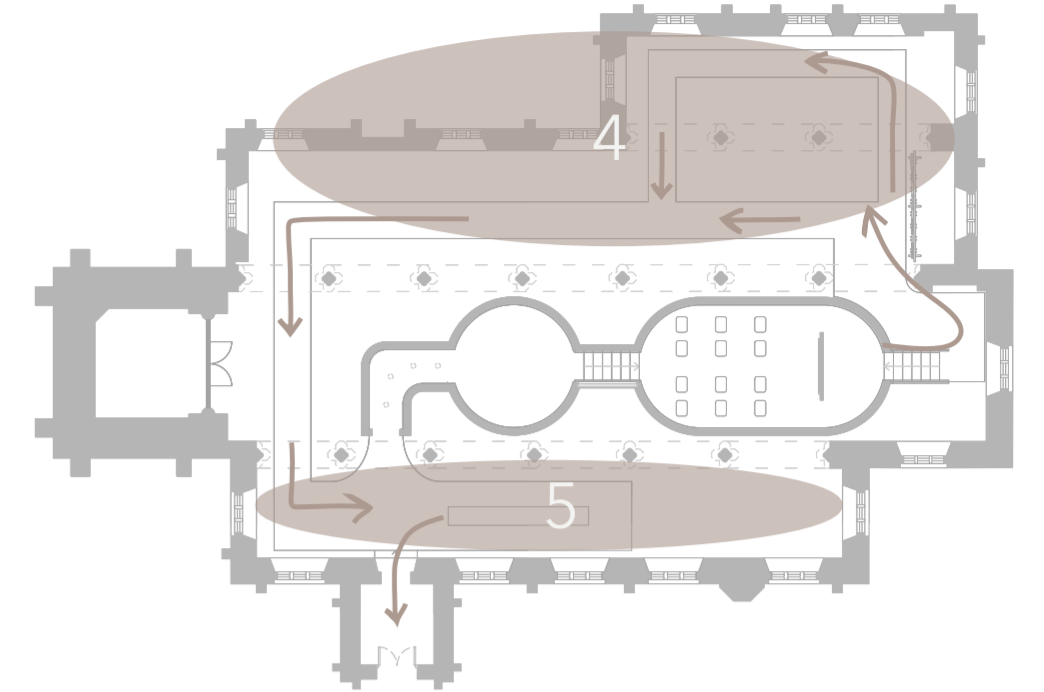


4. GROUNDING

After exiting the central structure the cold marble path takes the visitors around the north side of the building. The addition of sky lights floods the space with **natural light giving a breath of fresh air.** Here visitors are invited to participate in **zen inconsequential activities** such as **sand racking and rock balancing.**

Coming to the end of the journey visitors are lead back to the entrance of the building. Here they can put their shoes back on and leave the space. Visitors should be **left feeling at peace, relaxed, happy & refreshed.** Ready to continue with their day to day lives.

Uplifting Journey



Visitors will realise the calmness within and feel the happiness that arises.



5. REFRESHED