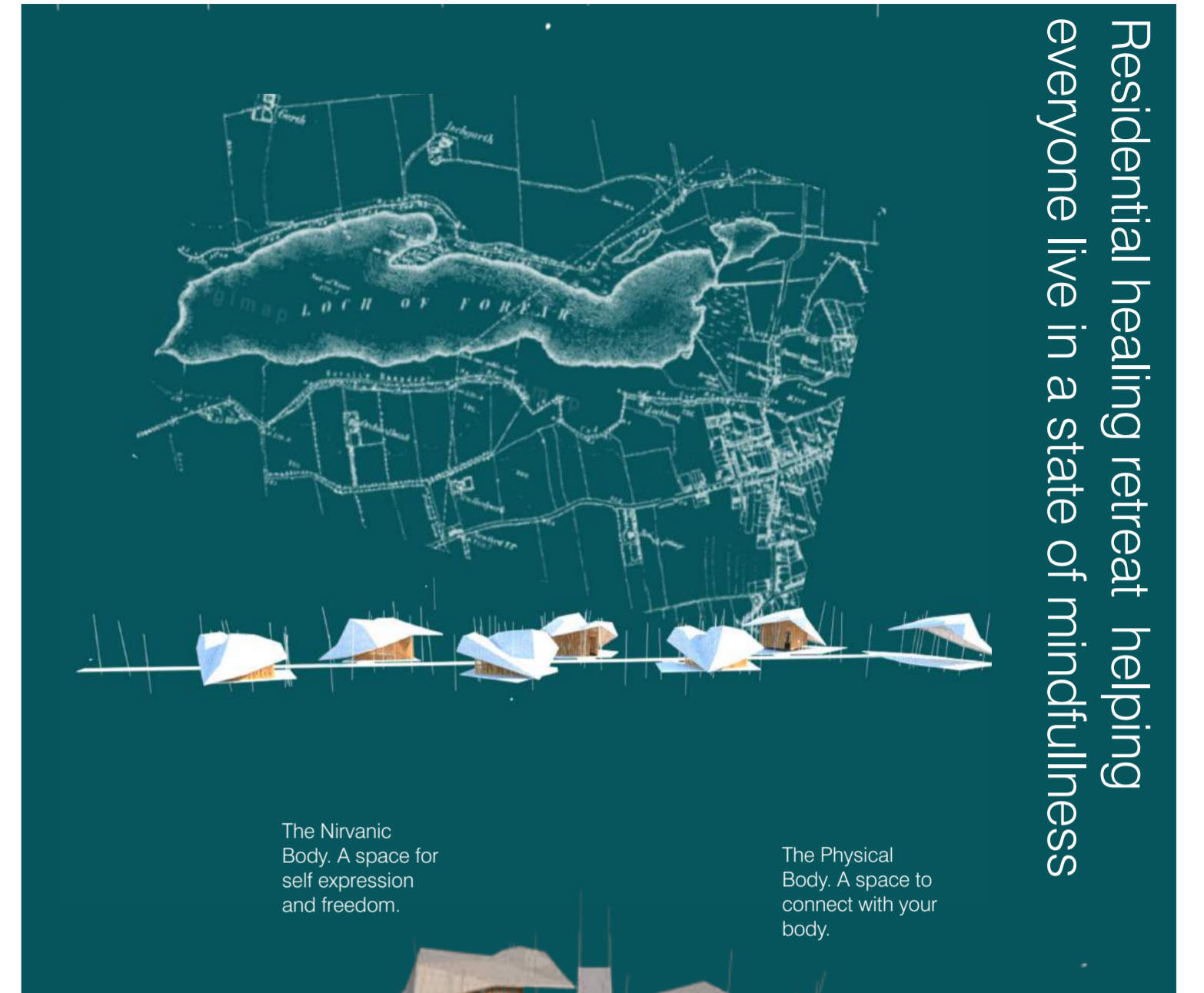
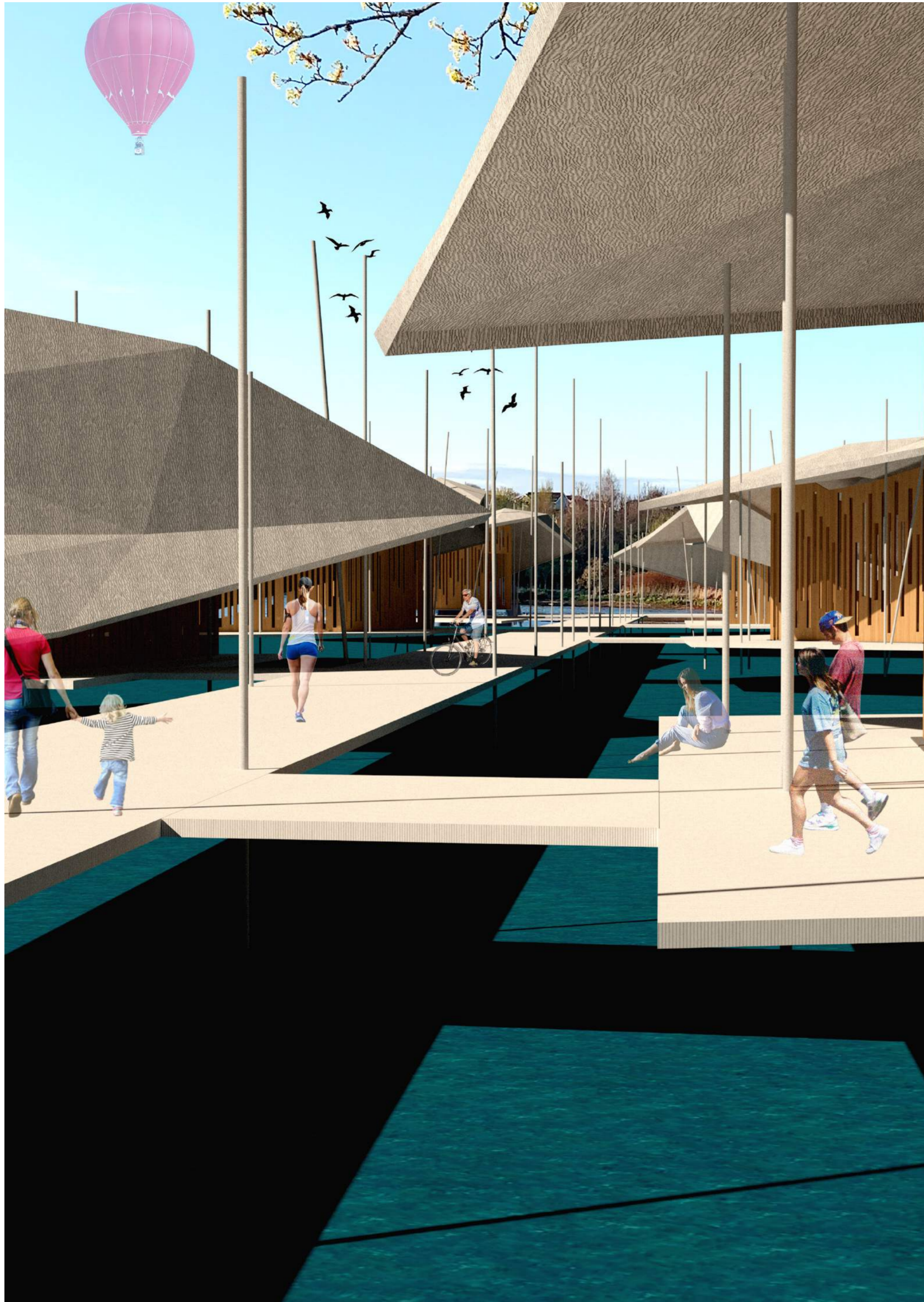


# The Reeds



The Nirvanic Body. A space for self expression and freedom.

The Physical Body. A space to connect with your body.

The Astral Body. A space to build and renew the relationships with our emotions and letting go of the past.

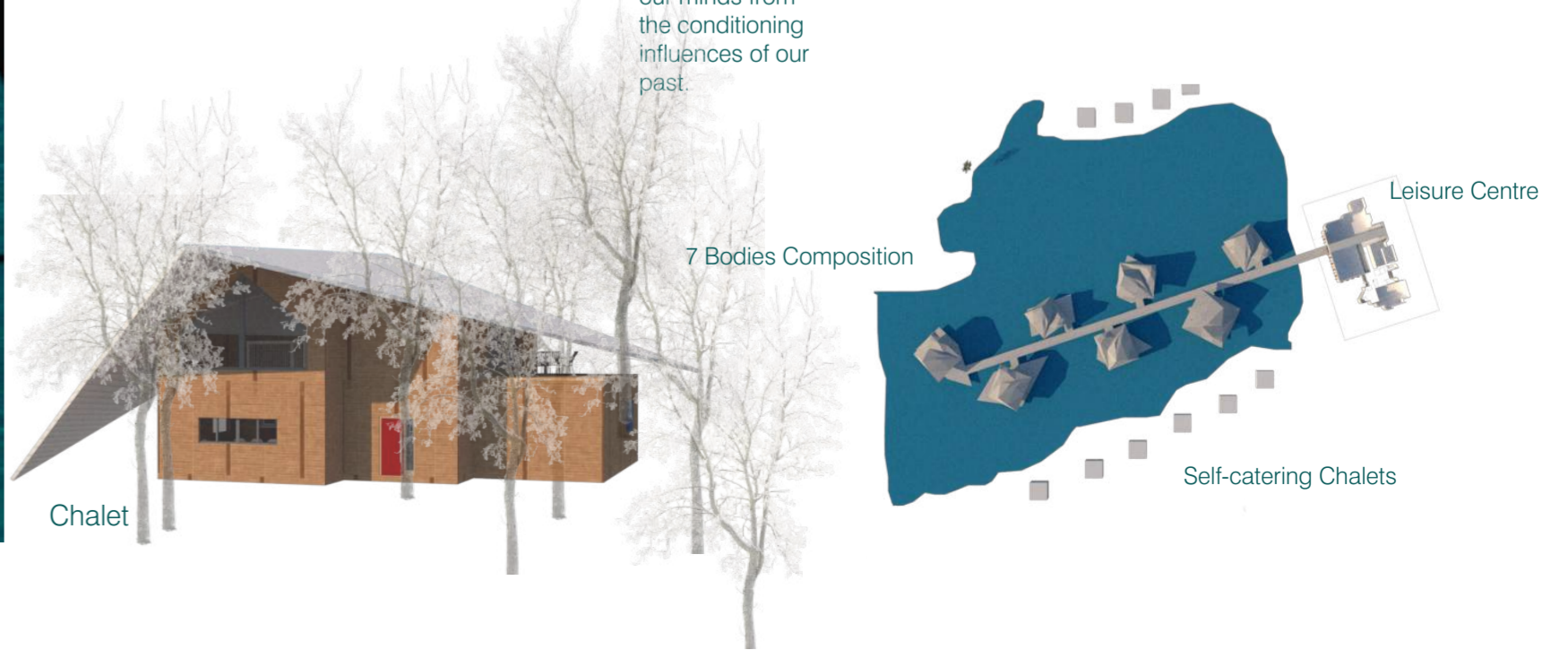
The Cosmic Body. A space to relight the inner fire within our bodies.

The Etheric Body. A space to surround yourself with people that vibrate on a high level of frequency.

The Spiritual Body. A space to rebalance.

## 7 Bodies Composition

The Mental Body. A space to recondition our minds from the conditioning influences of our past.



Chalet

7 Bodies Composition

Leisure Centre

Self-catering Chalets



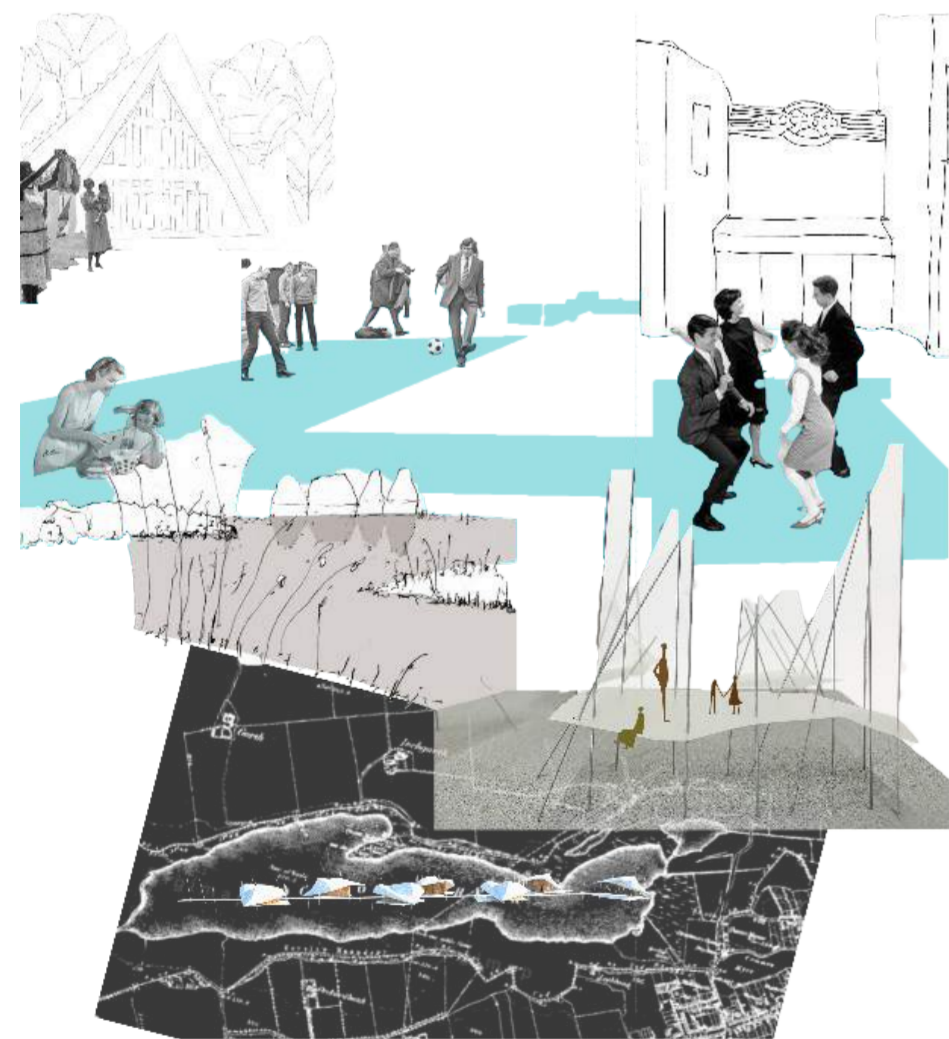
## Concept

The impact and aftermath of Covid 19 on our nation, saw our mental, emotional and physical health take a knock due to the restrictions that were placed upon us. Leading on from the decrease of physical activity, for many, due to the resulting isolating measures, a more sedentary lifestyle was adopted. The Reeds is a healing retreat designed and developed in response to the need to heal and repair our health, both in body and in mind, after such trauma.

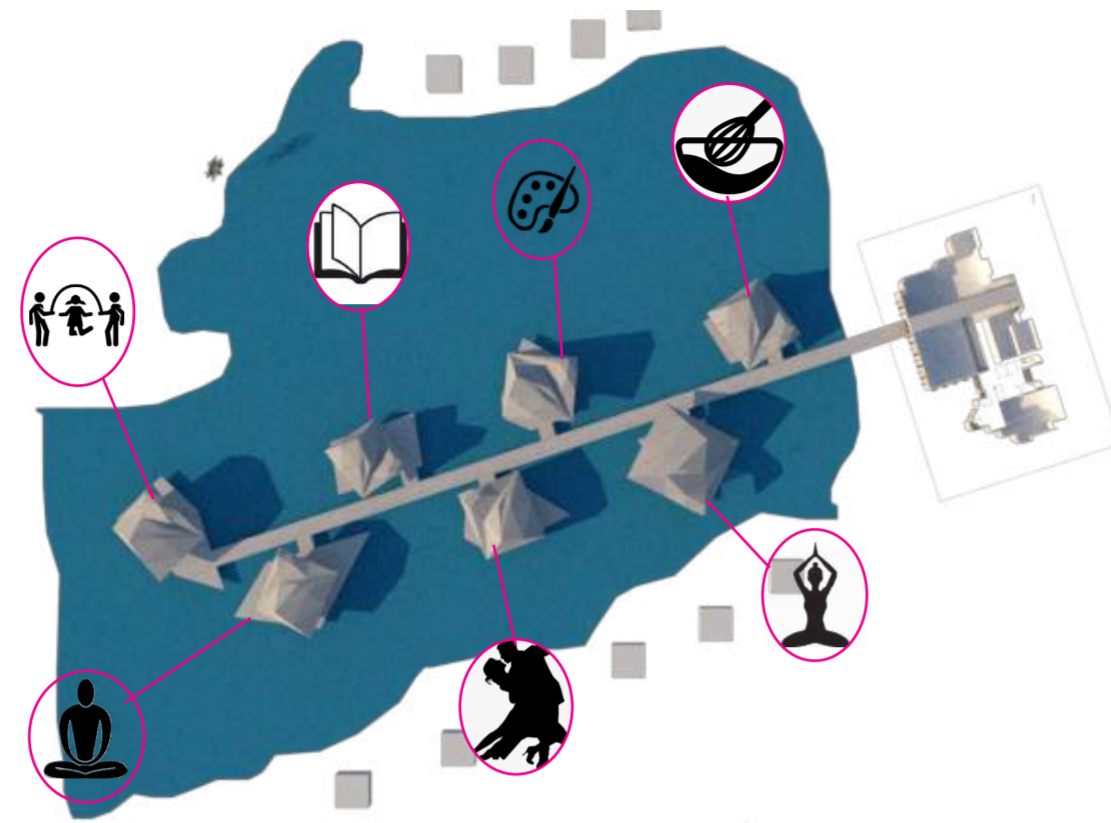
The project, situated in Forfar Loch Country Park, offers a sustainable, new built, stilted architectural feature in the heart of the Loch encompassing seven dedicated health promoting spaces, surrounded by a cluster of self-catering chalets nestled on its banks. Furthermore, the project is complemented by the adaptive re-use and rebuild of the former leisure centre providing not only a restaurant, bar and changing facilities but equally the gateway out on to the loch via a connected wooden pier.

The Reeds concept is inspired by the words of Vex King in his recent publication, 'Healing is the New High' whereby his focus is based on the theory of the need to heal our seven internal bodies to regain and restore our wellness and wellbeing. The interpretation of the internal bodies is reflected in the 7 bodies composition, each housing a different aspect of the healing process.

The design of this project is influenced by the biomorphic relationship between nature and architecture. Drawing on the shape and form of the many reed beds found around the loch's banks, the rhythm, repetition and pattern, characterises the main design, complementing and connecting the user to the water whilst also benefiting the local wildlife, providing them with shelter and habitats from the stilted pier supports.



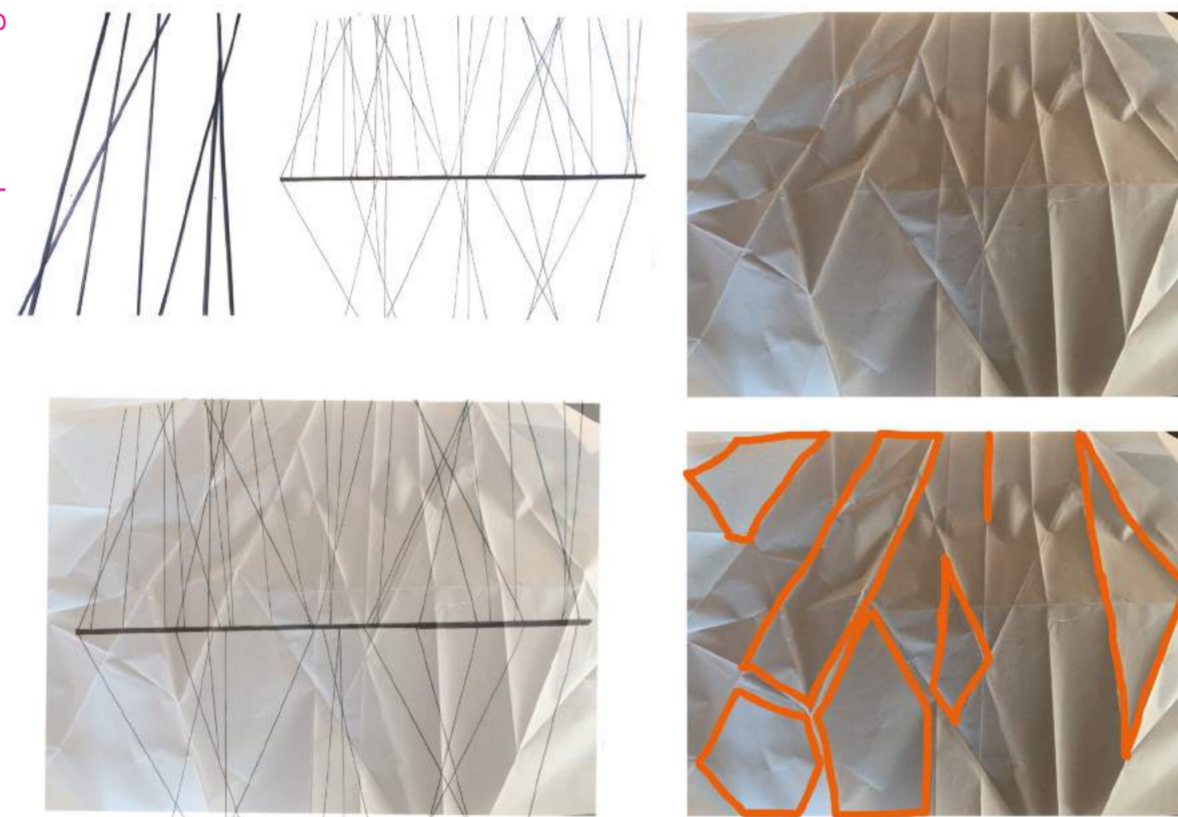
### Interpretation of the principles



- Meditation - Spiritual Body
- Dance - Etheric Body
- Play - Mental Body
- Yoga - Physical Body
- Making - Astral Body
- Visualisation - Cosmic Body
- Art - Nirvanic Body

Having analysed the 7 bodies of healing principles, or layers as they can also be known, I interpreted what I thought would be the best activity to reflect their meanings to be adopted for the dedicated stilted platform spaces within the loch:

### Paper Folding



Experimenting with paper folding along the drawn lines of the reed parti diagram, new shapes were created as shown highlighted in orange. This inspired the shapes of the 7 bodies platform forming the design of the stilted pier in in the loch, the homes to the health healing spaces.

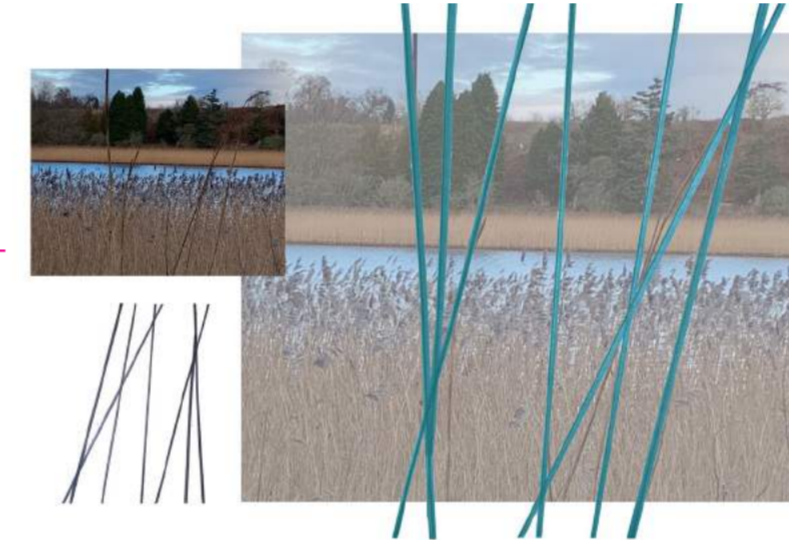
### Site Analysis



Forfar Country Park is situated to the west of the town centre and comprises of Lochside Leisure Centre which sits on the banks of the loch. The loch stretches 1 mile in length and is 3.5 metres deep. There is a gravel path around the 2.7 miles shore which is popular with walkers, runners and cyclists. The leisure centre was built in 1975 and has lain empty since 2017 on the opening of a community campus on the outskirts of the town. The building measures 4.031 sq m and is currently awaiting demolition.



### Shapes and Forms

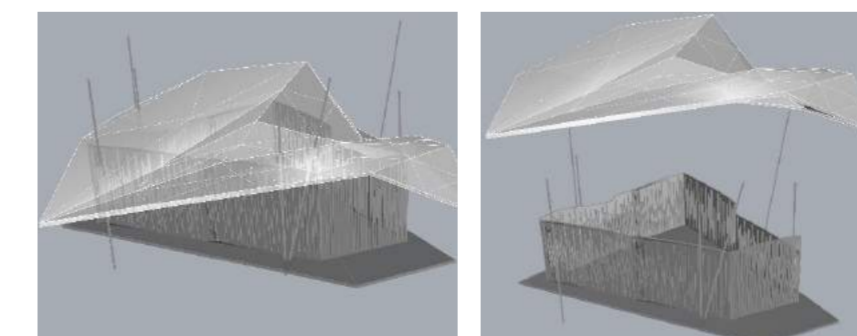


Parti diagram created by the inspiraton taken from the reed plants around the loch

### 3d modelling

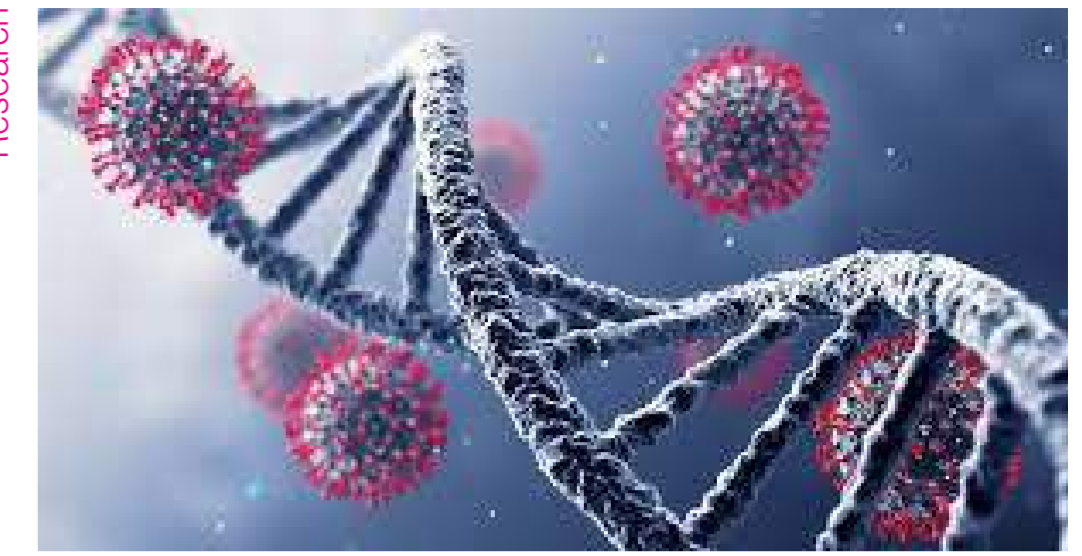


Exploded view showing the main elements of the 7 Bodies space. The roof, the supporting rods, the walls and the platform.



A different angle of the space showing how the roof shape changes and rests on the bodies walls. The height of walls of the bodies are all at different levels depending on where they intersect with the roof.

### Research



### Response to COVID-19

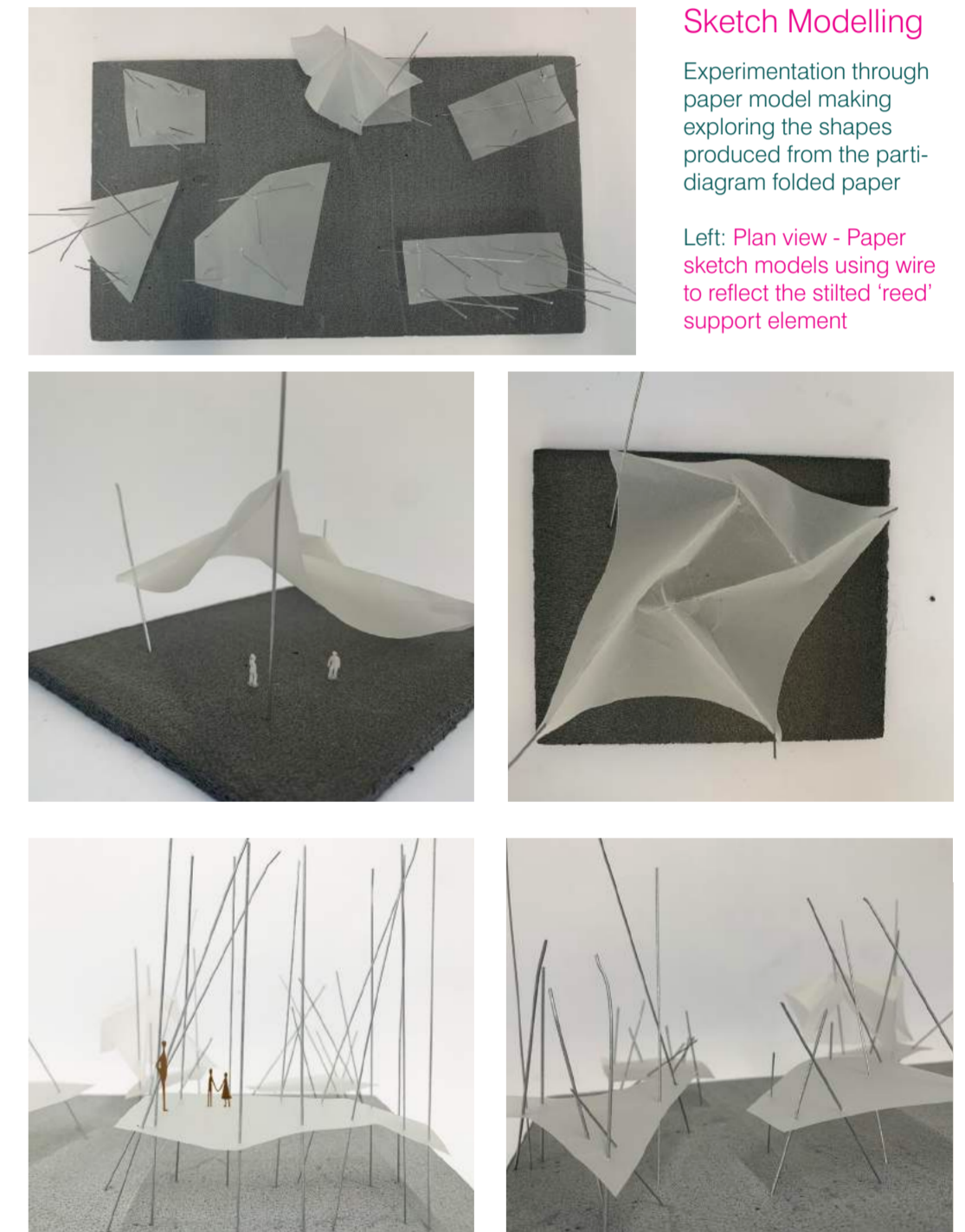
Sedentary behaviour and low levels of physical activity have negative effects on our health, well-being and overall quality of life. The effects of COVID-19 self-quarantine restrictions caused additional stresses and challenges on our already challenged mental, emotional and physical everyday health.

Physical activity and relaxation techniques are invaluable tools to help to remain calm and continue to protect our health during this time of healing from the trauma that the pandemic has left behind.

### Sketch Modelling

Experimentation through paper model making exploring the shapes produced from the parti-diagram folded paper

Left: Plan view - Paper sketch models using wire to reflect the stilted 'reed' support element



### Why Heal?

From reading Vex King's book during the summer of 2021 whilst the nation was coping with the effects of Covid 19, it made me realise the importance of self love and the need to heal from the trauma that we are facing.

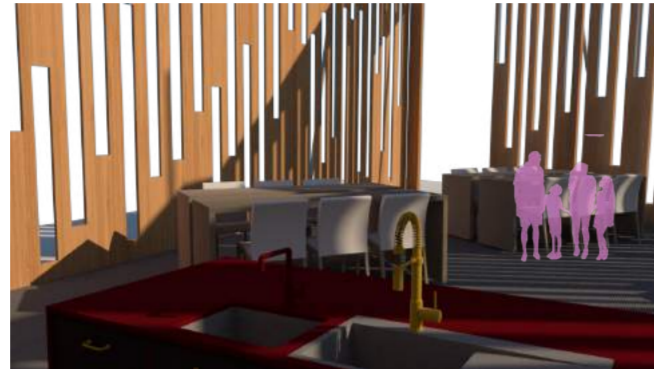
My main insight from the book was the importance to acknowledge that, pre covid, we took little time to stop and acknowledge the inner self due to our hectic lifestyles. It was a result of the restrictions and influences that the pandemic caused to our health, that the importance to stop and take time to note the lack of self love was evident.

Vex's healing techniques have been proven to work influencing my inspiration for the project, to create a facility that collectively focuses on all of his practises, whilst limiting interference from the outside world.



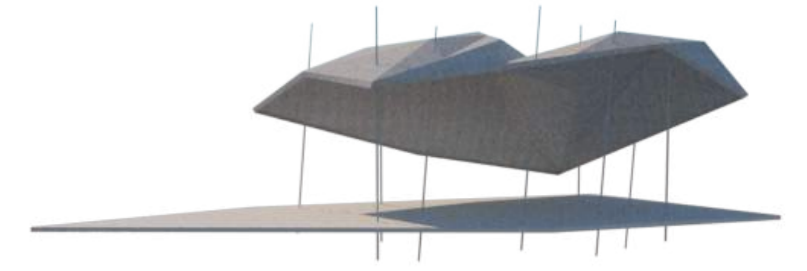
### The Astral Body

A space to build and renew the relationship with our emotions and letting go of the past. For this area I propose a space for making where families can come together and learn from each other.



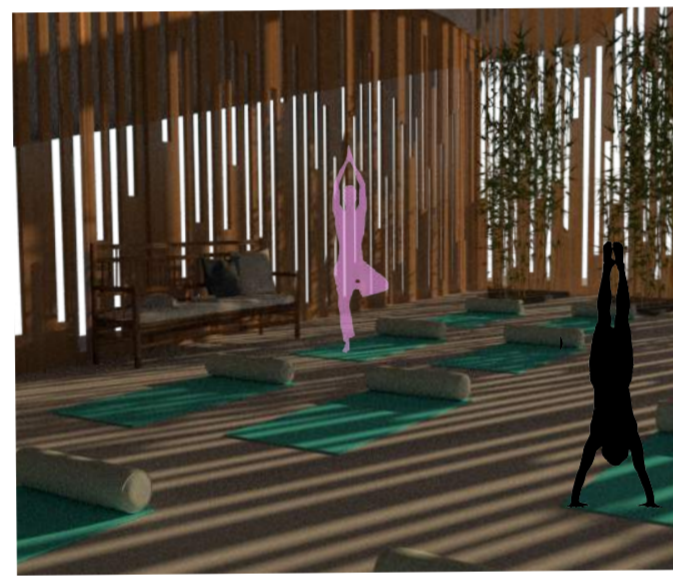
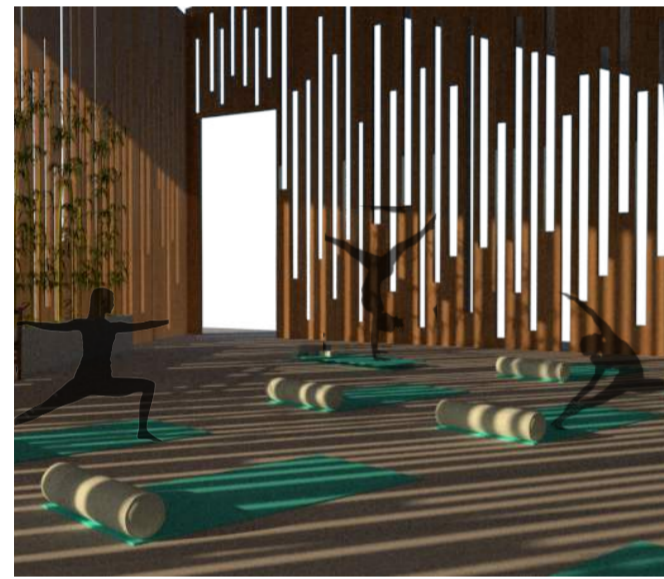
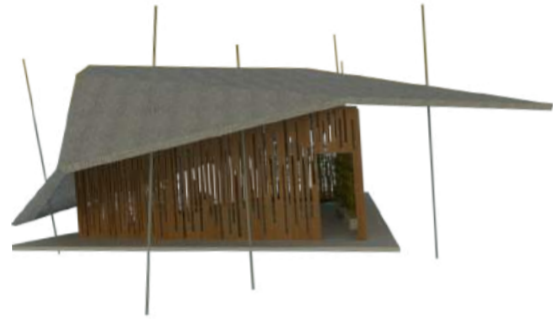
### The Mental Body

A space to recondition our minds from the conditioning influences of our past. For this area I propose a space for play for the young and old.



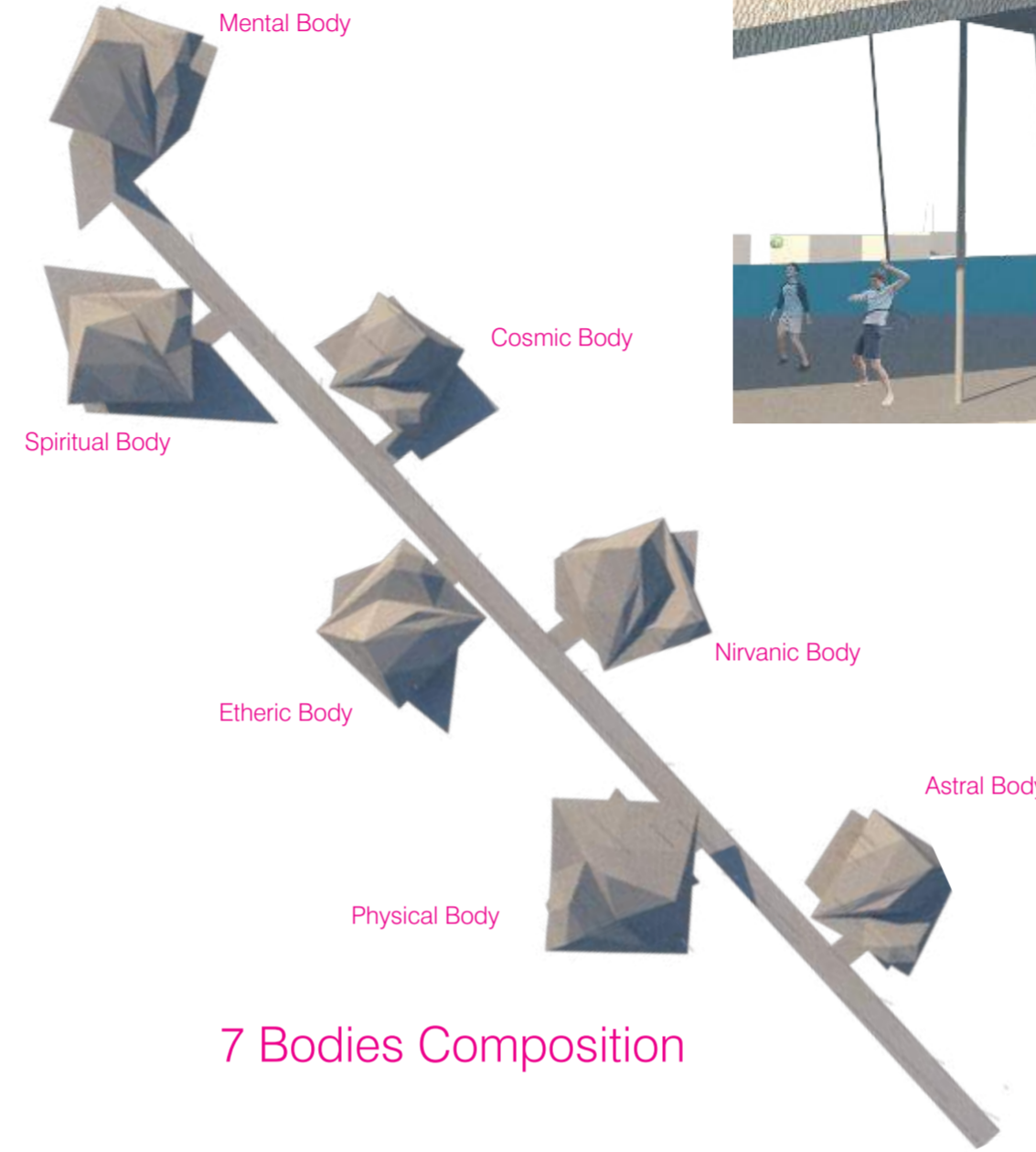
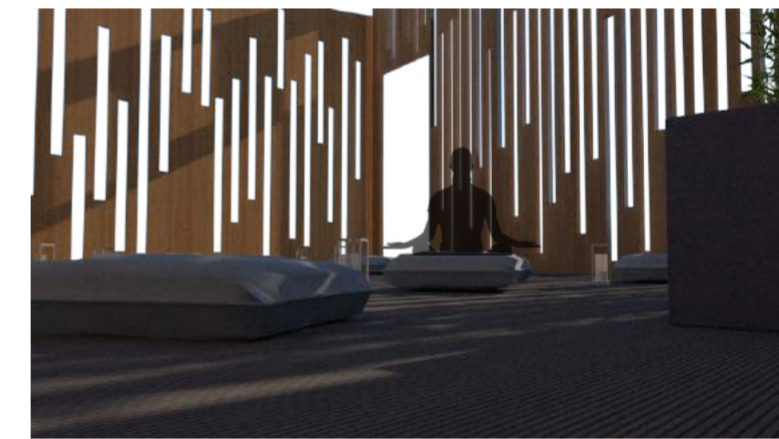
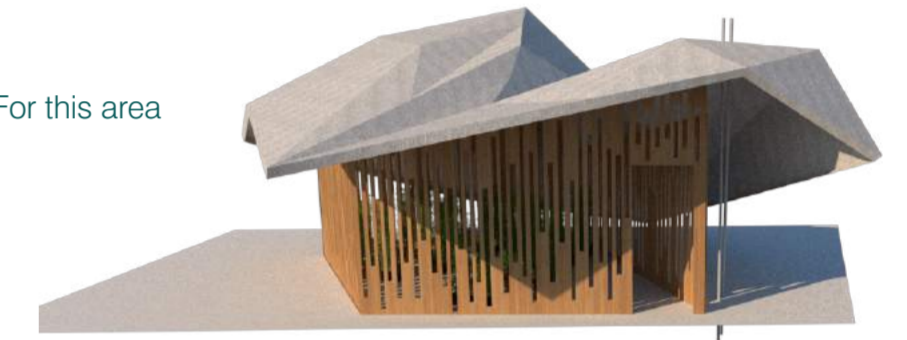
### The Physical Body

A space to connect with your body. For this area I propose a space to practise yoga.



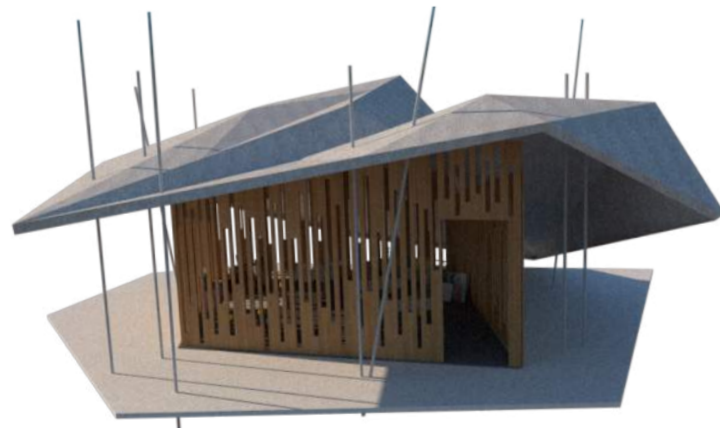
### The Spiritual Body

A space to stop and rebalance. For this area I propose a space for meditation.



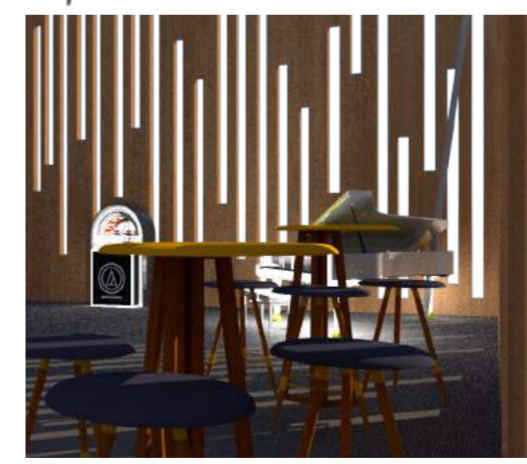
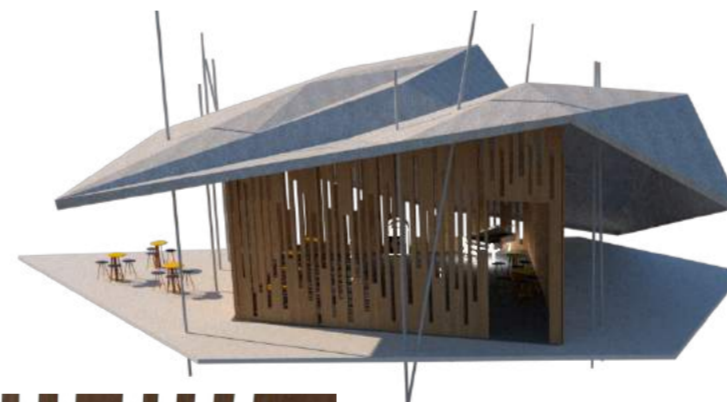
### The Nirvanic Body

A space for self expression and freedom. For this area I propose a space for Art and releasing the creativeness within.



### The Etheric Body

A space to surround yourself with people that vibrate on a high level of frequency. For this area I propose a dance space.



### The Cosmic Body

A space to relight the inner fire within our bodies. For this area I propose a space for journaling and visualisation.



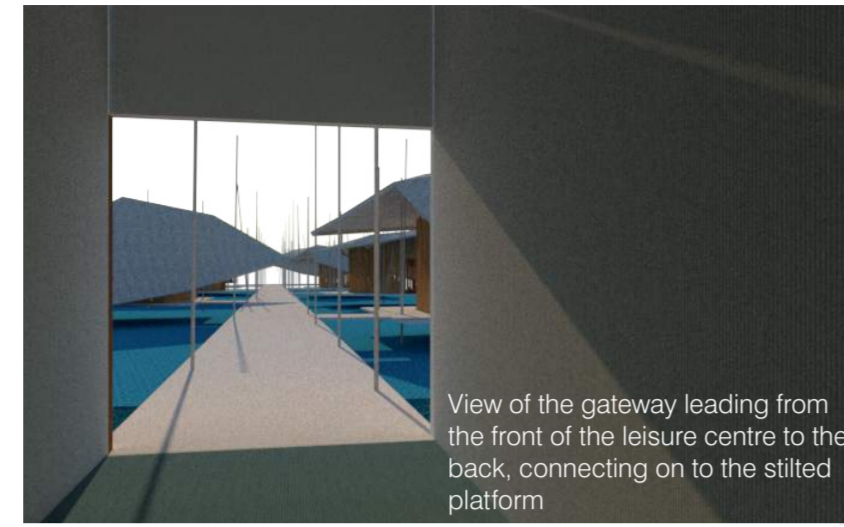


## Gateway to the 7 Bodies

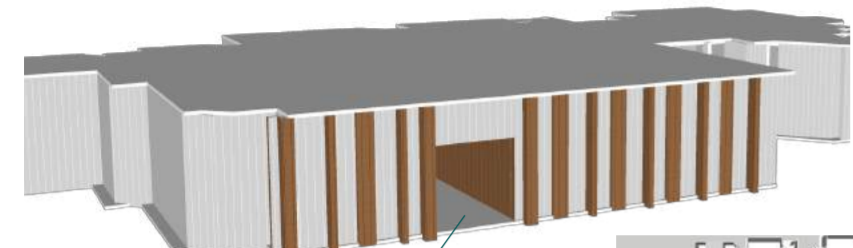
The structure of the leisure centre has been re-imagined and re-built. I wanted to connect the building, which simulates the main body of the healing process, to the 7 Bodies healing platform spaces.

By creating a tunnel structure from the front of the leisure centre, cutting all the way through the building to the rear, I was able to provide a gateway connecting the space out on to the stilted platform in turn leading the user out on to the healing facilities.

rear view of the leisure centre



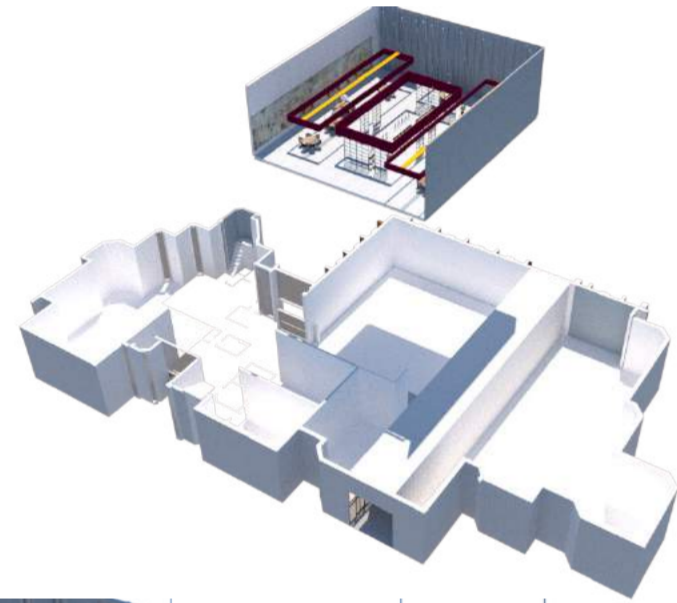
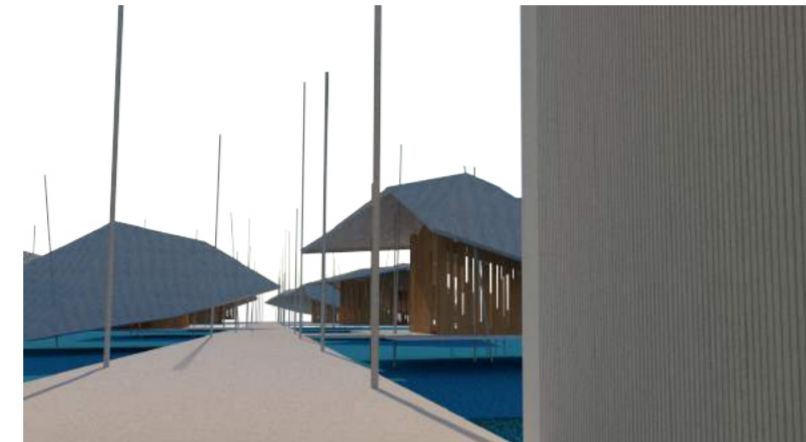
View of the gateway leading from the front of the leisure centre to the back, connecting on to the stilted platform



Gateway out on to the 7 Bodies platform



Plan view of the leisure centre showing the cut-out feature providing for the gateway out onto the loch



## Restaurant and Bar Space

Inside the leisure centre is a large restaurant and bar space providing an area where families can come and eat, relax and hang out together. The space is a social one and encourages the users of the healing facilities to gather together and form new relationships and share their experiences after a day out at the healing retreat.

The leisure centre also contains changing and showering facilities to support the 7 Bodies platform.

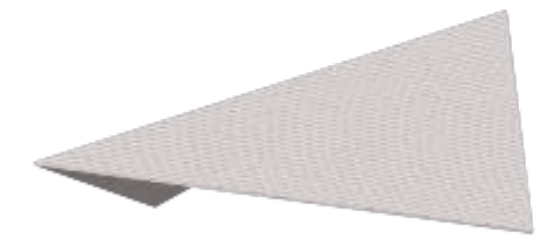
## Proposed design of the chalet

Self Catering chalets positioned along the loch's banks



The chalet has been designed providing an open plan living space on 2 floors with an outside terrace accessed from the upstairs bedroom. The 'A' shaped roof is oversized to compliment the oversized roofs of the 7 Bodies. The outside walls are clad in bamboo and the roof is constructed from aluminium.

Exploded axonometric



Roof



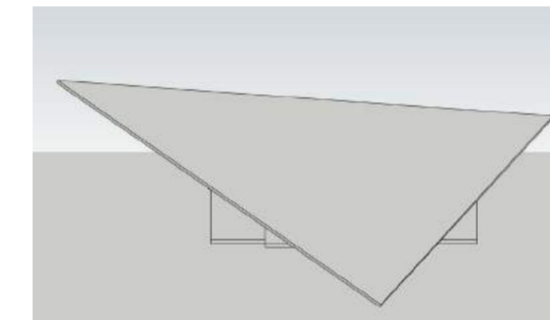
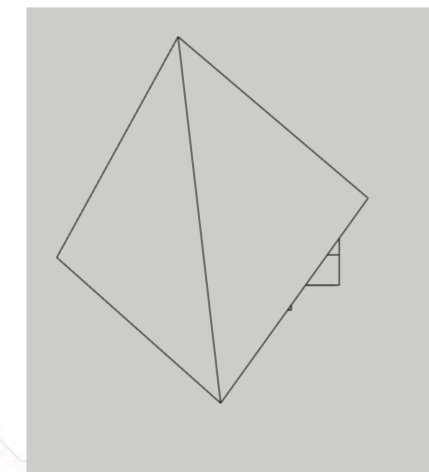
Second Floor - gallery bedroom



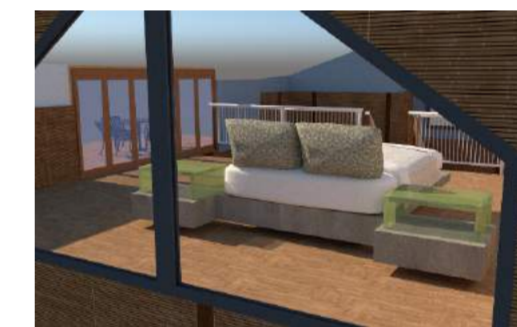
First Floor



Rear view of the Chalet showing overhang of the 'A' shaped roof



Plan and side elevation views of the roof



Inside the chalet showing upstairs bedroom accessed from the wooden staircase from the kitchen and living area

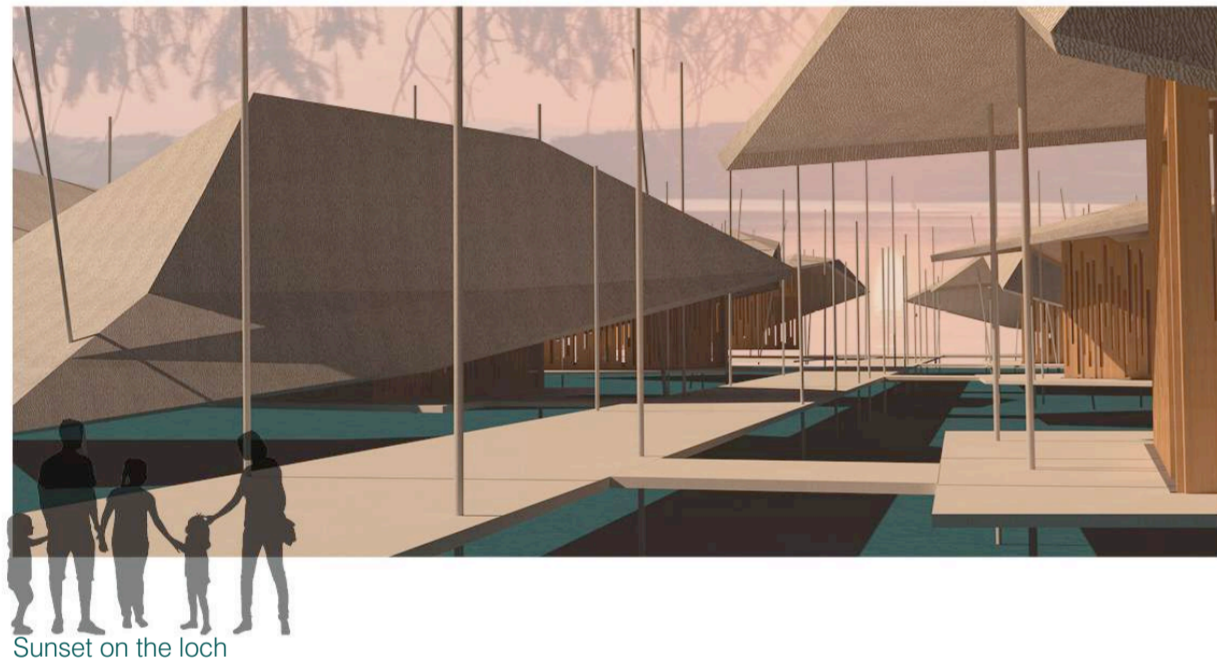


A chalet positioned on the loch banks overlooking out towards the 7 Bodies platform

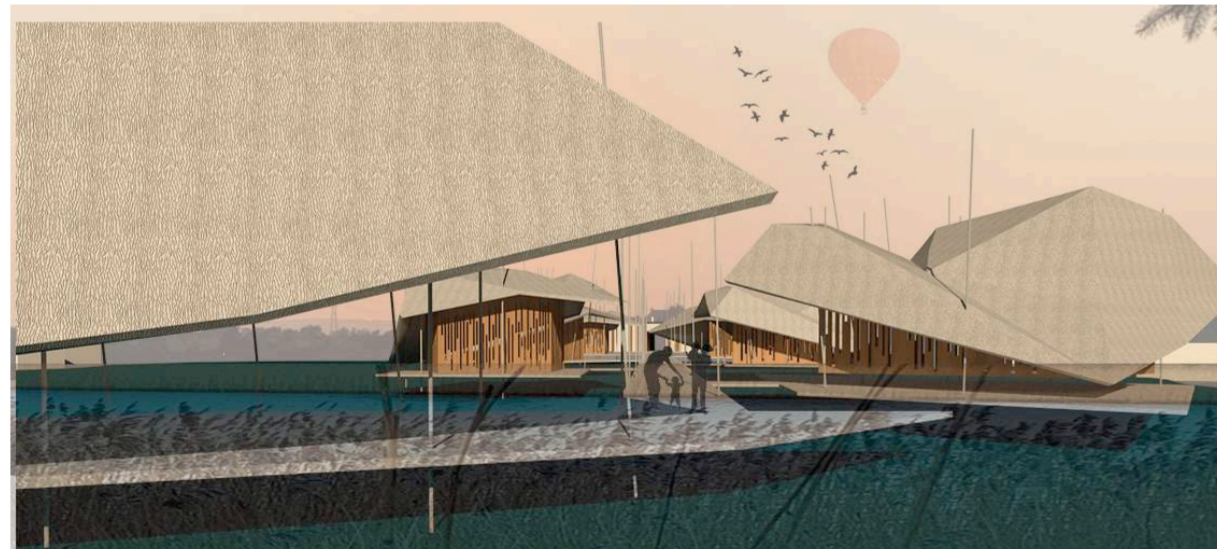




Final Design Visuals



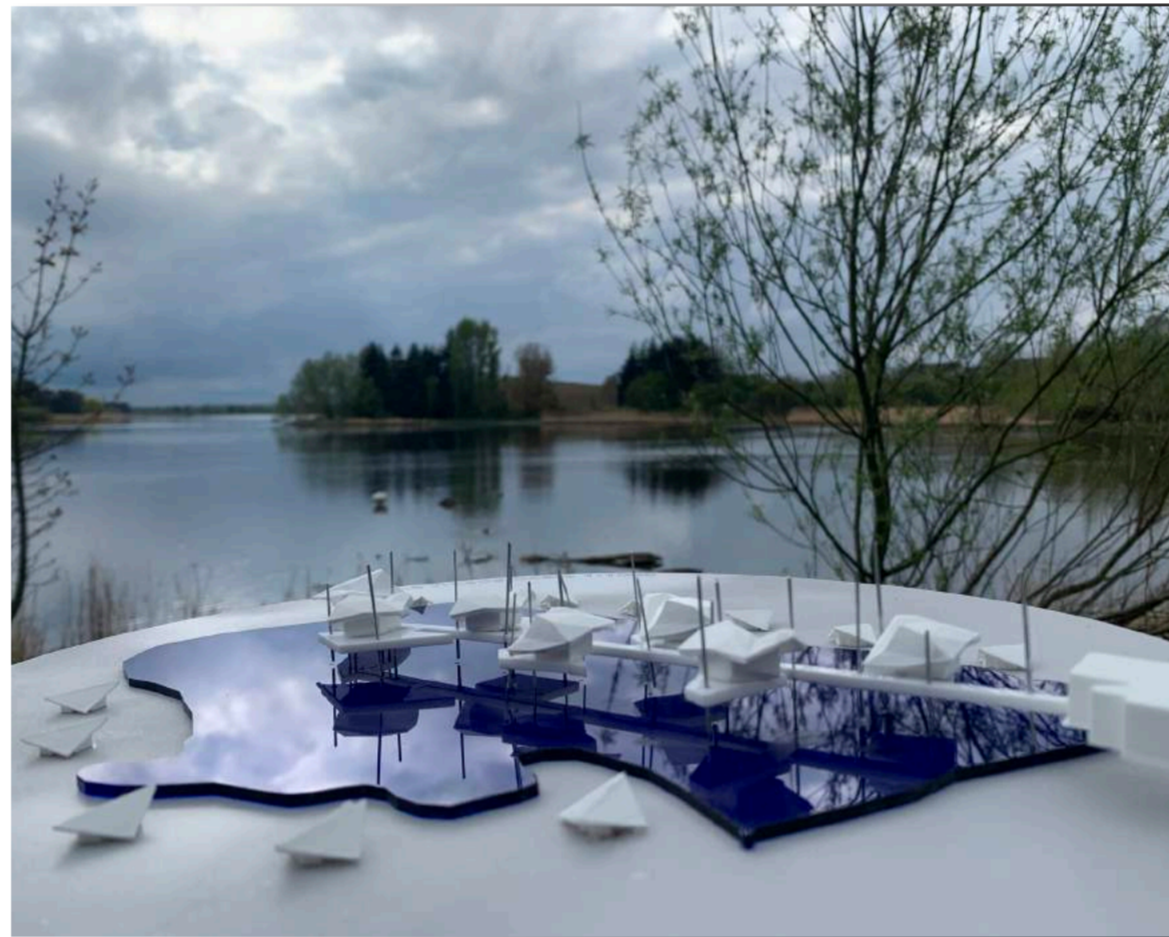
Sunset on the loch



Evening scenes of the 7 bodies situated in the Loch. View from the Mental Body play area towards the leisure centre



Final Architectural Models



Physical Body

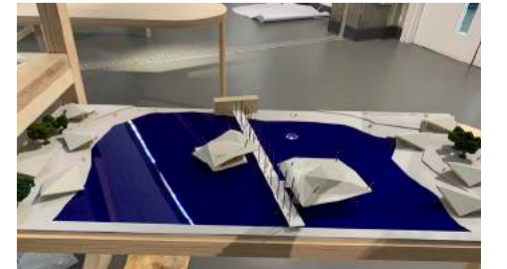
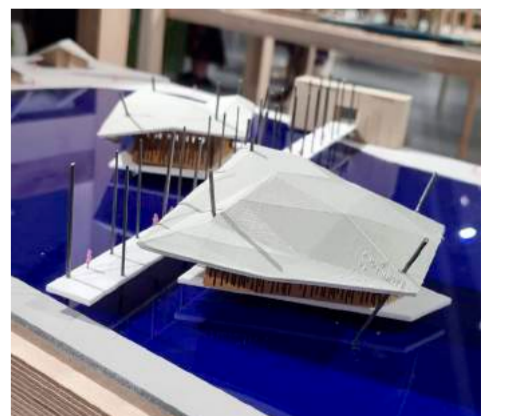
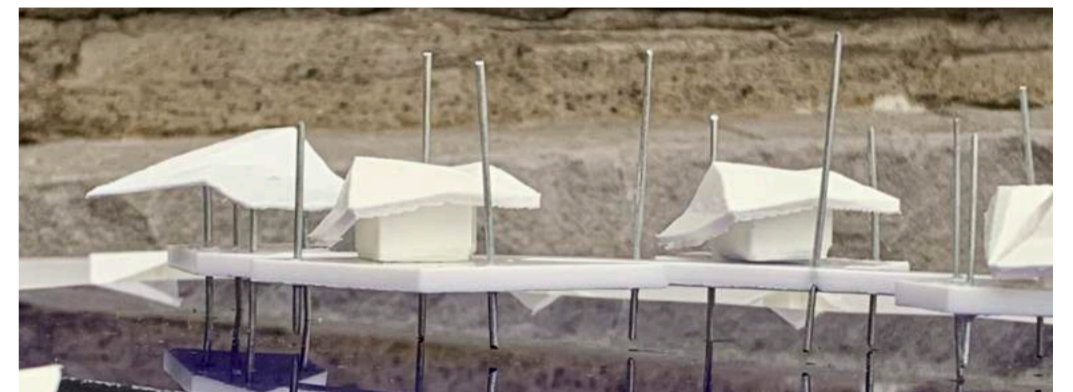
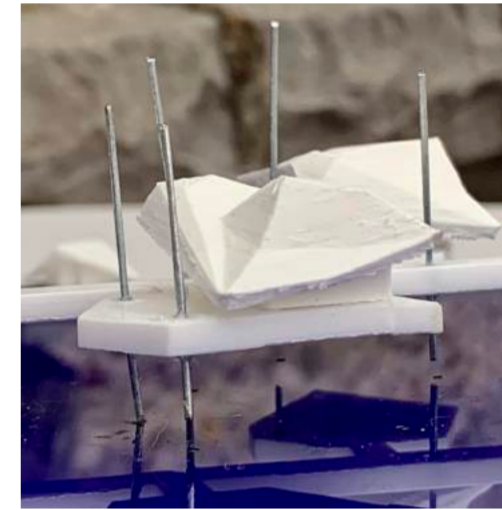


Scale 1:1000

3d model showing the 7 Bodies platform, leisure centre and chalets.

By photographing the model at the location of the project, helped give it context.

Models featuring the components of the 7 Bodies platform being supported by the steel rods. Their design inspired by the reeds plants found around the loch.



Scale 1:200

Link to video: <https://youtu.be/hPeSxxYv6g>

Link to magazine: <https://acrobat.adobe.com/link/review?uri=urn:aaid:scds:US:24bf9544-a8c1-43b8-9d1e-2e316326e809>