



Wellness and Treatment Centre for Teenage Girls Experiencing Anorexia Nervosa

Linoy Badani



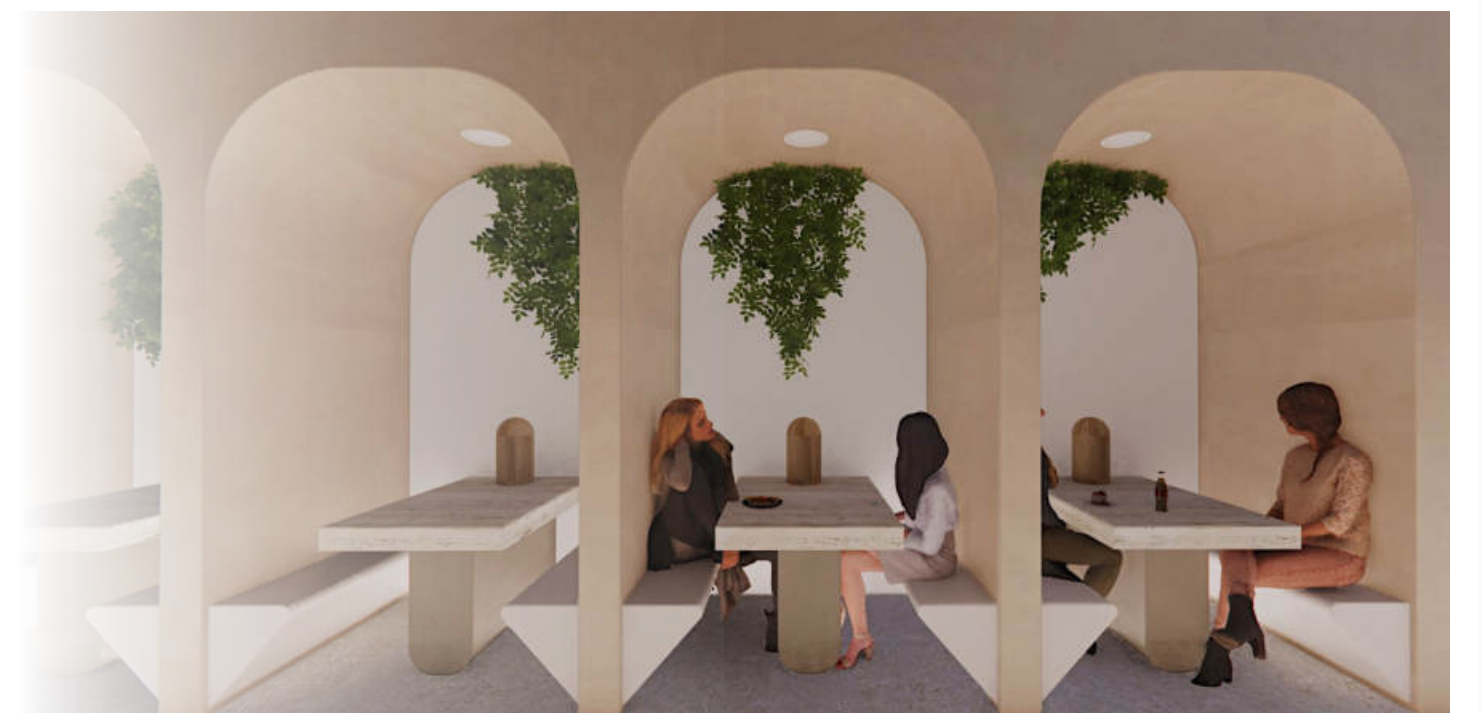
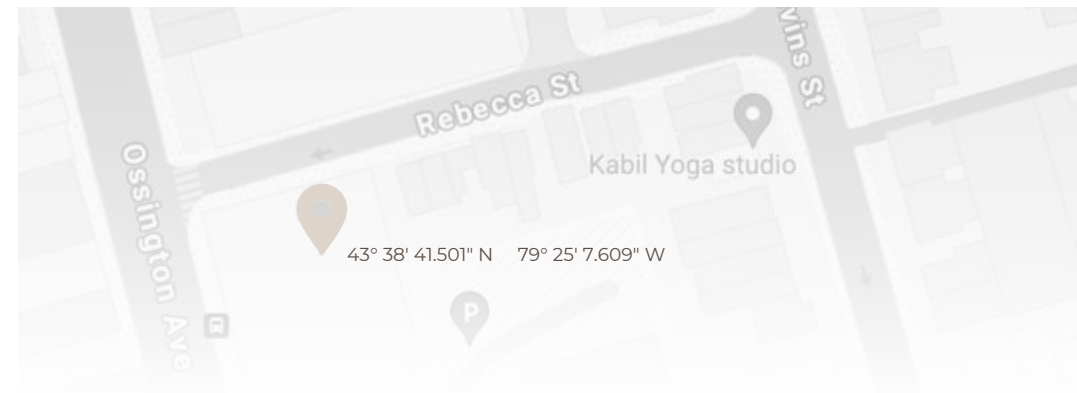
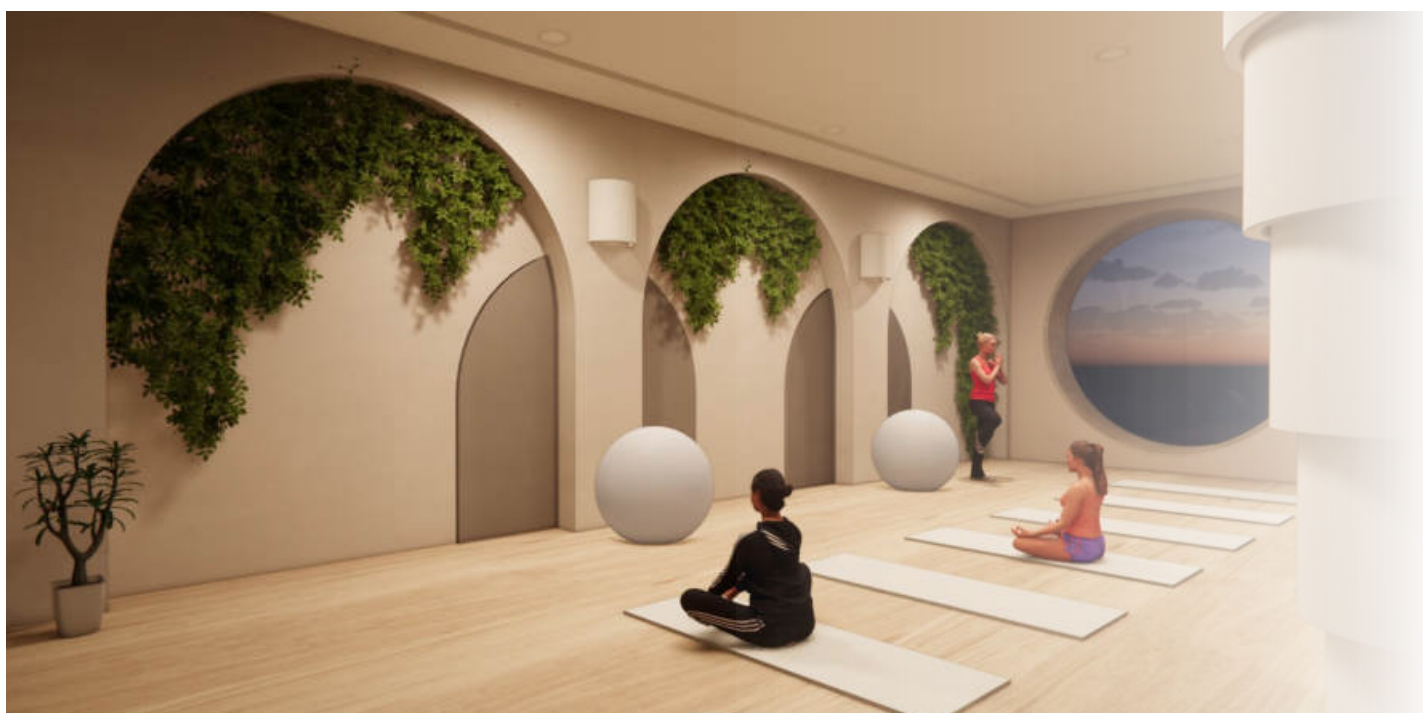
TRANQUIL LIVING



TRANQUIL LIVING IS AN IN-PATIENT AND OUT-PATIENT WELLNESS AND TREATMENT CENTRE DESIGNED THROUGH INCORPORATING BIOPHILIC AND TRAUMA-INFORMED DESIGN FOR TEENAGE GIRLS EXPERIENCING ANOREXIA NERVOSA. THE CENTRE IS DESIGNED TO FOSTER A HEALING ENVIRONMENT FOR ITS PATIENTS AS WELL AS MAINTAINING OPEN DOORS TO PAST PATIENTS WHO HAVE TAKEN THEIR NEXT STEP IN THEIR HEALING PROCESS, AND/OR A TEENAGE GIRL WHO MAY FEEL INCLINED TOWARDS A VISIT.

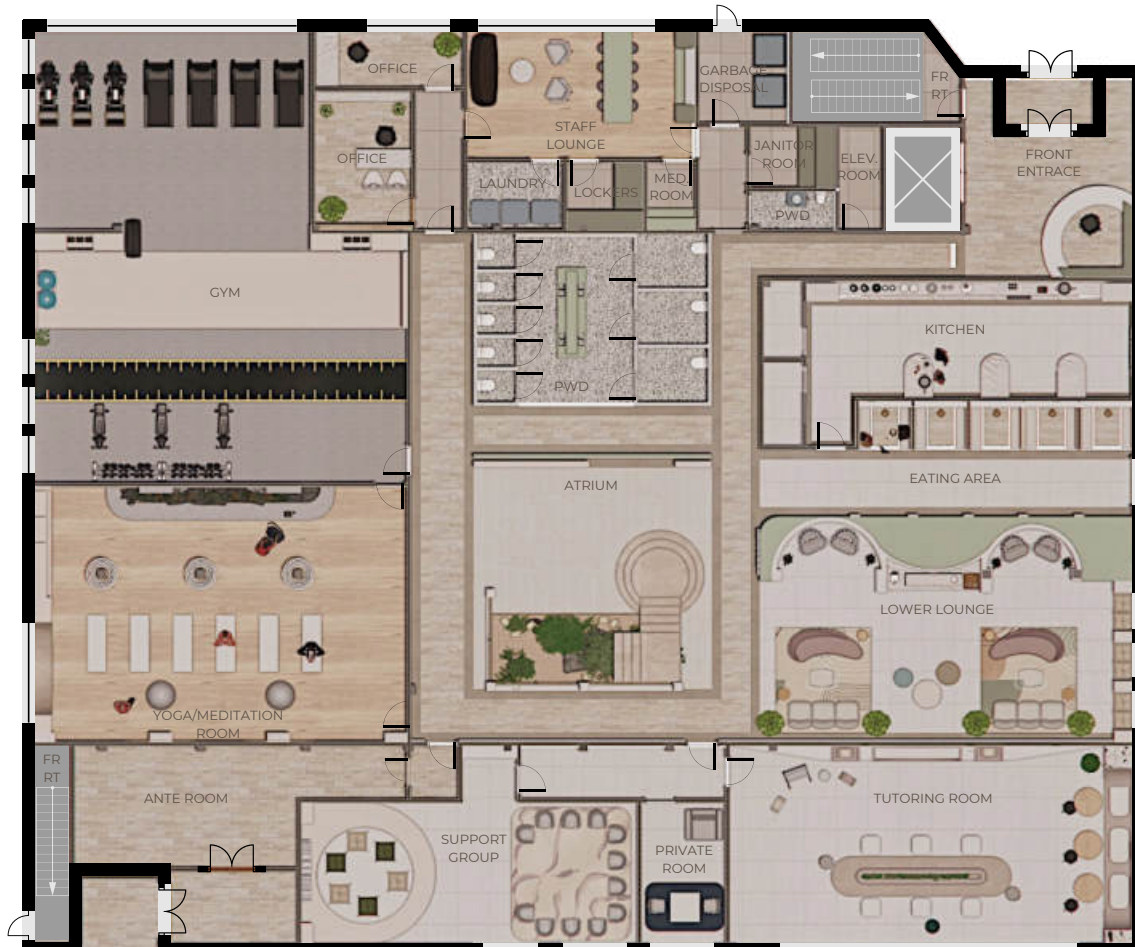


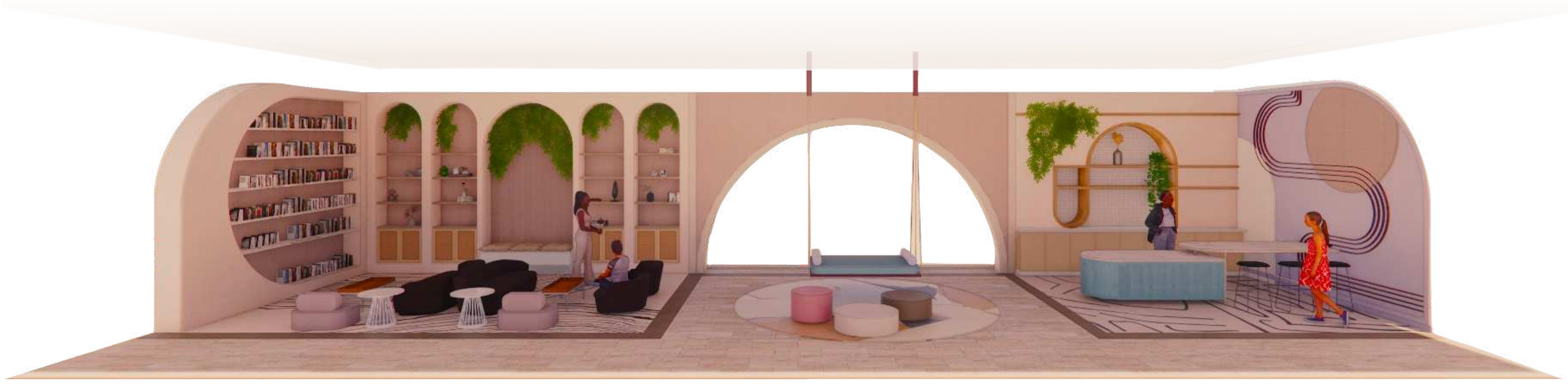
TRANQUIL LIVING FOSTERS THE SUPPORT OF THE PHYSICAL AND MENTAL HEALTH AND WELLBEING OF ITS USERS, AND GUIDES ONE TO A HEALED BODY AND MIND WHERE THEY LEARN TO FORM A HEALTHY RELATIONSHIP WITH ONESELF. THIS SPACE IS DESIGNED TO GUIDE THOSE WHO ARE STRUGGLING WITH THIS DISEASE INTO A BRIGHTER, MORE JOYFUL LIFE; OFFERING A SENSE OF HEALING THROUGH THE USE OF ELEMENTS OUTSIDE OF GENERIC TREATMENT.



GROUND FLOOR

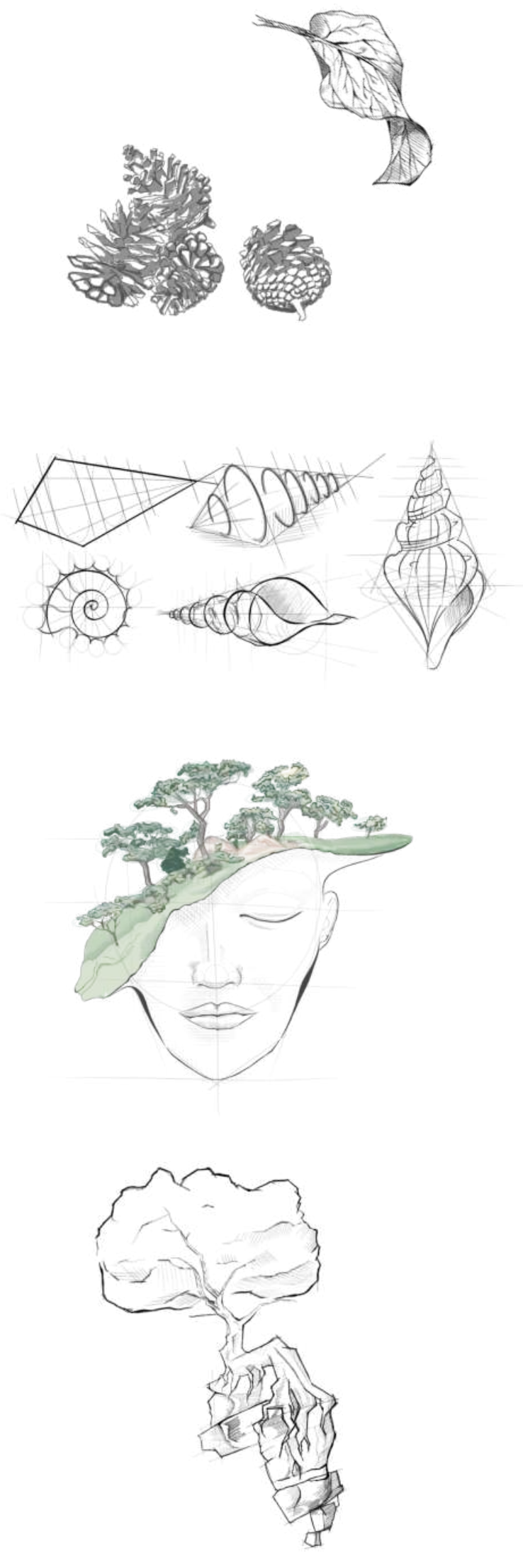
SECOND FLOOR





FORMS IN NATURE

ACKNOWLEDGING THE PROCESS OF FORMS DEVELOPING, LEADING ONE TO THE GREATER GOODS IN LIFE. DIFFERENT FORMS OF HEALING SIMULTANEOUSLY WORK TOGETHER IN FORMING AN OVERALL WELLBEING AND LEADING TO ACCEPTANCE OF ONE'S TRANQUIL STATE OF THE MIND AND BODY.



TRANQUILITY

AN ASPECT OF HUMAN LIFE, THE QUALITY OR STATE OF BEING TRANQUIL; CALM. THE SIGNIFICANCE OF THE PHYSICAL AND PSYCHOLOGICAL TRAITS THAT SUPPORT TRANQUIL ENVIRONMENTS. TO BE TRANQUIL MEANS TO FEEL PART OF A SETTING THAT OFFERS THE ATTRACTIVE PULL OF PEACE WITHIN ONESELF. THE CENTRAL EXPERIENCES OF TRANQUILITY FOCUS ON; THE MIND AND THE BODY

IS FOUND THROUGH EXPLORING THE ILLUSTRATION OF NATURE'S REALITY IN ITS FOCUSED AND OPEN AWARENESS OF THE MIND AND BODY. A TRANQUIL STATE OF MIND BEGINS WITH WELCOMING CONTROLLED MEDITATIVE PRACTICES IN IDENTIFYING ONE'S THOUGHTS AND EMOTIONS, FOSTERING A CONSCIOUS MINDFUL STATE. EXPERIENCING TRANQUILITY WITHIN THE BODY IS PRACTICED THROUGH BECOMING AWARE OF ONE PHYSICAL BODY WITHIN A PHYSICAL SPACE.

