

“ Now more than ever the importance of health and wellness are in the forefront of our consciousness. Our contribution in acknowledging this and recognizing how design and architecture can support a healthy and whole society is hugely important today and for the future. ”

- Angelica Singh M.A.

SOUL-CENTERED DESIGN

A NEW APPROACH TO HEALTH AND WELLNESS

A research grant funded by Gensler 2013

WHAT IS SOUL-CENTERED DESIGN?

Soul-Centered Design is an architectural and design movement that incorporates the health and wholeness of individuals and communities. It promotes optimal health and wellness through the balance and harmony of energetically designed interiors and buildings, using sustainable materials. Soul-Centered Design prioritizes lifestyle and healing practices, sustains the end-users' connection to nature, and integrates their creative expression as a part of the space. Finally, Soul-Centered Design supports the patient/care-giver relationship in medical and health-centered settings for simplicity, ease, and efficiency. Soul-Centered Design accounts for the health of the whole being, community and the environment: Mind, Body, Spirit & Collective.

HYPOTHESIS

Based on scientific case-studies, classical architecture and design wisdom and history, Soul-Centered Design illustrates that a movement towards holistic design for medical and wellness use, as well as every-day living spaces, provides the end-user with an experience of balance, health and total wellness. Soul-Centered Design is by definition a movement that promotes health and healing by unifying mind, body, and spirit of individuals and of collectives.

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DISCIPLINES AND EXPERIENCES

1. Aesthetics and Art: Creative Self-Expression
2. Nature: Oneness and Connection
3. Lifestyle Practices: Practices that support enhance and promote harmony and Balance of the Whole Being, i.e. mindfulness practices, art therapy, meditation, yoga, tai chi, aromatherapy, energy work, counseling etc.
4. Fung-shui, Vastu i.e. 'energetic based design for building and interiors': Brings traditional wisdom to modern living: promoting balanced lives and environmental sustainability.
5. Evidence-based Design: the efficiency and the highest standards of health and care.
6. Biophilia: Case studies that demonstrates healing are promoted through interaction and experience with natural materials and lighting.
7. Rites of Passage: Honors the humanness of each being through life transitions, birth, death, pregnancy, youth to young adult, marriage, and illness, not only of the person experiencing the transition but their family members, loved ones and care-givers. Supporting the Dignity of each person's journey as Sacred through transitions.
8. Additional Senses: Creating a 6th and 7th sense (Intuition and Knowing). Integrating these additional senses to the 5 senses becomes the mechanism for receiving information about ourselves within space. Collectively, integrating all senses into the interior design, are essential to our healing and to our survival.

RESEARCH TEAM

Dianne Kraus- IIDA, CID, LEED AP

Senior Interior Designer

Dianne plays a key role in Sustainability and the Health and Wellness and Hospitality Practice Areas for the Southwest region. Dianne's approach is to design interiors that are healthy, with the least environmental impact along with keeping the design sensual and sophisticated. She specializes in boutique hotel and wellness projects. Her vast experience allows her to develop large and small-scale projects from conceptual design through completion.

Dianne holds a degree in Interior Architecture and is in her 2nd year of her Masters Degree program.

Angelica Singh- M.A. BCST

Research Consultant

Angelica has practiced the healing arts and spiritual psychology for the past 12 years. She has owned and operated a wellness sanctuary and boutique, as well as worked as a contributing editor, writer and research consultant for companies including Discovery Channel and Disney and online publications such as the Yogi Times.

As a writer and research consultant, Angelica works with companies to hone and develop their ideas with her expertise in the fields of spirituality, psychology, and aesthetics. She offers clients her unique talent for coalescing information and wisdom in her written work and research. Her presentation skills include mix-media formats from power-point, to imovie, to experiential exercises and lectures; she is a charismatic and entertaining presenter and speaker.

Melody Lee

Junior Designer

Melody is passionate about design and wellness. She is involved in all aspects of the design process from concept design through construction documents. Melody volunteers for the Orphanage Outreach Program in Los Angeles in her free time.

Barbara Bouza- AIA, EDAC, LEED AP

Principal Sponsor

Barbara has 25 years of experience in the management and planning of health and wellness, science and corporate facilities. As a principal and Gensler's firmwide practice area leader, for Health and Wellness, Barbara draws on a portfolio that includes a wide range of client such as, Cedars-Sinai Medical Center, Keck Medical Center of USC, Amgen, and DreamWorks. Barbara's award-winning projects have been published in Architectural Record, Domus, Interior Design and Architectural Review among other periodicals. Barbara is a member of the Committee on Healthcare for the American Institute of Architects and has been on the board of directors for the International Interior Design Association. Barbara also lead the effort for Gensler to become an Advocate Firm for the Center for Health Design.