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This chapter outlines the aims of the project; programme of the building; as well as the client and financing of the project.

## BRIEF

## 1 AIMS

- \_ Creating a tranquil space within the urban context
- \_ To reconnect humans with nature
- \_ Physically healthy building which contribute to the occupants' health, instead of detracting from it
- \_ Making the practice of wellness into a daily activity/ritual

## 2 DESIGN PROBLEM

Design an urban sanctuary, which people can visit to improve their health. This building must contribute to stress relief, and must provide ample opportunity for social interaction and for meditative isolation. Engage the user in the architecture and in the experience of improving their health. Facilitate a conversation between the user and nature. Use the elements of nature to support this conversation.

Create a physically healthy building, which employs natural ventilation and daylighting. Design spaces on a human scale, to react to human comfort.

## 3 CLIENT + FINANCING

The client is Discovery Health, the medical aid division of the Discovery group. Working on the principle of 'an apple a day keeps the doctor away', Discovery Health offers the Vitality wellness programme. This programme rewards members for leading healthy lifestyles. Points are earned for every healthy choice members make, such as visiting the gym, running a marathon or buying healthy food.

Discovery Health aims to expand their Vitality programme to include wellness centres, which their members (as well as members of the public) may visit in order to score Vitality points, but more important, to benefit from overall health.

Discovery Health benefits from having healthy members, thus it is in their interest to promote healthy lifestyles to them.

As an authorised financial service provider, the Discovery Group will finance the project privately.

## 4 PROGRAMME

A vitality centre with the following spaces:

### BODY

- \_ Health food shop (eg. Fresh & Wild)
- \_ Health shop (natural medicine)
- \_ Restaurant
- \_ Change rooms
- \_ Exercise studio
- \_ Gymnasium

- Sustenance
- Healing
- Social interaction
- Cleansing
- Exercise
- Exercise

### MIND

- \_ Book shop + reading room
- \_ Media room
- \_ Staff room

- Learning
- Relaxation
- Social interaction

### SPIRIT

- \_ Massage studios, eg:
  - \_ Reiki
  - \_ Aroma therapist
  - \_ Reflexologist
- \_ Yoga/Pilates/Thai Chi studio
- \_ Contemplation spaces
- \_ Group contemplation space

- Relaxation
- Holistic exercise
- Introspection
- Social interaction;
- Spiritual/Community meetings/Music recitals, etc.

### OPEN SPACES

- \_ Semi-public square
- \_ Private garden

- Social interaction
- Relaxation/ Introspection



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Fig 2.1 (top to bottom) PROGRAMME - HEALTH FOOD SHOP; YOGA STUDIO; READING ROOM; SQUARE