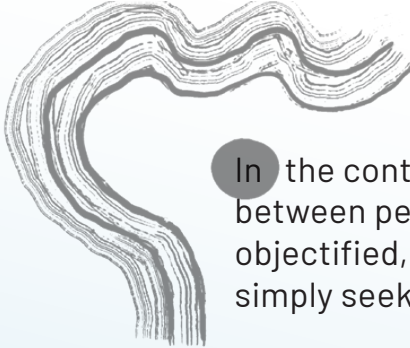


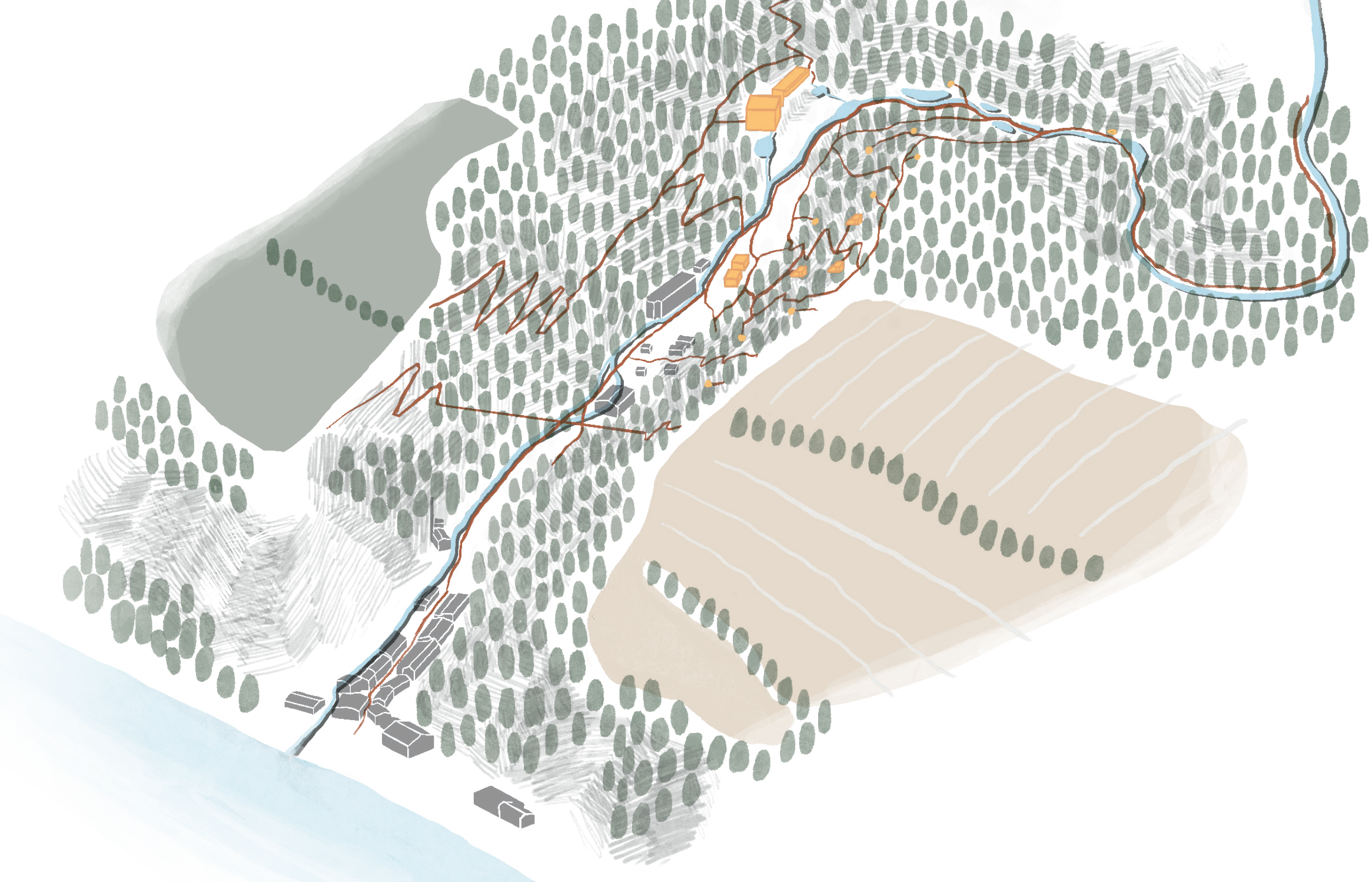
(FOR)REST
MEDITATION



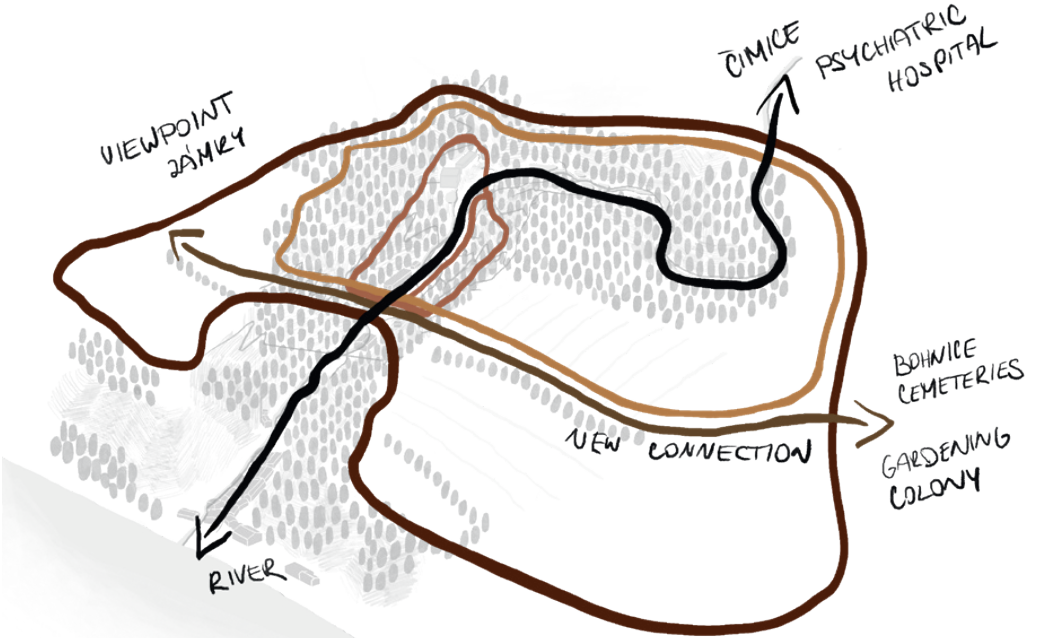
In the contemporary modern world, the relationship between people and nature is often distant and objectified, either centered around resource extraction or simply seeking relaxation and recreational activities.

Forest therapy is a way to utilize our profound biological and historical connection with nature for healing ourselves and fostering a healthier relationship between humans and nature.

Generally, it involves spending time in the forest or nature, offering numerous health benefits such as stress reduction, strengthening the immune, cardiovascular, and hormonal systems, leading to deep calmness, full experience of the present moment, and a state of „mindfulness“.



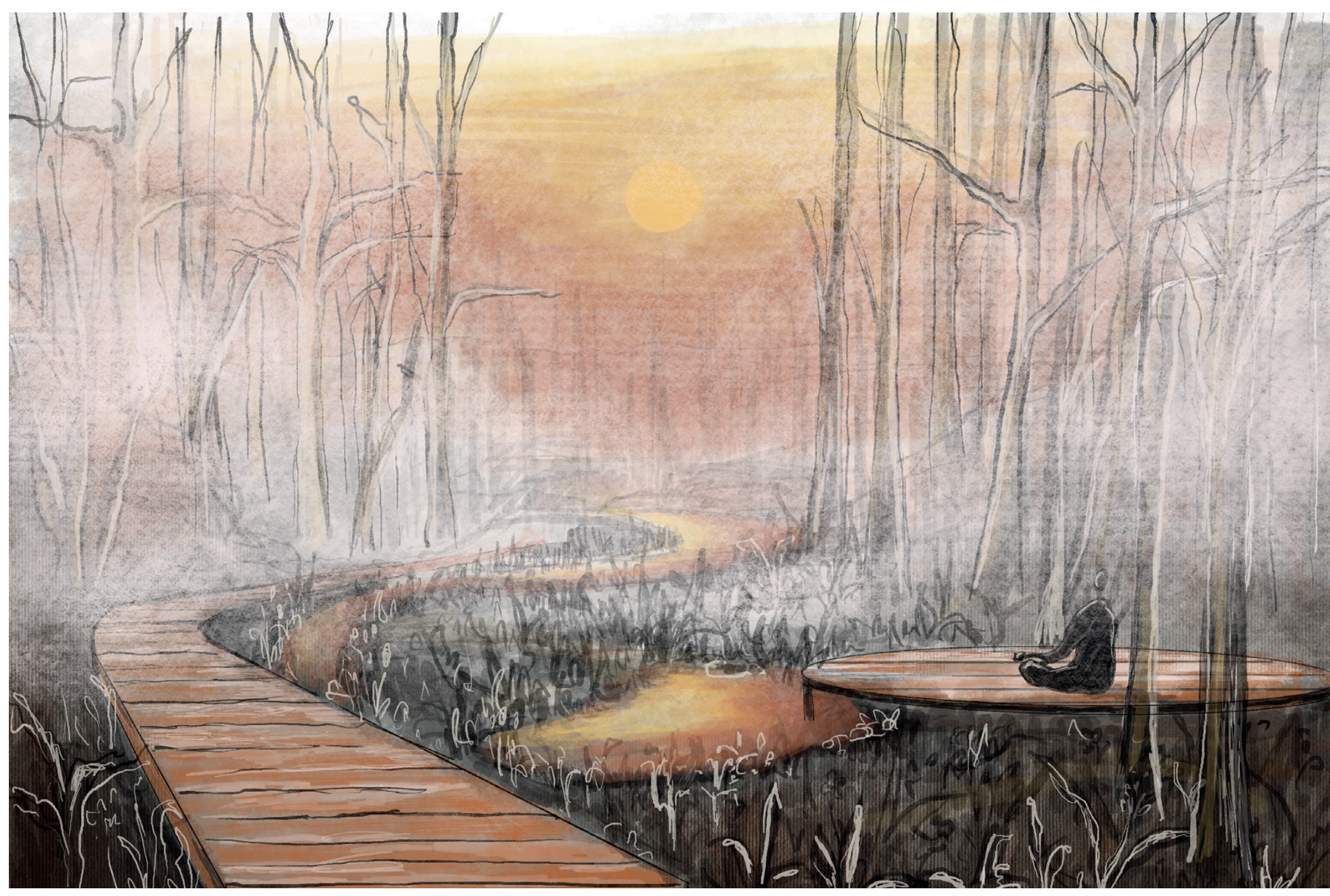
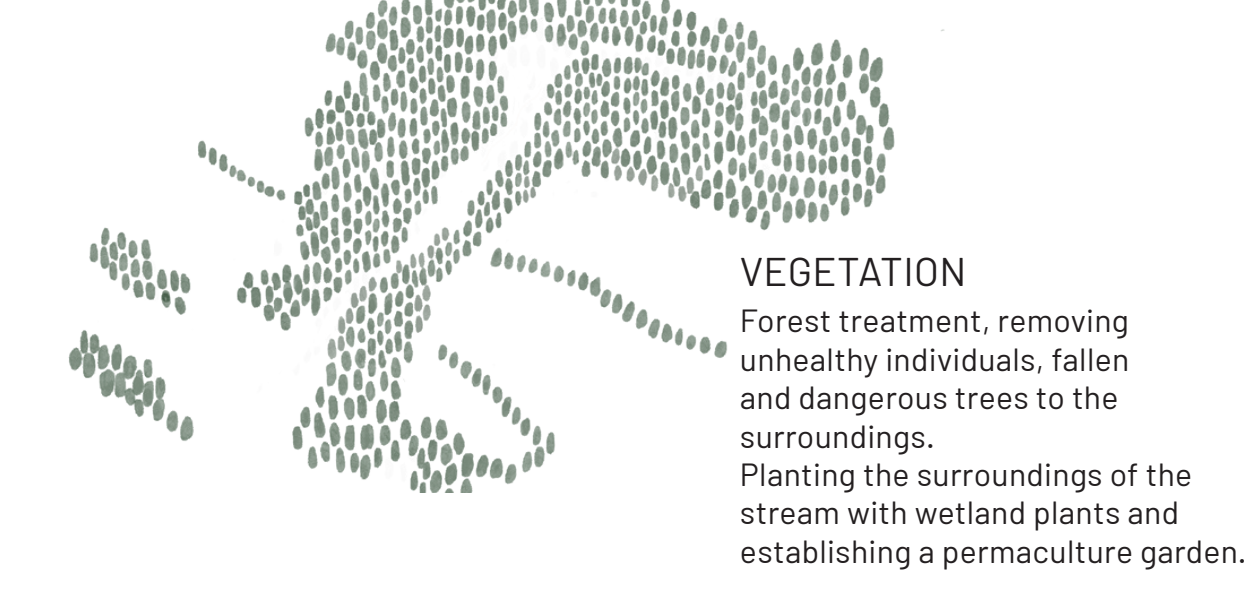
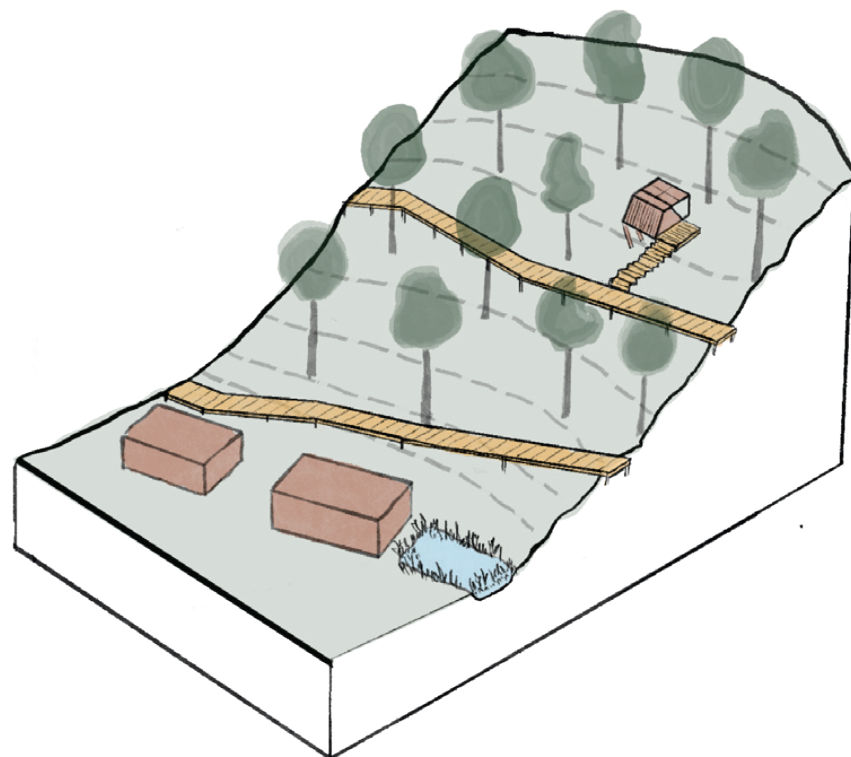
CONNECTIONS



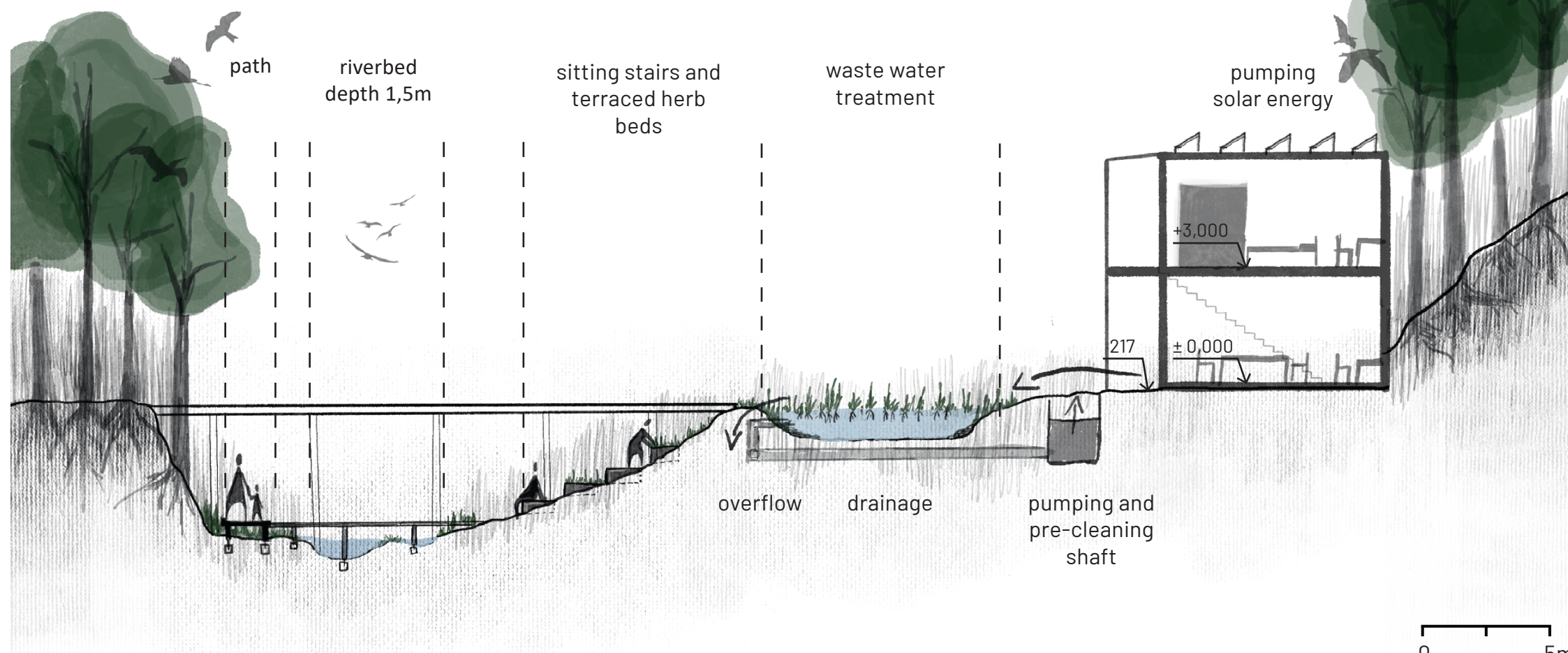
FUNCTIONS



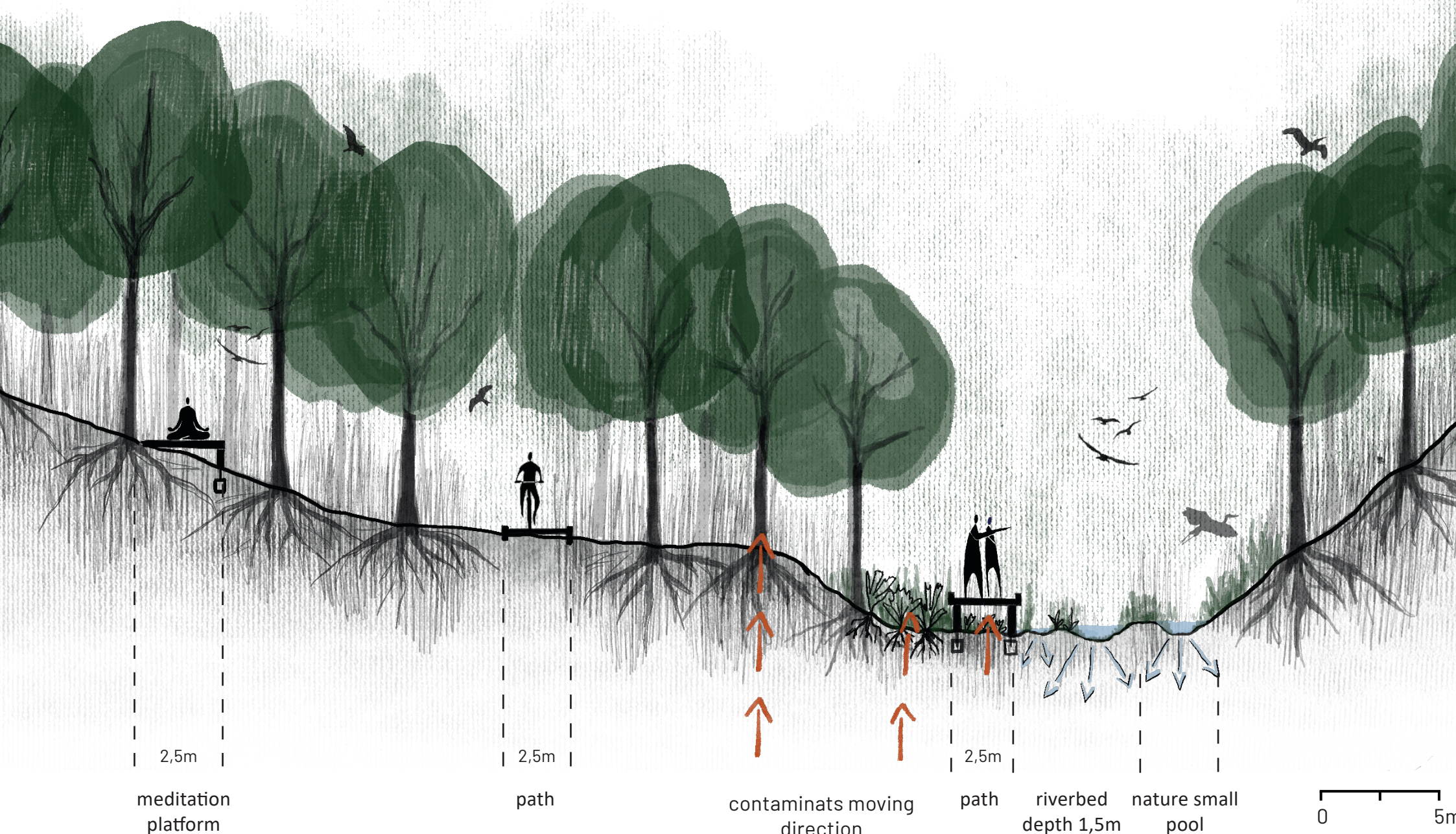
CONCEPT SCHEMES



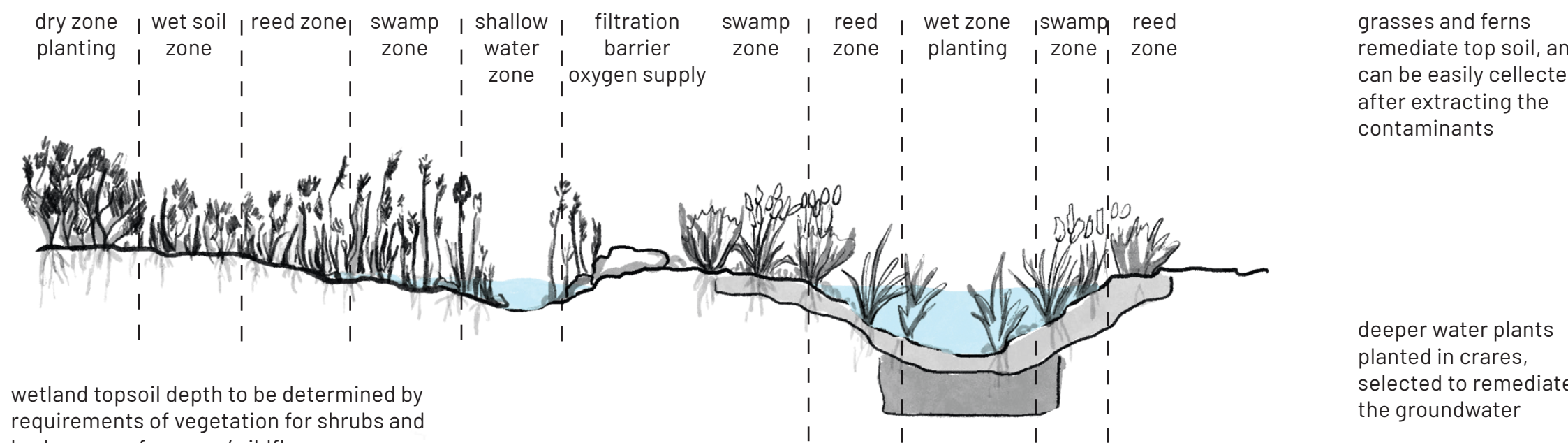
SECTION A - A'



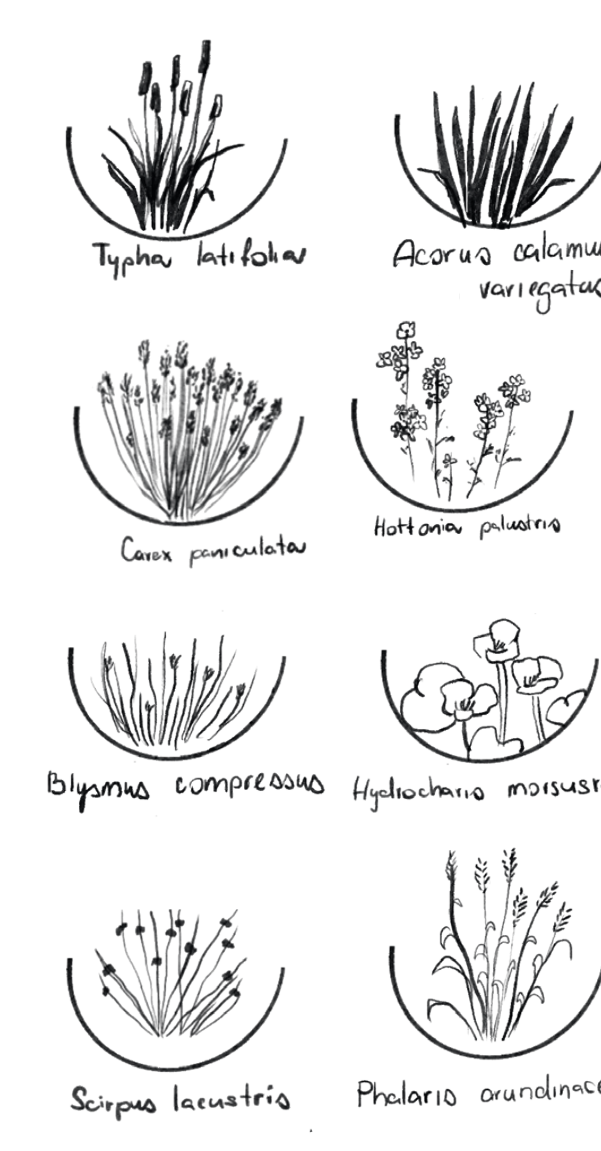
SECTION B - B'



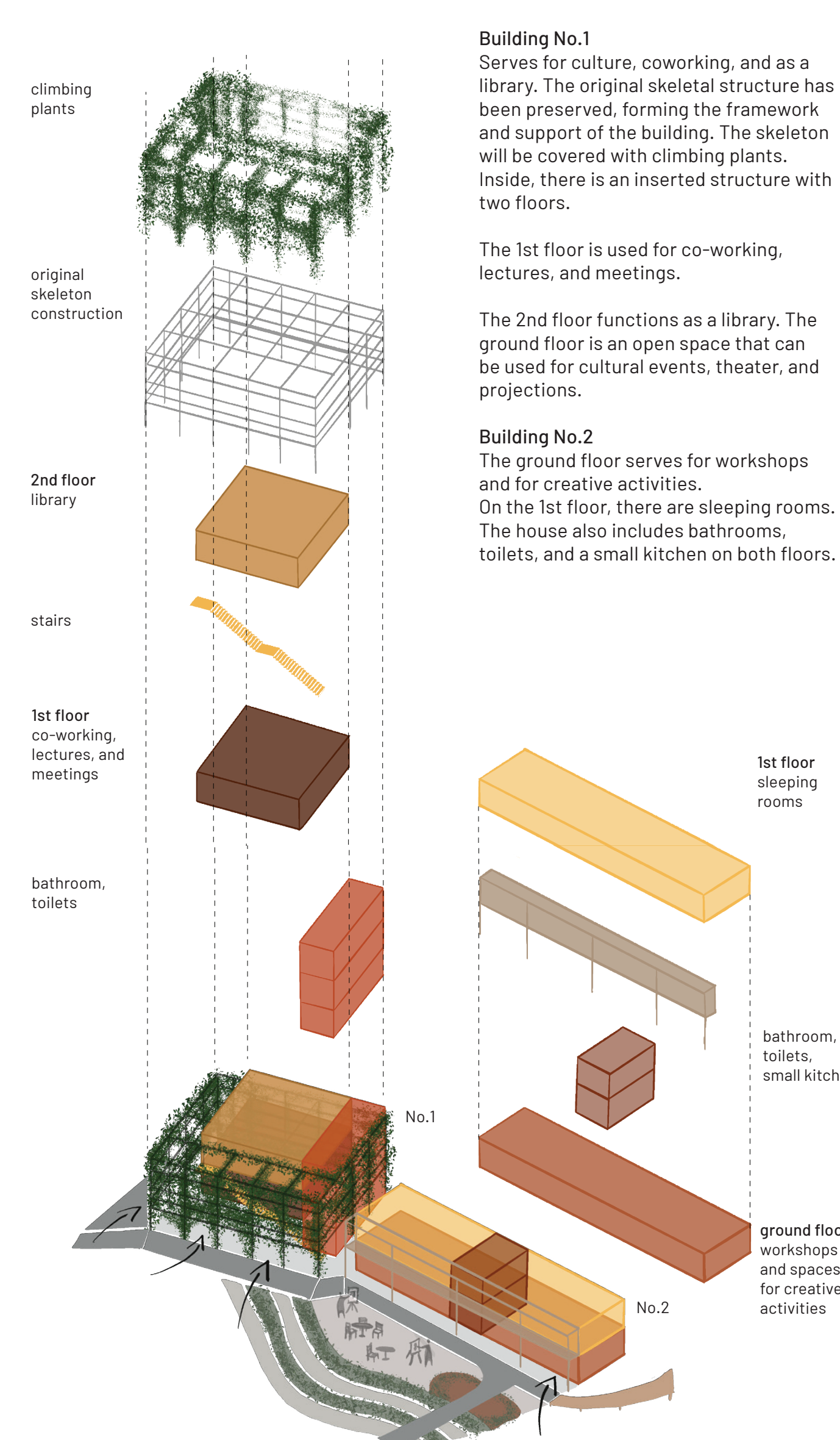
SECTION - WETLAND



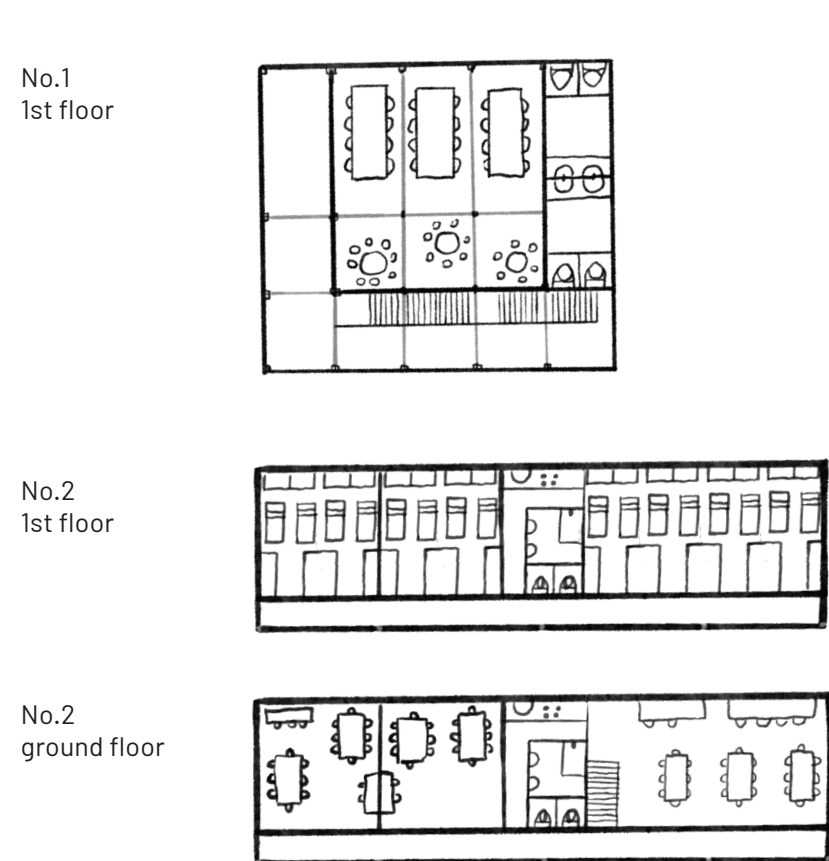
WETLAND VEGETATION



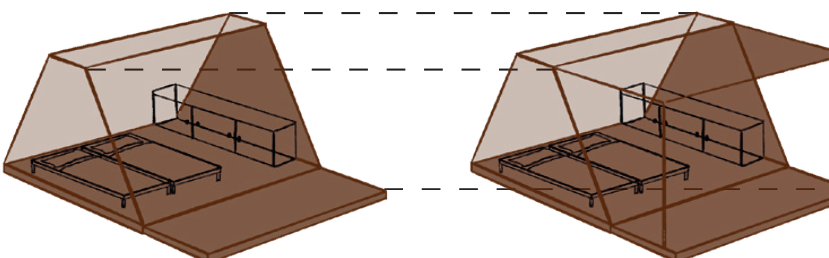
CONCEPTUAL DESIGN AND CONTENTS OF BUILDINGS



FLOOR PLANS



GLAMPING



EDUCATION AND AWARENESS

Implementation of programs and workshops focusing on forest therapy, environmental consciousness, and sustainability.

Inclusion of „therapy gardening“ in the program, with the establishment of terraced planters near the community center.