RECONNECTING WITH NATURE

Digital Detox Retreat for Well-Being

A Practicum submitted to the Faculty of Graduate & Postdoctoral Studies at the University of Manitoba in partial fulfillment of the requirements of the degree of:
Master of Interior Design,
Department of Interior Design

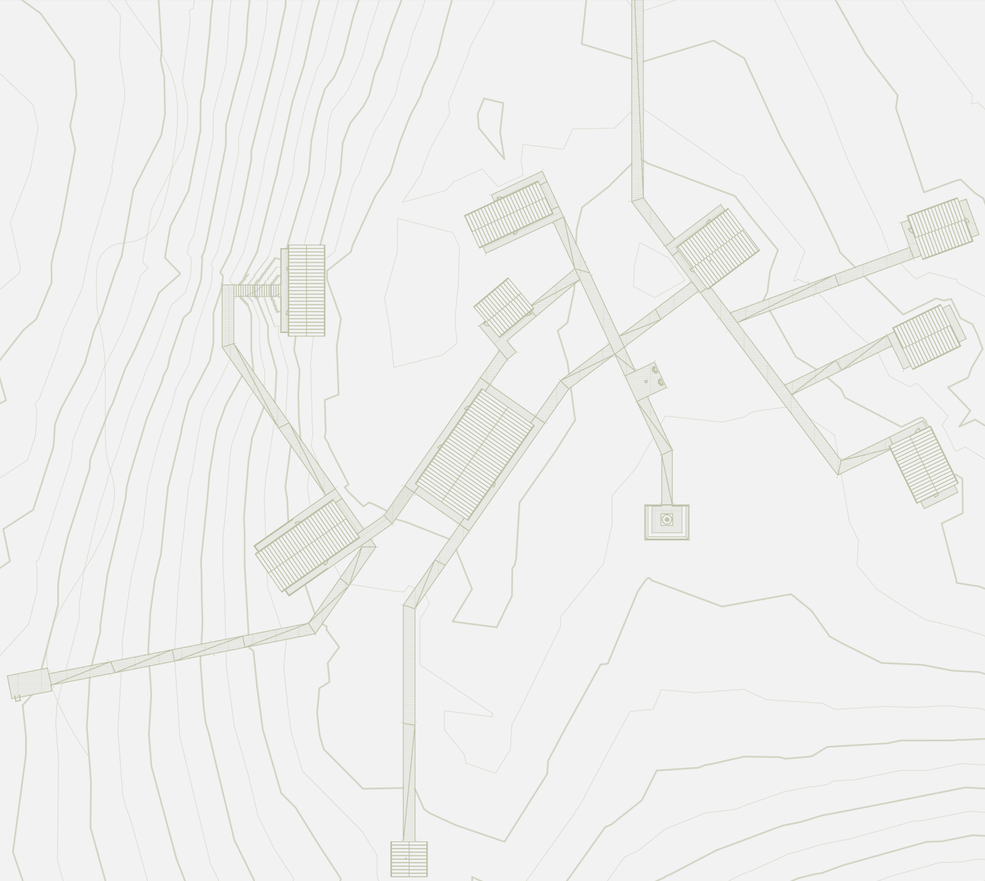
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ABSTRACT

The consumption of digital media has significantly increased in the 21st century, resulting in negative effects to mental well-being, which include heightened levels of stress, anxiety, and self-criticism (Karim et al, 2020). Research indicates that reducing time on digital devices and reconnecting with nature through forest bathing can provide a remedy to these effects. Digital detox involves reducing digital media use (including social media) and has been shown to improve psychological well-being (Vasile, 2024, 1). Forest bathing, the act of immersing oneself in nature allows participants to be more aware of their physical, mental, and emotional well-being, resulting in positive effects on their mental well-being (Farkic, Isailovic, and Taylor, 2021).

The benefits of forest bathing have been investigated and integrated into the design of the retreat. Biophilic design influenced design decisions, focusing on attributes of direct experiences of nature (e.g., water, plants, natural landscapes) and indirect experiences of nature (e.g., natural materials and colours, organic shapes and forms, and evoking nature) (Kellert, 2018, 10). The practicum proposes the design of a wellness retreat aimed at helping adults unplug from digital media and reconnect with nature to reduce stress, anxiety, and self-criticism. The Manitoba-based retreat features nature-immersed spaces (shared wellness areas and private cabins for recovery) that mimic the exterior landscape through local materiality for an enhanced forest bathing experience. Also included in the experience are thermotherapeutic spaces, such as saunas, meditation spaces, and other wellness amenities. The goal of this practicum is to create a wellness retreat that encourages users to reconnect with nature through an immersive design that is informed by theories related to forest bathing, biophilia, and digital disconnection.

ACKNOWLEDGMENTS

To my practicum advisor, Cynthia Karpan, thank you for your structured and clear advice. You made these two years enjoyable instead of stressful while navigating the unknowns of a master's student writing their first practicum paper. To my internal advisor Umid Abdullaev and external advisor Michael Campbell, thank you for expertise in Revit modeling and environmental tourism. You made the clarity of my practicum stand out, resulting in a well-rounded detailed practicum project.

To Knowles Centre, thank you for allowing me the opportunity to use your wonderful camp as my practicum site. Your accommodation and willingness to let me explore the space are highly appreciated.

To my friends, thank you for making sure I take breaks from my studies to enjoy moments together. You ground me more than you know and allow my brain to rest. Thank you for your emotional support filled with laughter through these years and stressful moments.

To my mom and dad, thank you for supporting me throughout my academic career. You have always encouraged me to work hard in every aspect of my life, and I am thankful that you have been able to see myself and my designs grow and advance throughout these years. Thank you for your unconditional love and support. I would not be where I am today without you.

Lastly, to my fiancé, Keenan, you are without a doubt my biggest supporter, through school and life. You are the reason I had the courage to go back to school for my undergraduate degree and to continue through graduate school. You are always there for the long days, stressful days, easy days, and happy days. You are always there to listen to me vent, give your design opinion (even if you weren't sure what you were talking about), and congratulate me on all achievements, small and large. You are my rock, and I am grateful for you and your unwavering love and support everyday.



TERMINOLOGY

Anxiety: A feeling of worry, nervousness, or unease about an event of uncertain outcome (Henney and Hackett, 2025).

Attention Restoration Theory: A psychological theory that explains exposure to nature can restore a person's concentration (Kaplan's, 2022).

Digital Detox: An intentionally set time period where an individual refrains or reduces the use of any digital device(s) and/or media (Marx et al., 2025).

Faraday Cage: protective enclosure that prevents certain types of electric fields from entering or exiting.

Forest Bathing/Shinrin-Yoku/Forest Therapy: Immersing oneself in the forest to absorb its benefits and mindfully engage the senses to relax, promote physical and mental well-being, and deepen one's connection to nature (Rathmann, 2023).

Multisensory: Involves or appeals to more than one of the five senses (sight, hearing, touch, taste, and smell) (Ost Mor, Palgi, and Segel-Karpas, 2021).

Nature Connectedness: Nature connectedness is an individual's emotional, cognitive, and experiential relationship with the natural world (Kotera, Richardson, and Sheffield, 2022).

Positive Solitude: The choice to dedicate time to a meaningful, enjoyable activity or experience conducted by oneself (Ost Mor, Palgi, and Segel-Karpas, 2021).

Preventative Medicine: Focuses on preventing illnesses and diseases before they occur, rather than treating them once they appear (Rathmann, 2023). This preventative method can be applied in multiple ways, such as vaccinations, routine doctor appointments, and adopting a healthy lifestyle (Rathmann, 2023).

Problematic Smartphone Use (PSU): Excessive use of digital devices, such as relying on them to regulate mood or being unable to successfully reduce usage (Hesselle and Montag. 2024).

Stress: An individual's nervous system and hormones reacting to the environment that challenges well-being (Henney and Hackett, 2025).

Stress Reduction Theory: A psychological theory that supports that the natural environment reduces stress and improves physiological well-being (Kotera, Richardson, and Sheffield, 2022).

Urban Lifestyle: Living in a busy, fast-paced area where public services, technology, and modern conveniences are easily accessible (Rathmann, 2023). It can be described as noisy, crowded, and expensive (Rathmann, 2023).

Well-Being: A broad concept that revolves around the state of being comfortable, healthy, and happy in one's physical, emotional, mental, and spiritual self (Health Providers: Shared Health Manitoba 2024).

Wellness: the proactive choices and activities to improve mental and physical health (Health Providers: Shared Health Manitoba 2024).

CHAPTER 1.0 | INTRODUCTION

The Reconnection Retreat is a nature-based hospitality retreat located in Whiteshell Provincial Park, Manitoba, on a 3.1-acre lot. The retreat comprises multiple interior environments across several buildings, designed to support a relaxing, nature connected, and digital detox experience. The retreat accommodates 10 guests and 10 staff members at a time, with a total interior area of approximately 3,867.9 ft^2.

The following chapter introduces the practicum topic, including the rationale behind the practicum topic and purpose, an outline of the methodology used, and key research questions and project objectives.

CHAPTER 1.0 | INTRODUCTION

1.1 Practicum Rationale: Digital Detox

Following the COVID-19 Pandemic, today more than ever people are using digital media to stay connected (Schmitt, Breuer, and Wulf, 2021). Although staying connected with your loved ones is positive, the overuse of digital devices and social media can have negative side effects on people's mental and physical well-being. This practicum is a study of the positive effects digital detox can have on individuals in a nature-based well-being context.

Digital Detox

A digital detox can be understood as an intentionally set time period where an individual refrains or reduces the use of any digital device(s) and/or media, such as cell phones and laptops, as a way to reduce stress, prevent negative side effects of digital media use, focus on face-to-face socializing, and foster a healthier relationship with technology (Marx et al., 2025). Taking breaks from digital media, whether for short-term or longer periods, is now crucial due to the negative side effects of prolonged and excessive use. According to the article *Digital Detox: A Theoretical Framework and Future Research Directions for Information Systems*, social media can cause users to feel addicted to their devices, resulting in reduced well-being and lower self-esteem, which can contribute to negative mental health (Marx et al., 2025).

Problematic Smartphone Use (PSU)

According to Hesselle and Montag (2024), people in the digital world, more specifically social media, have a screen time average of 5 hours a day (Hesselle and Montag. 2024). This average is worldwide. Hesselle and Montag (2024), have linked social media use to symptoms of depression, anxiety, stress, and low physical activity. When using digital devices excessively, to regulate mood or being unable to successfully reduce usage, is known as problematic smartphone use (PSU) (Hesselle and Montag. 2024). PSU has been associated with depression, anxiety, poor sleep quality, body pain, visual impairment, and is also known as a coping mechanism for dealing with stress and negative emotions

Digital Detox Effect on Well-Being

Hesselle and Montag (2024), have conducted numerous studies on the effects digital detox on well-being. Some of the common results from these studies include an increase in life satisfaction, a decrease in anxiety, stress, and depression, improved sleep quality, and an increase in mental well-being and social connectedness (Hesselle and Montag. 2024). While reducing one's digital media use for a short period of time can have some positive changes to mental and physical well-being, they may not have lasting results. To assist in reducing excessive screen time, a digital detox retreat for well-being is proposed in this practicum. The retreat reduces the negative effects digital media has on mental and physical well-being by counteracting them with the positive mental and physical benefits of forest bathing and biophilia. These key concepts are explained in the literature review.

1.2 Methodology & Objectives

Research methods used to inform this research through design practicum are a literature review, precedent analysis, site analysis, design programme, and design proposal. The literature review focuses on key theories and concepts related to well-being, forest bathing, biophilia, and biophilic design. The precedent analysis includes four thoughtfully chosen projects that relate to the practicum typology, materiality, and consideration of the natural environment. A site visit and analysis were conducted to ensure proper measurements of the built structures and to

indicate accurate local vegetation and orientation. A design programme was created based on a set of hypothetical users and their needs. Lastly, a design proposal is presented that incorporates knowledge gained through the previous four research through design methods (literature review, precedent analysis, site analysis, and design programme).

The design proposal for the wellness retreat is hypothetically located in Whiteshell Provincial Park, Manitoba. The following objectives guided the design development for the practicum project:

- Design a retreat that offers mental respite and digital disconnect while offering wellness amenities, such as saunas and meditation spaces, to promote positive well-being.
- Follow biophilic guidelines, such as direct and indirect experiences with nature, in both social and private spaces of the retreat to connect the interior and exterior environments.
- Use local materials from the Manitoba landscape on interior spaces for connection between interior and exterior spaces.

1.3 Research Questions

In addition to the project objectives, the following research questions were developed to help guide the research through design process:

1. How can biophilic design theory inform the design of therapeutic spaces for individuals experiencing stress, anxiety, and self-criticism caused by the overconsumption of social media?
2. What types of interior spaces, exterior spaces, and activities are most beneficial in wellness retreats that focus on reducing the use of technology and negative mental well-being while promoting reconnection to nature?
3. How can locally sourced materials be used in the designed interior to support a biophilic design approach and build a stronger connection to nature?

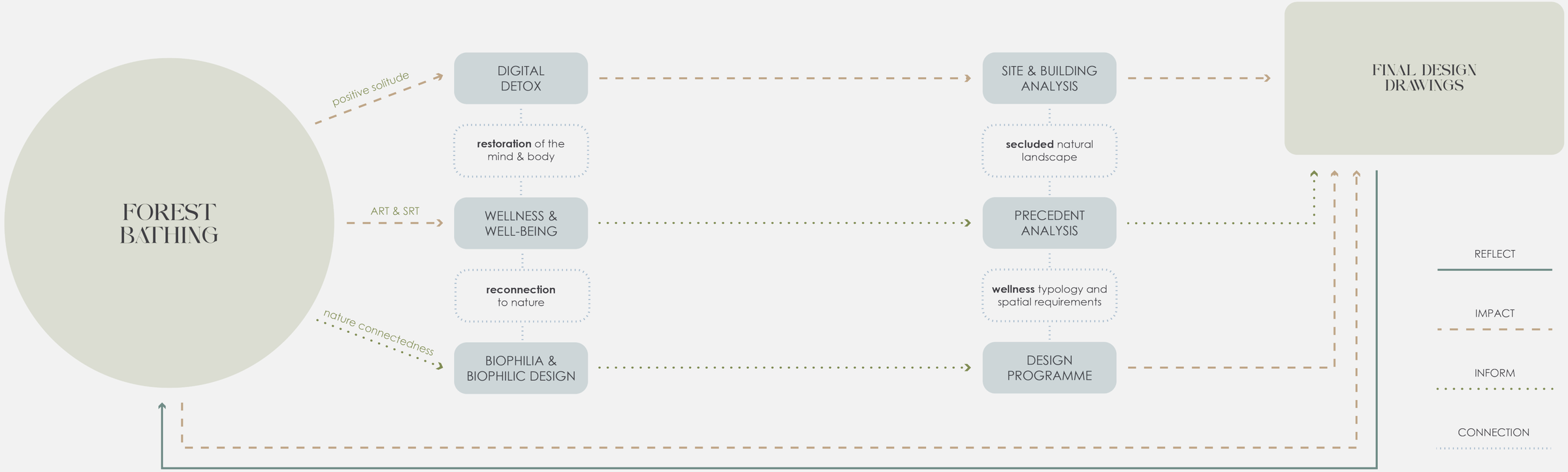


CHAPTER 2.0 | LITERATURE REVIEW

In this chapter, a literature review explains the importance of wellness, biophilia and biophilic design, and how forest bathing can impact both physical and mental well-being. The review explains physical and mental well-being and how forest bathing can promote wellness.

A theoretical framework diagram is provided on the follow page to visually illustrate how the theory of forest bathing reflects, impacts, and informs all related theories, concepts, and chapters of the practicum project.

THEORETICAL FRAMEWORK



CHAPTER 2.0 | LITERATURE REVIEW

2.1 Wellness & Well-Being

Wellness VS Well-Being

Well-being is a multidimensional topic that branches into a variety of research topics, making it challenging to define. Part of the challenge is that well-being is often used interchangeably with wellness. Generally, wellness is the actions and choices people intentionally make to improve their mental and physical health. It is a proactive choice of exercising, eating well, and managing stress with the goal of living a healthier and fulfilled life (Health Providers: Shared Health Manitoba 2024). Well-being describes a person's overall feeling. Well-being reflects how someone experiences life, how they understand, and manage each dimension of their life, such as emotional, physical, and mental health (Health Providers: Shared Health Manitoba 2024). In short, Shared Health Manitoba (2024) defines wellness as the actions one takes for their health, whereas well-being focuses on how one feels and functions as a result of those actions.

Dimensions of Well-Being

Shared Health Manitoba (2024) defines eight dimensions of well-being, as seen below. For this practicum, the two most common, emotional and physical, will be discussed further after the following brief descriptions of each dimension:

- **Physical wellness** includes exercise, nutrition, sleep, and preventative healthcare to ensure our physical body is functioning (Parents Lead 2025).
- **Emotional/Mental wellness** includes the ability to manage one's emotions and cope with stress in positive and healthy ways, as well as develop self-confidence and trust (Parents Lead 2025).
- **Social wellness** focuses on the quality of relationships and social connection, reliable support systems, and a sense of belonging (Parents Lead 2025).
- **Intellectual wellness** involves partaking in creative and stimulating activities that provide lifelong learning and skills (Parents Lead 2025).
- **Spiritual wellness** expanding sense of purpose, peace, and values that create a connection to self, nature, and others (Parents Lead 2025).
- **Environmental wellness** seeks harmony and connection with the natural environment for a positive and calming effect, which encourages good physical and mental health (Parents Lead 2025).
- **Occupational wellness** satisfaction fulfillment in workplace and personal activities (Parents Lead 2025).
- **Financial wellness** can cope with financial stress, is satisfied with current and future savings and financial habits (Parents Lead 2025).

Physical Wellness

As mentioned, physical wellness contributes to one dimension of overall well-being that focuses on exercise, nutrition, sleep, and preventative healthcare. Dominic Upton and Kathryn Thirlaway (2024), identify that these core physical habits can be referred to as a lifestyle and have been proven to be a healthy solution to the rising modern ill-health seen today, such as heart disease, diabetes, back pain, and even cancer. Although a healthy lifestyle does not guarantee the lack of these illnesses, it can significantly reduce the risk. Along with benefiting the physical body, Upton and Thirlaway (2024) explain that a healthy lifestyle can play a role in "developing and maintaining social relationships." Participating in a healthy lifestyle can enhance mood and develop coping mechanisms for stress, allowing for stronger connections and outlooks (Upton and Thirlaway, 2024).

Physical wellness can be drastically altered based on what one consumes and puts into their body. "You are what you eat" is a common phrase many have

heard, and it relates to the foods we eat that fuel the body. This is the reason why nutrition and healthy diets have protective benefits. Nutritious foods protect from some cancers, diabetes, osteoporosis, heart disease, and strokes, while an unhealthy diet can contribute to a large range of illnesses and physical ailments (Upton and Thirlaway, 2024). This includes the illnesses stated in the sentence beforehand as well as coronary heart disease (CHD), increased falls and fractures, low birth weight, morbidity, weight gain, and antisocial behaviour (Upton and Thirlaway, 2024).

Poor eating habits have been linked to genetics, social environments, media, and cognitive factors (Upton and Thirlaway, 2024). To briefly touch on each, the media encourages a sedentary lifestyle along with heavy marketing of junk food and fast-food restaurants. Research is now revealing the negative and "potentially harmful effects of social media consumption and technology on exercise and eating habits," which have damaging effects on well-being (Upton and Thirlaway, 2024, 109). The environment is a huge contributing factor to a healthy lifestyle and diet. This can include one's physical, economic, social, and cultural environment (Upton and Thirlaway, 2024). A modern lifestyle, such as working an office job where commuting by car or bus and sitting at a desk for the majority of the day, can lead to increased stress, resulting in overconsumption and emotional eating (Upton and Thirlaway, 2024). Although it may not be possible to change the workplace, it emphasizes the importance of making healthy changes in one's personal life. Daily choices and long-term lifestyle of improved exercise, nutrition, sleep, and preventative medicine for our body benefits more than one dimension of well-being.

Emotional/Mental Wellness

Having stable or healthy emotional/mental wellness is the ability to manage one's emotions, develop self-confidence and trust, as well as cope with stress in positive and healthy ways. Positive mental health generally involves positive thoughts with thinking, feeling, relationships, and meaning (Mackereth et al., 2015). Holistically, mental health and wellness do not focus only on mental illness, but each on an aspect of mental health and wellness (Mackereth et al., 2015). Mental health can be affected by many factors, whether that be external factors or individual internal factors, such as mental illness. There is a large range of factors that can contribute to mental health. For this practicum, the most relevant issue, stress, is discussed further in depth.

Stress is defined by Susan M Henney and Justin D Hackett (2025), in *Mind-Body Wellness* as "an experience of emotional, mental, or physical tension that results from any event, context, behaviour, or thought that is perceived as a challenge, problem, or demand" (76). A stressful experience negatively affects one's mental and emotional health, and sometimes physical health, if it is prolonged. Prolonged stress and stress itself can be triggered by stressors, which can be events, people, emotions, and many other things, as stress is perceived and interpreted differently by everyone (Henney and Hackett, 2025). Stress is inevitable; therefore, wellness is the approach of reducing and managing stress in positive ways. Stress and anxiety often overlap in symptoms and reactions, such as tension and feelings of nervousness (Henney and Hackett, 2025). However, anxiety is primarily worry, fear, and persistent upset when a trigger is present or not (Henney and Hackett, 2025).

Stress can be separated into different categories, as seen below. Knowledge of which category one's stress is coming from can effectively target and make positive changes.

- Physical
- Nutrition
- Cognitive
- Emotional
- Spiritual
- Occupational
- Financial
- Environmental
- Daily Life

"Chronic stress occurs when a person experiences the negative effects of stress consistently over time" (Henney and Hackett, 2025). This type of stress can

damage any one or multiple dimensions of well-being, such as chronic pain (physical wellness), anxiety (emotional wellness), and poor working conditions (environmental wellness). Chronic stress has many risks to physical and mental health that include:

- Heart disease
- High blood pressure
- Sleep disturbances
- Fatigue
- Headaches & migraines
- Memory & attention problems
- Anxiety & depression
- Lack of motivation

Stress can impact one's mental health and wellness drastically. Therefore, it is important to find ways to benefit one's mental health and wellness, such as managing and coping with stress, eating healthy and nutritious foods, being physically active, and socially connecting with others for positive mental wellness.

Wellness Tourism

Environmental wellness is about seeking harmony and connection with the natural environment for a positive and calming effect, which encourages good physical and mental health. The concepts of forest bathing and biophilia are effective ways to foster a connection with nature. Practices such as these are integrated into wellness spaces to combat the pressures of daily life and promote emotional and physical wellness. The demand for wellness tourism has risen considerably following the COVID-19 Pandemic due to an increased concern about well-being. Wellness spaces alleviate these concerns by directly and indirectly supporting mental and physical wellness through interior spaces. Wellness spaces provide a calming effect through materials, elements, forms, and senses, using the concept of biophilic design. Many design principles of biophilia provide a positive experience, as they have a restorative effect, enhance emotion, and promote relaxation, therefore being a main driver for wellness tourism.

Wellness & the Interior Space

After researching wellness and its many dimensions, the retreat offers spaces and activities that positively impact one's physical and emotional/mental wellness. Spaces focused on enhancing the occupant's wellness are the yoga studio, community hub, and the thermal spaces (dry sauna, steam room, and cold plunge). The yoga studio provides yoga and meditation sessions that can be in group settings, up to 11 people, including the instructor, or one-on-one sessions that need to be pre-booked. Yoga and meditation offer physical benefits as occupants must be active. This positively benefits the occupant's mental wellness through mindfulness-based stress reduction (MBSR), which is discussed later in this chapter. In short, yoga and meditation reduce stress while connecting the mind, body, and emotions (Rathmann, 2023, 24).

The community hub acts as a touch-down space for human interaction and connection. The space serves as a communal eating, lounging, and communication area. Meals are prepared and served to guests, where they can communicate with one another about their experiences. The space incorporates tables and chairs to eat at, as well as lounge chairs and coffee tables to converse or observe the exterior environment. The community hub benefits the occupants' physical and mental wellness as a rest stop between other more physically or mentally demanding activities, such as the yoga studio or thermal spaces.

Lastly, the thermal spaces, the dry sauna, steam room, and cold plunge, benefit the occupant's physical wellness as they reduce blood pressure, improve relaxation, and reduce stiffness (Heinonen and Laukkanen, 2018). As the occupants sit in silence in the thermal spaces, they are given the opportunity for mindfulness, to meditate and reflect.

2.2 Biophilia & Biophilic Design

Theory of Biophilia

Biophilia refers to the human inclination to interact with nature, which is beneficial to both physical and mental well-being (Kellert, 2018). The concept of

biophilia was heavily researched and pioneered by Stephen Kellert, a research professor of forestry and environmental studies at Yale University. In an interview with Kellert, he explained that modern design and aesthetics disconnect us from the natural world, resulting in the innate need for biophilic design (Söderlund 2019). Furthermore, biophilic design needs to "connect people to nature for them to be happy and whole," and this nature connectedness can awaken anyone at any stage of life (Söderlund 2019). Kellert often mentions in his research for biophilic design a need for "seamless integration between the surrounding, or natural environment, and the built environment (Söderlund 2019)." For this reason, Kellert's research on biophilic design was a main driver in the design for this practicum.

Biophilic design acts on the human desire to connect with nature, to create an experience in the built environment seeking a healthier place for people (Kellert, 2018). To successfully implement biophilic design into the built environment, it must adhere to the following principles that can be found in Stephen Kellert and Elizabeth Calabrese's simplified biophilic design framework.

The Practice of Biophilic Design:

1. Repetitive and sustainable engagement with nature.
2. Focus on human adaptation to the natural world that, over time it benefits human health, fitness, and well-being.
3. Encourages emotional attachment.
4. Promotes positive human-nature interaction, resulting in a newfound responsibility to sustain nature.
5. Interconnectedness with nature and architecture, resulting in growth instead of destruction.

With proper application of all principles, the designed biophilic space should result positively for people's physical and mental well-being (Kellert and Calabrese 2015). Such as "increased comfort and satisfaction, fewer illness symptoms, and improved health," as well as "less stress and anxiety, to improved problem solving and creativity" (Kellert and Calabrese 2015).

Biophilic Design Strategies

Biophilic design can be applied through varying design strategies classified in one of the three categories: direct experiences of nature, indirect experiences of nature, and experiences of space and place (Kellert and Calabrese 2015). Direct experience of nature refers to actual contact with nature, which can be achieved through natural light, proper ventilation to ensure fresh air, as well as views and interaction with water and vegetation (Kellert and Calabrese 2015). Indirect experience of nature refers to the representation of nature, such as images of nature, natural materials such as wood, neutral colours, and organic shapes and forms (Kellert and Calabrese 2015). Lastly, biophilic design can be implemented through the experience of a space, such as "spatial features characteristic of the natural environment that have advanced human health and wellbeing" (Kellert and Calabrese 2015). This can be seen in spaces that offer prospect and refuge, transitional spaces, or a space that creates an attachment to the place for the users (Kellert and Calabrese 2015). The biophilic design principles and applications was used as a guide during the design process and was a main concept that drove the design of the retreat forward.

Prospect & Refuge Theory

To further expand on the biophilic category of experience of space, the prospect-refuge theory further explains its importance. Firstly, the theory was created by a geographer, Jay Appleton, who also proposed the habitat theory. The prospect-refuge theory explains that people feel most comfortable in spaces that offer observation and protection. This theory assists the retreat design because it allows a better understanding of how people will feel in a space, regarding the spatial layout to the exterior

views (Cushing, Miller, and EBSCOhost, 2020, 28). The prospect-refuge theory speaks directly to the goal of the retreat. To view and be immersed in nature while seeking comfort in the spaces and oneself. This aligns with Appleton's quote of "see without being seen" as the retreat provides views of the exterior landscape and surroundings, while offering spaces of refuge to avoid being seen (Cushing, Miller, and EBSCOhost, 2020, 28).

Prospect-refuge theory was implemented in the design through furniture, views to the exterior, spatial arrangement, and the built structures themselves. Furniture carefully arranged to encourage views to the exterior offer prospect, viewing of the occupants' surroundings. Choosing fixed seating along solid walls creates comfort as the user knows there is nothing behind them, whereas flexible furniture near large windows gives the user the option to view the outdoors or turn away from it. This spatial arrangement leaves the comfort level in the user's hands. The spatial arrangement of the private cabins have large windows, adjacent to the entrance. This makes it so upon entering the occupant is facing the exterior landscape, able to observe their surroundings.

Lastly, the built structures themselves act as a place of refuge, or better described as shelter. As explained by Debra Flanders Cushing and Evonne Miller in the chapter "Prospect-Refuge Theory" in *Creating Great Places*, the word refuge "implies that there is a need to retreat from danger or trouble" (Cushing, Miller, and EBSCOhost, 2020, 31). Due to the seclusion of the retreat in Whiteshell Provincial Park, there is always a chance of encountering wildlife, such as a bear. However, the occupants will more likely seek shelter from weather conditions during their stay. The built structures include strategically placed windows for quality views and light, accompanied by the furnishings to create moments of pause and prospect.

Biophilia & the Interior Space

Learning about biophilia and biophilic design strongly impacted the decision-making process on material selection, furnishings, spatial layout, and function of the retreat. The site and structures themselves tie to the categories of direct experience of nature and experience of space and place of biophilic design. They achieve this through the immense nature, views of nature through windows, waterfront property, natural light and ventilation that is implemented, as well as the buildings being designed for prospect and refuge.

More strongly connected to the design is the category of indirect experiences of nature, such as materials, colours, and furniture, which took inspiration from the precedent analysis. The Ziedlejas Wellness Resort used natural materials such as wood, metal and concrete for a cohesive look and feel. It also encourages modular furniture to allow for additional space when needed. Similar to the Ziedlejas Wellness Resort, Farouche Tremblant primarily uses wood. The spatial layout of the buildings, orients the furniture toward the windows for viewing. This flexible furniture offers moments of pause and comfort year-round.

The Santani Wellness Resort and Spa used minimalistic natural materials, such as metal, wood, and local stone, blending the built environment into the landscape. The resort creates a multisensory experience through the views of nature and light, scents of the air, and the touch of the materials. Lastly, the New Life Portugal Wellbeing Center allows nature to be the artwork, using simple materials and large windows that frame the landscape. Analysis of each precedent is further examined in the following chapter. However, it is clear that material selection and views of the landscape are crucial in a wellness resort typology. The knowledge gained from biophilic design, and the precedent analysis strongly encouraged the use of natural and local materials in the retreat's design.

2.3 Forest Bathing / Shinrin-Yoku

Forest Bathing & History of Shinrin-Yoku

Dr. Joachim Rathmann (2023), a professor, lecturer, and researcher on human-environment relations at the University of Augsburg, describes forest bathing

in *Forest as a Health Resource* as the immersion and absorption of the forest and its benefits to relax and recover. Forest bathing, traditionally known in Japan as Shinrin-Yoku or forest therapy, has been shown in multiple studies to prevent disease, reduce stress and anxiety, as well as promote physical and mental well-being. Shinrin-Yoku was first established in 1982 by the Japanese Ministry of Agriculture, Forestry, and Fisheries to improve both physical and mental well-being (Park et al. 2010, 18). Shinrin-Yoku has gained a substantial amount of participation and research due to the growing interest in stress reduction and relaxation. The practice is most favourable because of its association with the forest and its benefits to human health.

In Japan, Shinrin-Yoku is used as a preventative medicine that promotes forest visits to benefit well-being. Preventative medicine focuses on preventing illnesses and diseases before they occur, rather than treating them once they have appeared. Preventative methods can be applied in multiple ways, such as vaccinations, routine doctor appointments, and adopting a healthy lifestyle. The practice of Shinrin-Yoku prevents stress-induced diseases that occur due to the urban lifestyle humans have adapted to. Dr. Rathmann expands on this practice, identifying that chronic stress from city living (life away from the forest) can affect the body's physical and mental health. Prolonged stress can physically worsen flu symptoms, create back pain, obesity, digestive issues, increase heart diseases, as well as increase the risk of cancer (Rathmann, 2023, 21). In addition to this, stress can alter the quality and pattern of sleep, resulting in sleep disorders (Rathmann, 2023, 21). Stress has been linked to impacting a person's mental health by causing depressive moods and anxiety.

Forest bathing is a pathway to growing a stronger human-nature relationship, also known as nature connectedness, which has a positive effect on mental well-being (Kotera, Richardson, and Sheffield, 2022). Nature connectedness is an individual's emotional, cognitive, and experiential relationship with the natural world. A study focused on the effects Shinrin-Yoku has on mental health and states that "being in nature may activate our soothing system, endorsing compassion, safety and connection, protecting our mental health" (Kotera, Richardson, and Sheffield, 2022, 356). A theory that supports nature connectedness and its ability to restore and help humans recover is the Rachel and Stephen Kaplan's (1989) Attention Restoration Theory (ART). ART is a psychological theory that suggests that exposure to nature can restore a person's concentration through four key components (Kaplan and Kaplan, 1989):

- Being Away: escape from routine physical and mental tasks
- Fascination: effortless attention to nature
- Extent: environment feels immersive and coherent
- Compatibility: environment aligns with the individuals' desires

Psychological Benefits

Stress can be defined as an individual's nervous system and hormones reacting to the environment that challenges well-being (Queirolo et al., 2024, 2). Forest bathing has many beneficial effects on a person's body, benefiting mental and physical well-being. A study aimed at exploring the effects of forest bathing on mental wellness was conducted by a research group (Queirolo et al., 2024, 1) and found that after spending two days fully immersed in the forest, participants had a significant decrease in stress. The study evaluated participants based on the Perceived Stress Scale, salivary measurement, cortisol, and blood pressure before and after forest bathing (Queirolo et al., 2024, 3). During the study, participants focused on their senses while walking, experienced moments of pause, and participated in mindful exercises such as yoga. The results of the study concluded that forest bathing reduced stress levels and significantly improved stress management, contributing to better mental wellness (Queirolo et al., 2024, 6).

Forest bathing not only reduces stress but also has positive effects on reducing other psychological problems, such as anxiety and negative thoughts of oneself. The study "The Effects of Forest Bathing on Self-Criticism, Self-Compassion, and Self-Protection: A Systematic Review," states that "forest bathing can reduce self-criticism and cultivate self-kindness and self-compassion, by means of the stress-reducing and relaxation-promoting emotion-regulation effect of forest bathing that helps to become more mindful and accepting of oneself" (Szitás et al., 2024, 2). The negative effects of technology, more specifically social media, create unachievable expectations, resulting in high self-criticism. Self-criticism can be defined as the constant evaluation and judging of oneself, followed by feelings of worthlessness and failure when unreasonable goals are not met (Szitás et al., 2024, 2). On the opposing side, self-compassion and self-protection can be the remedy to self-criticism. Self-compassion can be described as the kind, supportive, and empathetic inner voice, typically taking place during times of struggle or suffering. Self-protection runs alongside self-compassion, where it sets boundaries for oneself and the relationships with others.

The study extracted data from research papers that "measured self-criticism, self-compassion, and/or self-protection, and their synonyms using self-rating scales in the context of forest bathing" (Szitás et al., 2024, 4). The results of the study came back with many stating that forest bathing reduces anxiety, depression, and stress, while enhancing positive emotions, self-compassion, and overall mental well-being. One of the studies found that daily exposure to nature resulted in self-compassion and positive body image. Overall, forest bathing and exposure to nature can reduce harmful psychological states and should be seen as a strong support for mental health benefits.

Physiological Benefits

In addition to the various positive psychological aspects, forest bathing has many physiological benefits. The study *The Physiological Effects of Shinrin-Yoku (Taking in the Forest Atmosphere or Forest Bathing): Evidence from Field Experiments in 24 Forests across Japan* was conducted by a research team to clarify the physiological effects of forest bathing. During the experiment, the subject's physiological parameters measured were their salivary cortisol, pulse rate, blood pressure, and heart rate variability (HRV) (Park et al, 2010, 19). By measuring these changes, the team was able to see "the relaxation effect induced by forest settings" (Park et al, 2010, 19). The results from the field experiment reassured the human-nature relationship, identifying that the forest both increases relaxation and provides stress-relieving effects in humans. As stated in the study, "the physiological effects of Shinrin-Yoku show that forest environments could lower concentrations of cortisol, lower pulse rate, lower blood pressure, increase parasympathetic nerve activity, and lower sympathetic nerve activity compared with city settings" (Park et al, 2010, 25). This study, along with others, highlights the relationship between forests and human physical wellness.

Stress can cause a huge strain on an individual's mental wellness, as mentioned before; however, it can also affect a person's physical wellness. Stress reduction through forest bathing is supported by the Stress Reduction Theory (SRT). SRT is a psychological theory developed by environmental psychologist Roger Ulrich. The theory explains that being in the natural environment reduces stress and improves physiological well-being (Kotera, Richardson, and Sheffield, 2022).

Forest bathing has been shown to reduce stress and negative emotions due to its mental and physical health benefits. However, how does forest bathing provide these positive health aspects? Dr. Rathmann explains that the natural environment and plants produce and emit biogenic volatile organic components (BVOCs) that chemically react with the human immune system, which can result in a reduction of stress. It has been more clearly proven that forest stays have reduced cortisol levels, creating a ripple effect, reducing other negative health effects such as tension and negative emotions (Rathmann, 2023, 24).

Mindfulness & Positive Solitude

While one could participate solely in forest bathing, it can also be paired with various other types of mindful exercises. By doing this, it can connect and enhance the experience the body, mind, and emotion have while participating in forest bathing. Dr. Rathmann speaks of mindfulness-based stress reduction (MBSR), which derives from Buddhist meditation techniques. Such practices can be stress-reducing with the main intent to help a person through negative thoughts of oneself (Rathmann, 2023, 24). When performing MBSR in a natural environment instead of an urban one, participants could expect a larger decrease in stress and negative emotions (Rathmann, 2023, 23).

Mindfulness of the senses is a significant aspect of forest bathing; it is important to know how they are affected. Forest bathing has a multisensory effect on the human body, which plays into biophilic and sensory design. As the time of day and weather change, the visual impressions of the forest change. Subdued light passes through the tree canopies, altering shadows laid across the earth, playing a role in how people will perceive their surroundings. The natural smells of the forest are enhanced by the weather, for example, the immediate scent of conifer trees after rain. The touch and sound of tree bark or dried leaves create a calming effect, contributing to mood. Lastly, taste through the resources the earth provides, such as berries, plants, and fungi.

One may participate in forest bathing as a group or in positive solitude. Positive solitude can be defined as the choice to "dedicate time to a meaningful, enjoyable activity or experience conducted by oneself" (Ost Mor, Palgi, and Segel-Karpas, 2021, 957). Whereas, solitude can be described in a negative connotation, such as loneliness or social isolation (Ost Mor, Palgi, and Segel-Karpas, 2021, 944). The study "The Definition and Categories of Positive Solitude: Older and Younger Adults' Perspectives on Spending Time by Themselves" by Sharon Ost Mor, Yuval Palgi, and Dikla Segel-Karpas explains that the choice to participate in positive solitude is to experience freedom and self-exploration, resulting in stress reduction and assisting in the recovery of well-being.

The study mentioned above gained insight into how positive solitude affects people of different age groups and discovered what is valued during the time alone. With no difference in age group, the three activities people mentioned during positive solitude were quietness, experience in nature abroad, and time for recreation, hobbies, and routines. Another four themes were mentioned primarily by the young adults during positive solitude. Those themes are spiritual and religious experiences, escapism, a way to cope with stress or thoughts, and obtaining achievements. Participants mentioned feeling the following when partaking in the seven categories during positive solitude (Ost Mor, Palgi, and Segel-Karpas, 2021, 948-953):

- Quietness: calm and tranquility.
- Experiences in nature or abroad: freedom, energized, serene, and healthy.
- Time for recreation, hobbies, and routines: being by themselves.
- Spiritual or religious experience: spiritual connectedness, guided, open.
- Escapism: escape from tasks or duties.
- Control stress or thoughts: focused, relief, sense of control.
- Obtaining achievements: decision-making and joy.

The results of the study identified that, regardless of age, participants found positive solitude essential for their life and quality time with oneself contributed to their well-being and self-esteem (Ost Mor, Palgi, and Segel-Karpas, 2021, 955).

Winter Forest Bathing

In Canada, winter can last from 3 to 5 months of the year, during which deciduous trees lack their lush green leaves. This raises the question: Does forest bathing have the same restorative effects in winter as it does in summer? Although not as much research has been done on winter forest bathing, some studies

still support its restorative effects on humans. Results from research experiments suggest that even in the winter months, when deciduous trees have no leaves, the wooded vegetation in its natural environment has positive restoration effects, reducing stress (Bielinis et al. 2018). Therefore, for the selected site of Whiteshell Provincial Park in Manitoba, Canada, the retreat will be able to conduct forest bathing during all seasons of the year.

Forest Bathing & the Interior Space

After further research, forest bathing is incorporated into the retreat's interior spaces through purposely orientated views, sensory design, an outdoor observation space, and outdoor wellness areas. The precedent Santani Wellness Resort and Spa highly considered sightlines in their design. By doing so, every space has seamless and unobstructed views of the landscape. This not only provides picturesque views but also allows light and air flow throughout each space. This psychologically and physiologically benefits occupants as they continue to be immersed in nature from the exterior to the interior, resulting in relaxation and stress reduction in both the exterior and interior spaces. Therefore, sightlines are designed in every space.

The retreat is multisensory by designing for more than one of the five senses, which enhance the overall experience for the users (Ost Mor, Palgi, and Segel-Karpas, 2021). Sight is implemented through the views of the forest from large windows in every space of the retreat. Scent is primarily used in thermal spaces and yoga studio. This is added through natural essential oils that are diffused in spaces. Similar to the scent, calming, tranquil, natural sounds and music are played via speakers/sound system in the interior spaces.

Tactile surfaces and materials are in all spaces of the retreat. Wood is the primary material used throughout each space. Wood provides a minimalist aesthetic and contributes to biophilic and sensory design strategies through its natural material, colour, touch, and scent.

A newly designed outdoor observation space provides an interior moment in the exterior environment. The structure has a roof, protecting guests from direct weather conditions, and is completely open on one side to view the lake. The remaining sides of the structure are rotating wood slats so guests can feel wind and see the surrounding forest. In addition to the new outdoor observation space, two outdoor wellness spaces, the fire pit area and cold plunge, were created. These outdoor thermal experiences are placed amongst the forest for guests to enjoy wellness activities while experiencing forest bathing.



2.4 Summary of Chapter

This practicum was informed by the research on well-being, biophilic design, and forest bathing, with a focus on supporting physical and mental well-being through connection to nature. Well-being is a multidimensional topic of how one feels overall, understanding and managing how each dimension (physical, mental, social, intellectual, spiritual, environmental, occupational, and financial) of well-being impacts health and happiness (Health Providers: Shared Health Manitoba 2024). Biophilia is the human inclination to interact with nature, which is beneficial to both physical and mental well-being (Kellert, 2018). Where biophilic design acts on the human desire to connect with nature, to create an experience in the built environment seeking a healthier place for people (Kellert, 2018). Lastly, forest bathing is immersing oneself in the forest to relax, recover, and absorb its healing benefits of disease prevention, stress and anxiety reduction, as well as the promotion of physical and mental well-being (Park et al. 2010, 18). By integrating these concepts into the wellness retreat, the practicum creates a restorative environment that reduces stress, supports physical and mental well-being, encourages digital detox, and establishes a connection between people and nature.

The table on the following page lists key theorists or researchers, their theories/concepts, and how those concepts will be implemented into the retreat design.

THEORIST OR RESEARCHER	THEORY OR CONCEPT	DESIGN CONCEPT	DESIGN/SPATIAL IMPLICATION
Joachim Rathmann	Forest Bathing	Incorporate forest bathing within the interiors as well as exteriors through immersive, relaxing spaces.	Incorporate vegetation and thoughtfully placed sightlines, such as individual to two-person sitting spaces outdoors or large windows that only view nature from private cabins.
Joachim Rathmann	Mindfulness-Based Stress Reduction (MBSR)	Incorporate mindful exercises to enhance the forest bathing experience and stress reduction.	Incorporate wellness such as yoga and/or meditation spaces to enhance the mind and body connection to nature.
Rachel and Stephen Kaplan	Attention Restoration Theory (ART)	Incorporate ART through escaping routine and effortless attention to nature and materials.	Incorporate thermal routine, such as hot, cold rest, to relax and reset the mind and body. Low-contrast materials that complement the surrounding landscape.
Sharon Ost Mor, Yuval Palgi & Dikla Segel-Karpas	Positive Solitude	Incorporate activities of quietness, nature, and recreation, so that users can dedicate meaningful time to themselves.	Incorporate calm and tranquil spaces for quiet, such as meditation spaces, individual nature spaces, and recreational activities.
Sharon Ost Mor, Yuval Palgi & Dikla Segel-Karpas	Multisensory Design	Incorporate all the senses, sight, scent, sound, touch, and taste in the design.	Incorporate views, essential oils, natural sounds, natural tactile surfaces, and local vegetation into the spaces of the retreat.
Stephen Kellert	Biophilia & Biophilic Design	Incorporate biophilic design strategies through direct experience of nature, indirect experiences of nature, and experiences of spaces and places.	Incorporate direct experiences of nature through outdoor spaces, large windows with sightlines to the forest and water. Incorporate indirect experiences of nature through materiality, such as wood, neutral low-contrast colours that match the surrounding landscape, and organic shapes.
Jay Appleton	Prospect & Refuge Theory	In connection with experiences of spaces and places.	Incorporate viewpoints, spatial layouts, and furniture that promote prospect and refuge.

CHAPTER 3.0 | PRECEDENT ANALYSIS

This chapter reviews four hospitality establishments that focus on a connection to nature and human well-being: the Ziedlejas Wellness Resort, Farouche Tremblant, Santani Wellness Resort and Spa, and the New Life Portugal Wellbeing Center. The resorts/retreats/hotels were selected from varying regions to gain insight into materiality, spatial layout, and the importance of the natural environment. Analysis of each precedent focused on: project details, relevance to practicum, project description, design description, and design implications. The results of these analyses inform the programming and design decisions in this practicum.

3.1 | ZIEDLEJAS WELLNESS RESORT

Project Details

Designer: Open AD

Typology: Wellness Resort

Location: Krimulda Parish, Latvia

Relevance to Practicum

Local materiality

Mindfulness of nature

Programmatic spaces

Project Description

Ziedlejas Wellness Resort, or "Latvian nature spa," is located within Gauja National Park in Krimulda Parish, Latvia. The resort was built in 2020 and centered around sauna culture and connecting with nature through a slow, nature-immersed escape from crowds (Francisca González 2021). The resort focuses on tuning in with nature to heal, nurture, and find peace. The resort is surrounded by the untouched natural landscape with scenic trails (Francisca González 2021).

There are multiple buildings on the site, which vary in purpose and use. The buildings on the site are guided by nature and local materials, such as linen, wood, and metals. Each building features large windows to mindfully observe and view nature. The building types at the Ziedlejas Wellness Resort are private cabins and sauna buildings (pirts), with future plans to build an additional sauna building, event space, and reception area (Francisca González 2021).



Figure 1: Ziedlejas Wellness Resort Cabin Exterior

Design Description

The Ziedlejas Wellness Resort incorporates views of nature into many, if not all, spaces to enhance well-being. Three of the main amenity buildings are the glass pirt, smoke or black pirt, and wool pirt, where rituals, sessions, and events occur. Each pirt provides a unique experience and design. The glass pirt focuses on comfort by providing a space to unwind with large glass panes and daylight next to a natural pond (Francisca González 2021). The smoke or black pirt is a more intimate setting situated next to a natural spring in the quiet, untouched nature for healing (Francisca González 2021). Lastly, the wool pirt is a spiral, meditative, warming experience among the trees (Francisca González 2021).

The guest cabins (glass rooms) feature a large window to view the natural landscape. This large-scale glazing provides daylight, views to the exterior, and an opportunity to unwind while observing nature at all hours. Each glass room can host 2 adults, 2 children, and a baby, due to its hide-away bed and extra loft space (Francisca González 2021). The rooms are minimalistic while providing the necessary amenities for a comfortable stay, such as a full bathroom (sink, shower, and water closet), heated floors, fridge, wood terrace, and proximity to the other resort spaces. One thing to note is the lack of internet connection and mobile phone coverage, which could encourage healing and presence at the resort (Francisca González 2021).

In addition to the built spaces, the resort offers activities that take place outside. Bike rentals are available for individuals or groups, team building events for a variety of groups, as well as hiking routes of varying difficulty. These activities are highlighted by the untouched natural surroundings coupled with the calming experience of the resort (Francisca González 2021).

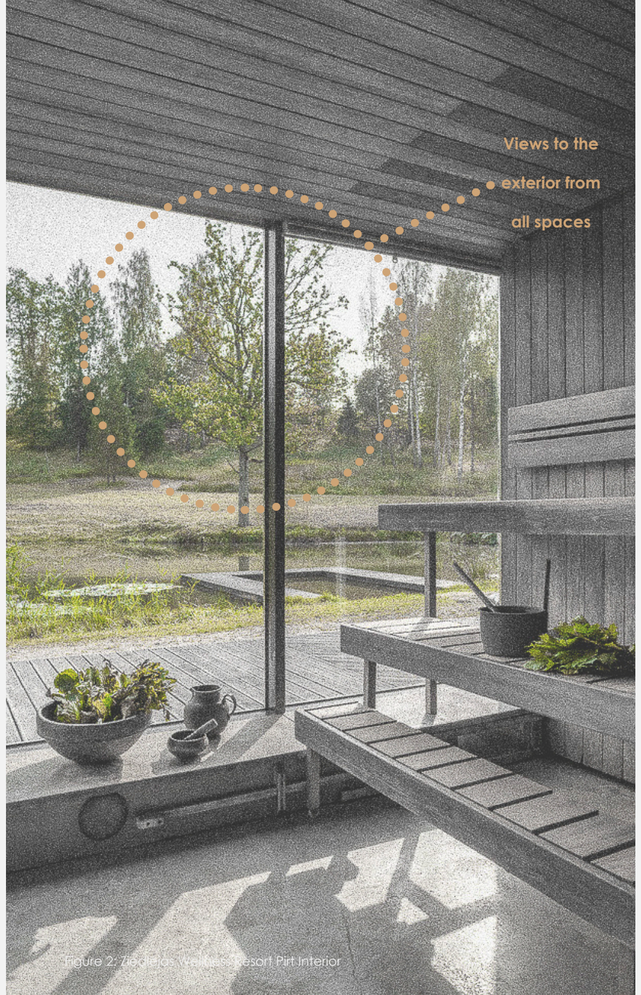


Figure 2: Ziedlejas Wellness Resort Pirt Interior

Design Implication

The Ziedlejas Wellness Resort is functional and minimalistic. Focusing on wood, metal, concrete, and linen, as core materials, the resort has a cohesive look with a comfortable feel. From the exterior, the rooms are built of glass and Corten steel, which give off a rich orange hue enhanced by the surrounding greenery. The same Corten steel is featured on both the glass pirt and smoke or black pirt, where the focal materiality is an aged wood. On the interiors, the materiality is consistent and is used for varying functions (ceilings, walls, flooring) depending on the space. In the glass rooms, wood is used on the floors, walls, and furniture. This same concept is used in each building but with different materials, such as the glass pirt interior being concrete and the wool pirt being a black wood. This method provides a seamless, clean, and minimalistic look, adds aesthetic and highlights the function of each space.

The spatiality of the site is a core feature. Separating each space, the private spaces versus the public

spaces, as well as separating the different sauna buildings, ensures moments in nature. By having multiple buildings, this forces users to exit the interiors and enter the natural surroundings, providing moments with nature to hear, breathe, and feel the outdoors. This method is effective in creating a nature connection with the users of the resort.

From the analysis of the Ziedlejas Wellness Resort, views to the exterior are a main feature, creating a connection to nature at most, if not all, points of the resort. By having viewpoints, users can recognize the time of day and weather changes, creating a biophilic connection through direct experience of nature and experience of space and place.

As mentioned, the design is minimalistic but effective in highlighting the function and use of a space while being aesthetically pleasing to the eye. After analyzing the Ziedlejas Wellness Resort, the following design strategies were considered for the practicum project:

- Be selective in materiality that provides purpose, function, and aesthetics.
- Include views to the exterior at many points to create a human-nature connection while allowing daylight in.
- Use modular furniture to allow for additional space when needed.



Figure 3: Ziedlejas Wellness Resort Pirt Exterior



Figure 4: Ziedlejas Wellness Resort Cabin Interior

3.2 | FAROUCHE TREMBLANT

Project Details

Designer: Atelier l'Abri

Typology: Retreat

Location: Lac-Supérieur, Quebec, Canada

Relevance to Practicum

Untouched nature

Programmatic spaces

Accustom to Canada's climate

Project Description

Farouche Tremblant is located within Mont-Tremblant National Park, directly adjacent to the Devil's River in Quebec, Canada. The project was built in 2022 and focused on the untamed qualities of the natural environment, which is highlighted by the spaces available at the site: Nordic farm, café-bar, four-season cabins, and outdoor camp (Pintos 2022).

Farouche Tremblant accommodates approximately fifteen guests, ensuring a private, uncrowded experience (Pintos 2022). The overall goal for this retreat is to have an authentic experience that is immersed in nature, while guests slow down and admire the natural landscape of rivers and mountains.



Figure 5: Farouche Tremblant Cabin Exterior

Design Description

The Nordic farm includes a large garden where fruits and vegetables are grown for guests to purchase or for the kitchen to prepare meals (Pintos 2022). Along with this is a farm building and barn, a chicken coop, a treatment room, workshop space, and a large terrace used for gatherings or yoga sessions. The purpose of the farm is to provide guests with many experiences, one of which includes life learning skills such as how to grow and harvest vegetables (Pintos 2022).

At Farouche Tremblant, guests enter the main building, the café-bar, through a small market that holds seasonal products from the site's Nordic farm and garden. The café-bar includes a dining area and kitchen that offers meals made from the farm's fresh produce (Pintos 2022). As a gathering space, the café-bar building is focused on views of nature as its large window opens the space with daylight and frames Mont-Tremblant and mountaintops during all hours of the day (Pintos 2022).

South of the main hub are the guest cabins, strategically placed on the site to immerse guests in nature. The cabins are simple, focusing on the basics, slowness, and reconnection with nature (Pintos 2022). The cabins offer a bed, sofa, gas stove, and a connected deck that mimics the triangular shape of the cabin (Pintos 2022).

The hotel offers many outdoor activities for its guests to engage with nature. Adjacent to the large terrace is a paddle shack that houses outdoor equipment, such as electric bikes, paddle boards, lawn games, and yoga equipment (Pintos 2022). In addition to these are a Nordic bath and a dock on the river for guests to relax and observe the winding of the water.

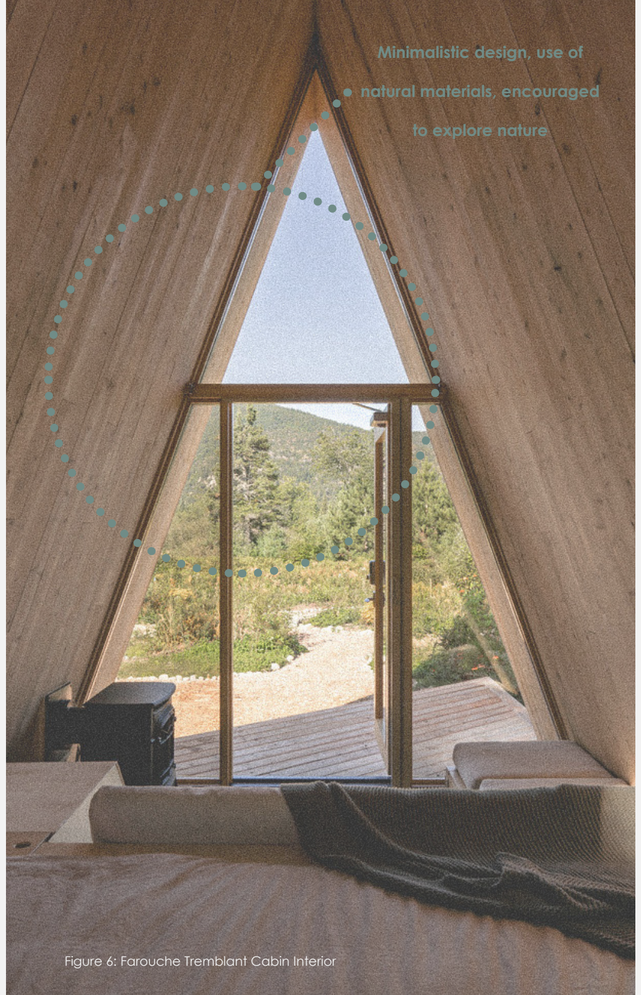


Figure 6: Farouche Tremblant Cabin Interior

Design Implication

The main building, which houses the café-bar, is made of a charcoal steel roof and natural hemlock siding, inspired by vernacular farmhouses. On the interior, wood is featured in furniture, the ceiling finish, window frames, and in the details. Whereas the floor is a glossy white concrete, and the walls painted in a warm white for the daylight to easily bounce off and brighten the space.

The guest cabins, similarly, to the main building, are made of wood on the interior, from the roof, floor, and furniture. On the exterior, the cabins are covered in cedar shingles on their sharp-angled roofs and back sides. The cabins follow a minimalistic architectural style, containing only the necessities, encouraging users not to hide away, and instead, go out and explore nature. After analyzing Farouche Tremblant, the following design strategies were considered for the practicum project:

- Offer activities that incorporate the surrounding landscape, whether that be to be immersed within it, learn about it, and/or cook with it, for a holistic experience.
- Create moments of pause to observe and admire the exterior environment through all seasons.



Figure 7: Farouche Tremblant Main Building Exterior

Created moments of pause to observe and admire nature

Figure 8: Farouche Tremblant Main Building Interior

3.3 | SANTANI WELLNESS RESORT & SPA

Project Details

Designer: Thisara Thanapathy Associates

Typology: Wellness Resort & Spa

Location: Kandy, Sri Lanka

Relevance to Practicum

Harmony with landscape

Programmatic spaces

Thermal treatment areas

Project Description

The Santani Wellness Resort and Spa is located an hour away from Kandy, Sri Lanka, amongst the lush, hilly landscape, to escape the modern-day urban environment. The concept of the resort and spa was to harmonize with the landscape, where the built forms flow and connect with nature instead of taking away from it (Francisca González 2018). By doing this, the resort is immersed in the tranquility of the natural environment.

The resort has four main sections: an entrance pavilion, spa, lounge-restaurant, and 16 private villa chalets, all of which are raised from the ground and spread across the site. The built structures feature voids to allow natural ventilation, encouraging passive design strategies in its tropical climate (Francisca González 2018).



Figure 9: Santani Wellness Resort and Spa Suite Exterior

Design Description

The Santani Wellness Resort and Spa begins at the center of the valley with its entrance pavilion. Blending into the landscape, the open, simple pavilion creates a picturesque view of the surrounding nature (Francisca González 2018). A recurring theme through the resort spaces is the use of rustic natural materials, the direct views of nature, and the passive design strategies used with light and air to create a multisensory design experience (Francisca González 2018).

The Lounge & Restaurant, as well as Chalets, focus on the picturesque views of the mountain range through their orientation and use of glass. The built structures blend into the landscape through the minimalistic materials, such as thin steel and timber (Francisca González 2018).

A main space at the resort is the spa. Following the design of the Lounge & restaurant, the spa is built of timber slightly above ground, flowing its green terraces with the sloped landscape and toward the mountains (Francisca González 2018). A tunnel built of local rubble leads users to the spa. Within the lower level of the spa is a water-therapy room, steam room, and sauna (Francisca González 2018). Further, on a second lower level are three massage-treatment rooms. By using local materials and focusing on views, a peaceful feeling is created through the movement of connecting tunnels (Francisca González 2018).



Figure 10: Santani Wellness Resort and Spa Pool View

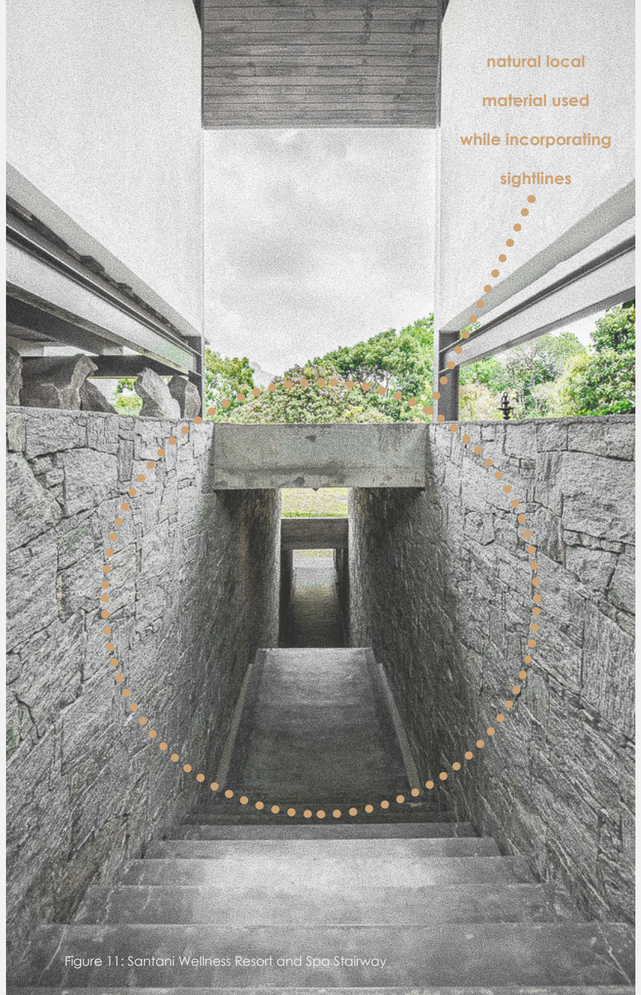


Figure 11: Santani Wellness Resort and Spa Stairway

Design Implication

The materiality of the resort and spa is consistent, focused on hard stones and warm woods that complement the surrounding greenery. Although the resort and spa are immersed in hard surfaces, the space feels bright from the viewpoints and void spaces that allow daylight in. The smooth surfaces reflect this light, adding depth to the space and removing and subterranean feelings.

Sightlines were taken into high consideration in the design, ensuring a seamless and unobstructed view of the landscape from the entrance to the treatment spaces on the lowest levels. This view provides not only a picturesque view but allows light and air to flow from space to space. After analyzing the Santani Wellness Resort and Spa, the following design strategies were considered for the practicum project:

- Blend into the landscape through the minimalistic materials, such as thin steel and timber.
- Use passive design strategies/biophilic design strategies such as direct views of nature, light, and air to create a multisensory design experience.



Figure 12: Santani Wellness Resort and Spa Balcony View

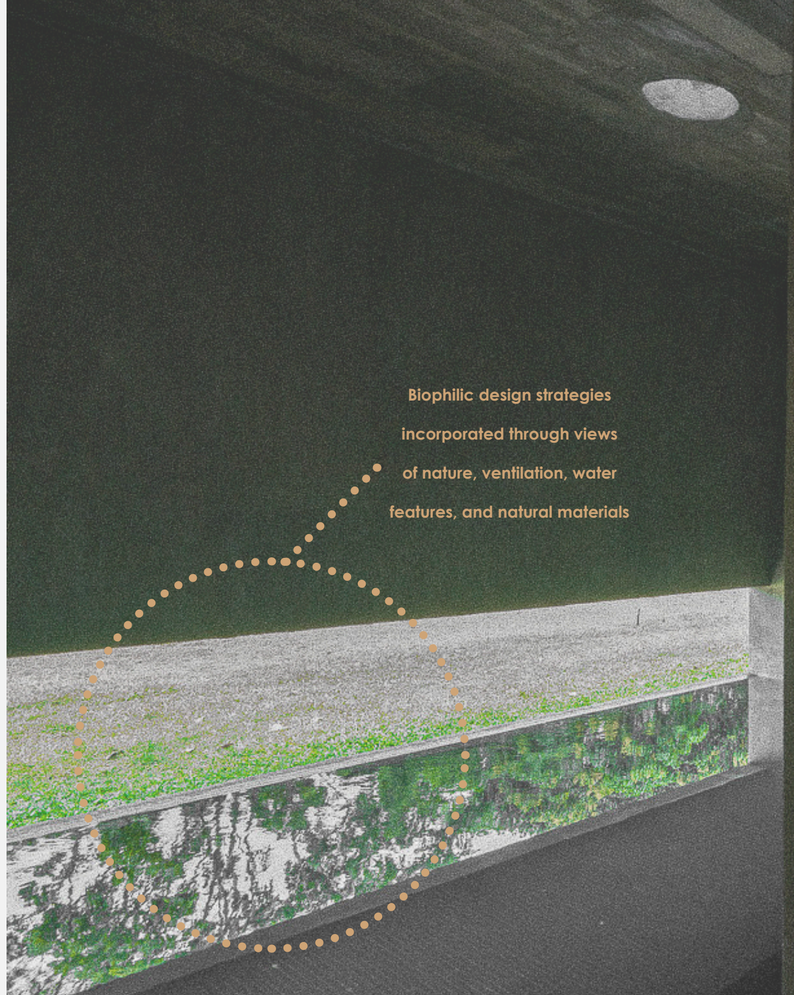




Figure 13: Santani Wellness Resort and Spa Hallway

3.4 | NEW LIFE PORTUGAL WELLBEING CENTER

Project Details

Designer: PLATAFORMArq

Typology: Wellness Center - Hospitality

Location: Gouveia, Portugal

Relevance to Practicum

Programmatic spaces

Design Typology

Renovation to Preexisting Buildings

Project Description

The New Life Portugal Wellbeing Center, now known as the Estrela Serenity Resort, renovated preexisting buildings to facilitate various spaces that encourage wellness and meditation while offering views and building a relationship with the surrounding nature (Moreira 2022). The amenity spaces at the wellbeing center include meditation, yoga, counseling, coaching, fitness, as well as nature and mindfulness activities (Moreira 2022).

The center was inspired by the healing and transformative powers of nature and a passion for well-being and hospitality. The Estrela Serenity Resort was created for guests to reconnect with themselves and nature through all avenues of wellness (Moreira 2022). Placed in the Serra da Estrela Natural Park, the resort is surrounded by the natural landscape, where guests can explore or relax in the tranquility of the mountains and lush forest of Portugal (Moreira 2022).



Figure 14: New Life Portugal Wellbeing Center Yoga Exterior

Design Description

The resort utilized and refurbished its existing buildings into both community and private areas. Many of the buildings house private suites for guests that offer views of the beautiful landscape. The suites are minimalistic with wood millwork and flooring, painted warm white walls, and features of cork for sound absorbency. By doing this, the large, glazed sliding doors to the balcony are observed as the focus, presenting panoramic views of the mountains.

As mentioned, Estrela Serenity offers various community facilities, one of those being a multifunctional community center. The center is a place where guests can unwind and gather. It holds a dining hall where fresh, local ingredients are focused on nourishing the body and soul, a lounge and wine bar that extends onto a large outdoor terrace, an active space, an outdoor swimming pool, and sauna and a massage room.

The focus of the resort is wellness; therefore, many of their spaces are used for wellness rituals and/or routines, such as the meditation hall. The meditation hall is located at the highest point of the site, built with 270-degree windows for a seamless, serene view of the Mondego Valley. This space accommodates an atmosphere for guests to participate in meditation, yoga, and mindfulness activities



Figure 15: New Life Portugal Wellbeing Center Yoga Interior



Figure 16: New Life Portugal Wellbeing Center Building Exterior

Design Implication

The wellness resort focuses on reconnecting to nature through all its avenues. Gaining nutrition from local ingredients, body rejuvenation through thermal and mindfulness activities, moments of pause in the silence of the spaces and calming tones of the materials, and simply breathing and viewing the surrounding greenery. After analyzing the New Life Portugal Wellbeing Center, the following design strategies were considered for the practicum project:

- Allow nature to be the artwork, simple materials will frame the landscape.
- Consider sound-absorbing materials, especially in spaces that offer nature-based and mindfulness activities.

3.5 Summary of Chapter

The Ziedlejas Wellness Resort, Farouche Tremblant, Santani Wellness Resort and Spa, and the New Life Portugal Wellbeing Center were all selected for the precedent analysis due to their typology, programmatic spaces, materiality, and most importantly their connection to nature. These projects have influenced the final design on spatial layout, functionality of spaces, and materiality.

All four spaces put nature at the forefront of the design, to blend with nature instead of taking away from it. The projects create a sense of calm and reconnection between the users and nature through biophilic design, such as constant views of the exterior, proximity to water, nature-based activities, and wellness activities, as well as using local and/or natural materials that seamlessly blend with the environment instead of standing out.

Lastly, the projects inform the importance of nature, its beauty, and the undoubtful benefit it provides to both mental and physical well-being. The Ziedlejas Wellness Resort, Farouche Tremblant, Santani Wellness Resort and Spa, and the New Life Portugal Wellbeing Center have been guides and inspiration in the final practicum design.

The table on the following page lists the precedents analyzed in this chapter and how their design strategies will be implemented into the retreat design.

PRECEDENT	TYPOLOGY	DESIGN STRATEGY	DESIGN/SPATIAL IMPLICATION
All Precedents	Hospitality	Use of natural light, calm and tranquil atmosphere, natural materials, and views to the exterior landscape in each space.	Provide natural light, use neutral colours/tones, natural materials such as wood, and large windows for views to the exterior.
Ziedlejas Wellness Resort	Wellness Resort	• Materials that are local and aesthetic. • Human-Nature connection through viewpoints. • Functional & modular furniture.	• Use local materials that complement/match the colours and tones of the environment. • Large windows to nature with unobstructed views. • Provide organic-shaped furniture with neutral coloured textiles
Farouche Tremblant	Retreat	• Activities that holistically use the surrounding landscape (immersion, cooking). • Comfort and observation during all seasons.	• Provide outdoor sitting spaces to sit within nature. Have the cooking staff use local vegetation in the meals provided. • Proper insulation, heating, and cooling throughout every season.
Santani Wellness Resort and Spa	Wellness Resort & Spa	• Minimalistic, low-contrast materials • Thermal treatment spaces	• Using similar toned materials or the same material throughout a space to provide ease for the eyes (wood on ceiling, walls, and floor) • Provide thermal spaces such as dry and wet saunas, cold treatments like ice baths, and resting lounge areas.
New Life Portugal Wellbeing Center	Wellness Center	• Simple materials that complement the surrounding landscape. • Sound-absorbing materials in quiet spaces such as yoga/ meditation studio.	• Use of local materials, such as spruce, to match the interiors with what one sees on the exterior. Using green and brown textiles that match the colours of local vegetation. • Use of natural sound-absorbing materials, like cork. To dampen noise in particular spaces in which silence is needed.

CHAPTER 4.0 | SITE ANALYSIS

This chapter explains and analyzes the selected site and built environments for the practicum project. This site has 9 buildings and was chosen for its seclusion, forested landscape, and distance from urban areas. By selecting a site with multiple buildings of different sizes, the retreat provides a strong physical distinction between private and public spaces for guests. This not only ensures guests' moments in nature from one building to another but also allows them to decide how they want to reconnect with nature, alone or in a group setting. In this chapter, site history and relevance are provided, followed by site environmental analysis, climatic conditions, current state of the buildings, as well as the benefits and limitations of the site and buildings.

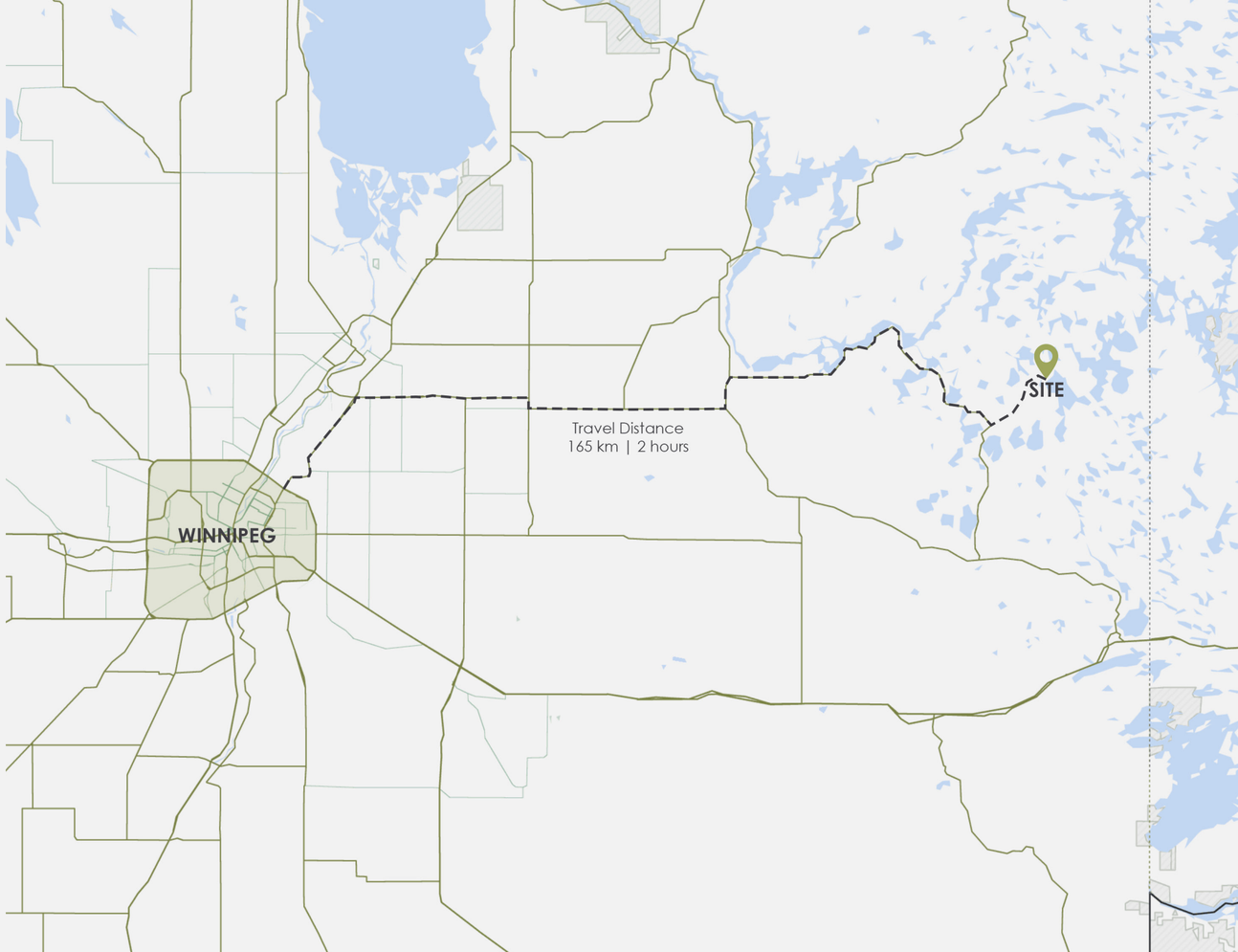
CHAPTER 4.0 | SITE ANALYSIS

4.1 Site Description & Relevance

Whiteshell Provincial Park is a 2,729 square kilometre boreal forest with numerous lakes and rivers (Explore the Whiteshell, 2026). Classified as a provincial park to preserve the land, the park provides "nature-oriented recreational opportunities" that include hiking, canoeing, and in winter skiing, along with many other activities (Explore the Whiteshell, 2026). The area has personal cottages, lodges, campgrounds, boating, and trails, all while protecting the historical, cultural, and archaeological sites, which promotes "public appreciation and understanding of the park's natural features" (Explore the Whiteshell, 2026).

Site Relevance

The selected site for the wellness retreat is located at the John G. Stewart Camp in Whiteshell Provincial Park. The site offers ideal conditions for digital detox and forest bathing due to its limited cell reception, seclusion, and forested landscape. The camp is accessed by a private road and is situated on a waterfront property of Big Whiteshell Lake. The camp has multiple built structures of varying sizes surrounded by vegetation, which are redesigned to create shared wellness spaces and private cabins.



4.2 Site Analysis & Characteristics

Access

Approximately 2 hours (165km) from Winnipeg, one passes towns such as Beausejour and Seven Sisters Falls, as well as Nutimik and Betula Lake, on the route to the Knowles Camp. The site has private road access, therefore limiting vehicular noise. The site can only be accessed via personal transportation (i.e. there is no public transport from surrounding cities to the lake).

Topographic & Geographical Characteristics

Whiteshell Provincial Park covers the geologic formation of the Canadian Shield. The Precambrian bedrock is found at higher reliefs of the park and along the shoreline. The shoreline varies between bedrock, sand, silt, and clay around the entire lake. As for the site, it sits on bedrock, with varying relief of 33 metres, 341 metres at its highest point to 308 metres where the shoreline meets the lake.

Climatic Characteristics

The Koppen Climate Classification for Whiteshell Provincial Park is Dfb, characterizing the area as continental (D), year-round precipitation (f), and with warm summers (b). July is the hottest month with an average high of 25 degrees Celsius. Whereas January is the coldest month with an average low of negative 19 degrees Celsius.

Flora & Fauna

Whiteshell Provincial Park is a 2,729 square kilometre boreal forest with numerous lakes and rivers. The park is recognized for the Precambrian Shield and the variety of tree species. The forest is vast with black and white spruce, balsam fir, trembling aspen, balsam poplar, tamarack, and jack pine. In addition to this, the forest has diverse wildflowers, shrubs, and other vegetation (Explore the Whiteshell).

Due to the density of tree coverage and the size of the park, fauna typically keep their distance from human life. However, large to small size animals call the provincial park home. Some of the larger animals seen are black bears, white-tailed deer, and wolves (Explore the Whiteshell). As for the smaller animals, there are otters, beavers, red fox, rabbits, squirrels, and many more. Many types of birds, fish, reptiles, amphibians, and insects can also be found at Whiteshell Provincial Park.

Designing with nature benefits the project by allowing nature to thrive and enhance the retreat. Seasonal changes were considered throughout the design with respect to viewpoints, colour palette, and thermal comfort. During the design process, the interiors reflect the local landscape through materiality and focus on minimalism, bringing the occupants back to basics to focus on oneself and nature reconnection.



Sun Path & Wind Direction

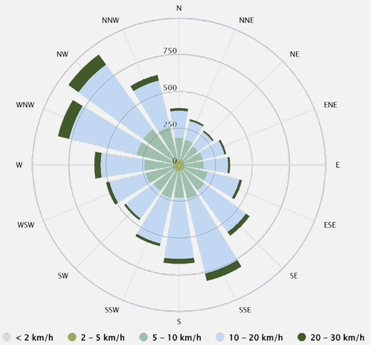


Figure 17: Wind Direction Big Whiteshell Lake

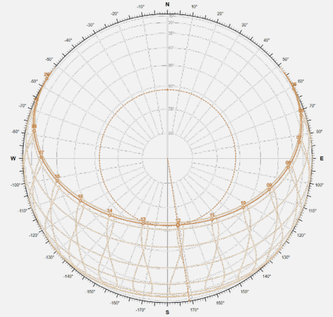


Figure 18: Sun Path Big Whiteshell Lake

4.3 Building Analysis & Infrastructure

Current Function

The site currently functions as an educational camp for youth, ages 12 to 17, who are a part of the Knowles Centre Healing Homes or Day Treatment Programs (Knowles Centre, 2025). Youth who attend these programs may have dealt with neglect, abuse, and trauma throughout their lives (Knowles Centre, 2025). The John G. Stewart Camp is used for the youth to experience new outdoor activities and raise spirits (Knowles Centre, 2025).

Building Vernacular

The camp encompasses a total of nine one-storey buildings of varying size and function. The current buildings are all rectangular in shape, built with minimal windows, and all follow the same materiality of beige metal siding. Each building have been redesigned as functioning parts of the retreat. The following are the functions and sizes of the current buildings, accompanied by a site map.

- **Buildings 1-3** currently serve as open cottages for the youth attending the camp, which include a small office or entertainment room. Two of these buildings are 291.2 ft^2 and one is 355.8 ft^2.
- **Building 4** is 422.2 ft^2 washroom facility split into 2 for males and females, where each includes 2 lockable water closets, sinks, and showers.
- **Building 5** is 325.8 ft^2 and is split into 3 spaces, 2 of which are staff washrooms, and the other is a dry sauna.
- **Building 6** is 195.0 ft^2 divided into 2, both of which function as staff offices.
- **Building 7**, the largest building at 1,034 ft^2, is the community hall and kitchen.
- **Building 8** is 559.7 ft^2 and is divided into 3, 2 of which are for storage, and one is a staff bedroom.
- **Building 9** is 393.0 ft^2 and is the most secluded building on the site. It is divided into 3 rooms and serves as sleeping quarters for the staff.



Building 1



Building 7



Building 8



Building 9



Figure 19: Satellite of Knowles Camp in Whiteshell

Surrounding Facilities & Businesses

Most of the surrounding buildings along the shoreline of Big Whiteshell Lake are personal cottages, a lodge, and two campgrounds where people can book a space for either tent or trailer camping. However, there is a small store and restaurant 1 kilometre away from the site which sells essential camping items, food products, and clothing. Between the store and the site are no other buildings, creating seclusion and silence for the retreat.

4.4 Benefits & Limitations

Location

The primary reason the Knowles Camp was selected, was its location. The site is secluded within the Whiteshell Provincial Park, with no direct or visible neighbours. Additionally, the cell phone reception is very limited and often none. However, close by is a local store if users require any forgotten items and/or need cellular reception, in case of emergency.

Vegetation

The vegetation at the selected site is far from lacking. Densely packed with varying tree species (black spruce and white spruce, balsam fir, trembling aspen, balsam poplar, and tamarack), users have many opportunities and views to participate in forest bathing. Additional windows have been added to all buildings, enhancing the human-nature (interior-exterior) connection at all points during the retreat stay.

Spatial Layout

The site is split into 9 different buildings. This allows both public spaces and private cabins for retreat users. Due to many built structures users are forced to be within nature as they walk from space to space. Creating human-nature moments before different activities.

Climatic Characteristics

Manitoba is known for its drastic temperature changes, easily ranging from -30 degrees to +30 degrees Celsius. Therefore, It is important that the buildings are functional under a wide range of temperatures. Providing year round and seasonal activities for users were also considered.

Accessibility

Accessibility not only to the site but also to the buildings on site is a concern. There is a lack of transportation options to Whiteshell Provincial Park, therefore, users need to either drive themselves or pay an extra cost for a private shuttle service. None of the buildings have ramps to enter, therefore the design provides accessible access for all public spaces and one accessible private cabin.

Orientation

Due to the spatial layout of the buildings, each buildings orientation is different. This caused for extra design considerations with each separate building, as they all have different views, orientation to daylight, and even elevation differences.



4.5 Summary of Chapter

Whiteshell Provincial Park is a boreal forest with numerous lakes and rivers in Manitoba, Canada. The park protects the historical, cultural, and archaeological sites while promoting nature focused activities. The John G. Stewart Camp on Big Whiteshell Lake Provincial Park offers ideal conditions for digital detox and forest bathing due to its limited cell reception, seclusion, and forested landscape. The camp was hypothetically renovated into the wellness retreat as its ideal for shared and private spaces due to its multiple built structures of varying sizes surrounded by vegetation. The local flora and fauna is vast and large and was considered heavily, avoiding disruption to the landscape and habitat. Designing with nature benefits the project, allowing nature to thrive and enhancing the experience of the retreat.



CHAPTER 5.0 | DESIGN PROGRAMME

This chapter outlines the proposed design programme for the Reconnection Retreat. The chapter explains the programme including project objectives, client and user profiles, programmatic activities, furniture, fixture, and equipment requirements (FF&E), and area requirements. This programme informed the design proposal discussed in the next chapter.

CHAPTER 5.0 | DESIGN PROGRAMME

5.1 Design Programme Description

The design programme was created for the hypothetical renovation of the Knowles Camp to accommodate a digital detox retreat for well-being and nature reconnection, located in Whiteshell Provincial Park in Manitoba, Canada. The intent of the newly renovated retreat is to offer mental respite and digital disconnect while offering wellness amenities, such as saunas and meditation spaces, to promote positive well-being for Manitobans. Following biophilic guidelines, such as direct and indirect experiences with nature, in both shared and private spaces of the retreat merges the interior and exterior environments, promoting nature connectedness throughout. The use of local materials from the Manitoba landscape in interior spaces offer seamless connection from the exterior surroundings to interior spaces.

5.2 Human Factor Analysis

Programme Objectives

As mentioned in the introduction, the design proposal for the wellness retreat is located in Whiteshell Provincial Park, Manitoba. The following objectives guided the design development for the project:

- Design a retreat that offers mental respite and digital disconnect while offering wellness amenities, to promote positive well-being.
- Follow biophilic guidelines, such as direct and indirect experiences with nature, in both social and private spaces.
- Use local materials from Manitoba on interior spaces for a seamless feel between interior and exterior spaces.

Intended Users

The intended user for the nature retreat are Manitobans ages 20 to 64 as they make up 58% (779,260 people) of the population (1,342,150 people) (Canada, 2021). Based on the literature review it is assumed that this age group may deal with the greatest number of stressors in their daily lives. As mentioned, stress can be categorized into the following groups:

- Physical
- Nutrition
- Cognitive
- Emotional
- Spiritual
- Occupational
- Financial
- Environmental
- Daily Life

From ages 20 to 30, users can be stressed from figuring out their next steps after high school that will set them up for the rest of their lives, such as post-secondary education, first careers, and marriage. From ages 30 to 40, users can be stressed from family and occupation, as they can be parents to young children, settling into their first home, getting a hold of their career, or supporting aging parents. From ages 40 to 64, users could have occupational and financial stress as they can gain more responsibility at work and are forward thinking about retiring.

5.3 User Profile

Tertiary User Profile

Tertiary users are those with the least amount time spent at the retreat and limited access to spaces. This group of users includes delivery personnel, suppliers, and external maintenance staff.

Secondary User Profile

Secondary users include those who only require limited time to the retreat. This includes staff members such as guest instructors.



Primary User Profile

The retreat accommodates 10 guests and 10 staff members at a time. The table on the following page lists the user type, the activities they participate in, the physical and psychological needs they require from the retreat, and the approximate number of users.

USER	QUANTITY	ACTIVITIES	PHYSICAL NEEDS	PSYCHOLOGICAL NEEDS
Adults (Guests)	10	Attend the nature retreat to participate in group nature classes, rejuvenate in quiet wellness activities, or rest in private cabins.	Large social spaces to connect with other occupants if desired, smaller thermal spaces with views to reconnect with nature, private cabins to reconnect with self or partner. Space in the cabins to store personal belongings, clear views of nature in each building.	Welcoming, calm, and relaxing environment to encourage reconnection with nature and self.
Yoga Instructor	1	Prepare and instruct group classes on physical wellness activities. The yoga instructor does not stay on site overnight.	Large space to instruct group classes. Storage space for equipment and personal belongings. Yoga mats and equipment.	Clean and organized space to instruct group classes. Calm, open, and functional environment.
Managers & Staff	5	Assist occupants with wants and needs, inform on group classes and activities available at the retreat. Take payment from occupants, assist with any comments or concerns. Staff will not stay on site overnight. There will be a day and night manager, where the night manager will remain awake during the evening hours for assisting guests or incase of emergency.	Reception desk and task chairs, computer systems for payments, cabin bookings, marketing, and scheduling specialty instructors. Private office, with desk and chair for manager, storage space for client and employee files and information. Staff room to store personal belongings and take breaks.	Calm and functional space with clear views of occupants who may enter the reception area for assistance. Healthy work environment to feel like they are making a difference in the occupant's wellness.
Chef & Kitchen Staff	4	Prepare food for occupants using natural ingredients, some of which from the surrounding vegetation. Chef and kitchen staff do not stay on site overnight.	Large space or building to prepare meals. Storage space for equipment and personal belongings, cook tops and cooking utensils.	Clean and organized space to prep and cook food. Calm, open, and functional environment.



5.4 Spatial Requirements

The table on the following page lists the different spaces that retreat offers, the purpose of the space, the furniture, fixture, and equipment (FF&E) requirements, as well as their approximate size.

The theories, mindfullness-based stress reduction (MBSR) by Joachim Rathmann, and positive solitude by Sharon Ost Mor, Yuval Palgi, and Dikla Segel-Karpas,as well as all precedents mentioned in chapter three, informed and inspired the desired spaces for this practicum.

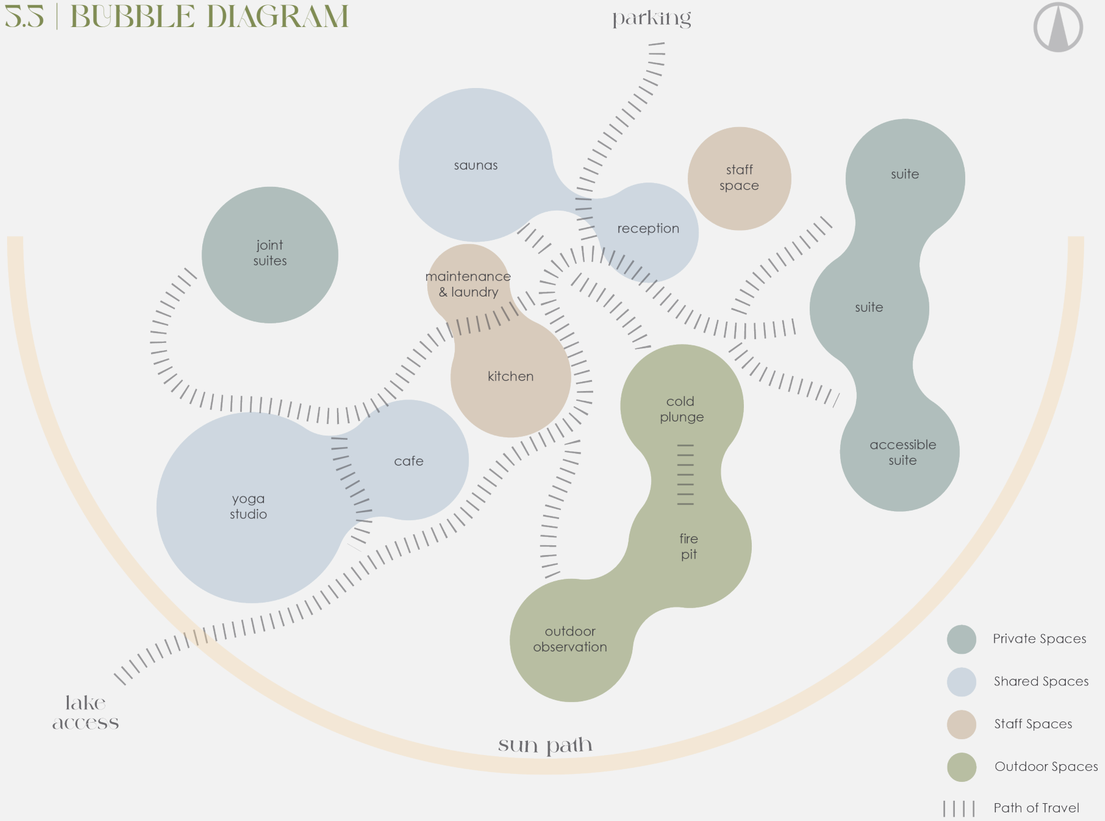
SPACE	SIZE	PURPOSE	FF&E REQUIREMENTS
Private Cabins with Exterior Deck	352.6 ft^2 to 409.0ft^2	Transition from exterior to interior that is built from local materials seen on site. Large views to the exterior. Serene, clam space. More costly than the joint cabin option. Additional privacy, views, and luxury materials.	Bed, couch, lounge chair, table, small kitchenette, full luxury bathroom, storage, views to exterior.
Laundry Room & Maintenance	187.7ft^2	Space for housekeepers and maintenance employees to store supplies and clean.	Washer, dryer, sink, tables for folding, storage for linens, towels, and cleaning supplies. Maintenance room for equipment, water heaters, supplies for saunas, etc.
Dry Sauna & Steam Room	329.0ft^2	Space for rest and rejuvenation and loosen muscles in the heat of the saunas.	Wood and stone seating in saunas, heater and steamer for saunas, calming music and essential oils, views to exterior.
Manager Office & Staff Room	225.8ft^2	Building for the management to focus and staff to take breaks. Provide variety of seating options.	Desk, chair, and storage for manager to perform their duties and stay organized.
Community Hub & Kitchen	1,026.0ft^2	Open community space to connect with other occupants. Space for reading, playing games, and viewing nature. Tables and chairs for eating meals. Full culinary kitchen for chefs to prepare meals.	Tables and chairs for dining. Lounge chairs. Small kitchenette to store food and beverages. Refrigerator, freezer, stove, oven, storage racks, prep tables, dish pit.
Reception & Storage	192.2ft^2	Space for guests to check-in and hand over their digital device. Small room for locking all digital devices and staff to book in guests.	Lounge chairs, custom reception desk, stool, lockable cabinet, computer.
Yoga Studio & Instructor Office	566.3ft^2	Space to preform wellness physical activities such as yoga and meditation. Space for instructor to create schedules, and store personal belongings.	Yoga mats and equipment, calming music. Desk and task chair.
Joint Cabins with Exterior Deck	556.8ft^2 (278.4ft^2 per cabin)	Transition from exterior to interior that is built from local materials seen on site. Large views to the exterior. Serene, clam space. Building holds 2 rooms in one building, for a less costly option for occupants than the private cabins.	Bed, lounge chair, table, stools, coffee table, full bathroom, views to exterior.
Outdoor Observation	225.0ft^2	Outdoor space for guests to view, feel, and observe nature, while remaining slightly protected from weather conditions.	Outdoor chairs, lounge chairs, coffee table, and tables.

5.5 | ADJACENCY DIAGRAM

	Reception	Office & Staff Room	Outdoor Cold Plunge	Private Suites	Dry Sauna & Steam Room	Laundry & Maintenance	Outdoor Fire Pit	Kitchen	Community Hub	Yoga Studio & Office	Outdoor Observation	Joint Suites
Reception		Primary	Not Related	Secondary	Not Related	Undesired	Not Related	Undesired	Not Related	Undesired	Undesired	Not Related
Office & Staff Room	Primary		Undesired	Secondary	Not Related	Not Related	Not Related	Secondary	Secondary	Not Related	Undesired	Not Related
Outdoor Cold Plunge	Not Related	Undesired		Not Related	Secondary	Not Related	Primary	Not Related	Not Related	Not Related	Secondary	Not Related
Private Suites	Secondary	Secondary	Not Related		Secondary	Secondary	Not Related	Undesired	Not Related	Not Related	Not Related	Not Related
Dry Sauna & Steam Room	Not Related	Not Related	Secondary	Secondary		Secondary	Secondary	Undesired	Not Related	Not Related	Not Related	Not Related
Laundry & Maintenance	Undesired	Not Related	Not Related	Secondary	Secondary		Not Related	Secondary	Secondary	Not Related	Undesired	Secondary
Outdoor Fire Pit	Not Related	Not Related	Primary	Not Related	Secondary	Not Related		Not Related	Not Related	Not Related	Secondary	Not Related
Kitchen	Undesired	Secondary	Not Related	Undesired	Undesired	Secondary	Not Related		Primary	Undesired	Undesired	Undesired
Community Hub	Not Related	Secondary	Not Related	Not Related	Not Related	Secondary	Not Related	Primary		Not Related	Not Related	Not Related
Yoga Studio & Office	Undesired	Not Related	Not Related	Not Related	Not Related	Not Related	Not Related	Undesired	Not Related		Not Related	Not Related
Outdoor Observation	Undesired	Undesired	Secondary	Not Related	Not Related	Undesired	Secondary	Undesired	Not Related	Not Related		Not Related
Joint Suites	Not Related	Not Related	Not Related	Not Related	Not Related	Secondary	Not Related	Undesired	Not Related	Not Related	Not Related	

- Primary Adjacency
- Secondary Adjacency
- Not Related
- Undesired Adjacency

5.5 | BUBBLE DIAGRAM



CHAPTER 6.0 | DESIGN PROPOSAL

This chapter presents the proposed design for the Reconnection Retreat located in Whiteshell Provincal Park, based on the accumulation of information gathered from the literature review, precedent analysis, site analysis, and design programme. This research was used as a guide for the design proposal which provides a calming and restorative reset for Manitobans through digital detox and nature reconnection. This chapter explains the final design of the retreat through an introduction and concept statement, the design development and spatial layout, design characteristics, such as site biophilia and colour study, resulting in the final material board, and lastly, the overall design solution.

CHAPTER 6.0 | DESIGN PROPOSAL

6.1 Reconnection Retreat Introduction

The Reconnection Retreat is a restorative sanctuary where visitors detox from digital media and reconnect with nature. Rooted in the principles of forest bathing, the retreat encourages guests to slow down, engage their senses, and restore their mental and physical well-being through the immersive experience of forest bathing. The retreat offers wellness spaces that support and enhance the effects of forest bathing that promote calmness, reflection, and meaningful interaction with the landscape.

The retreat is composed of multiple built structures dispersed throughout the site, each offering different wellness activities, such as the saunas, a place for restoration, the yoga studio, a place for meditation, the community hub, a place for interaction, and the outdoor observation space, a place for reflection. The site was chosen for its building layout, as it moves guests between interior and exterior environments, offering a constant connection to the natural surroundings. Pathways, framed views, and moments of pause guide guests through a sequence of spatial experiences that encourage mindfulness.

The buildings are clad in copper, a material chosen for its natural patinas and faraday cage, preventing electric fields from entering. Shifting in tone and texture, the copper responds to the weather and environmental conditions. This transformation reflects the changing forest, allowing the retreat and landscape to age together, reflecting the retreats' goal of harmonizing with nature. The Reconnection Retreat is a restorative environment to digitally detox and reconnect with nature using principles of forest bathing and biophilic design for mental and physical well-being.



6.2 Concept Statement

The Reconnection Retreat is shaped by biophilic design principles that strengthen the connection between people and nature. Daylight, views to the exterior, and natural materials, such as wood, stone, and soft textiles, create a calming space, sensory rich interior environment that complements the natural surroundings while encouraging relaxation. Large openings ensure the forest remains a constant presence, enhancing and extending the forest bathing experience in the interior environments.

Soft textures, organic forms, and natural materials work together to evoke tranquility, while supporting the restorative qualities of forest bathing. Each space is designed to foster stillness, reflection, and an immersive connection to the surrounding landscape, enhancing overall mental and physical well-being. The Reconnection Retreat harmonizes with nature through its restorative activities, transforming structures, and materials focused both on biophilic design principles and locality.

6.3 Design Development & Characteristics

Spatial Planning

The spatial layout of the Reconnection Retreat is shaped by the size and function of each building. The reception welcomes guests near the parking area, while guest suites are placed along the forest line for an immersive nature view. The largest structure houses the community hub with a kitchen and dining area. The yoga studio is oriented toward lake views, with remaining buildings dedicated to saunas, laundry, and maintenance.

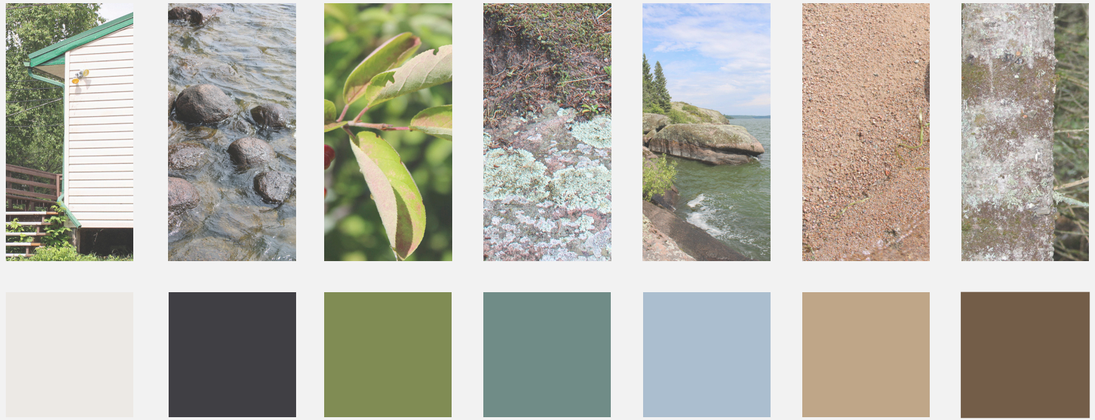
Colour & Materiality

The colour palette of the Reconnection Retreat is derived from the site itself. Colours were selected from site photographs, ensuring that the interior environments mirrored the natural surroundings. Materials were selected based on biophilic design principles that prioritized natural materials, colours, or forms, as well as being locally sourced, such as Tyndall Stone.

ZONING DIAGRAM



SITE BIOPHILIA & COLOUR



MATERIAL BOARD







Reception & Staff Area Key Plan



Reception & Staff Area Floor Plan

6.4 Reconnection Retreat Spaces

Reception & Staff Area

The reception and staff area is the first building guests interact with when arriving at the Reconnection Retreat. Guests enter the reception area and are welcomed by a digital free zone, where the reception desk is free of computer systems and phones. Guests are required to hand over all electronic devices to ensure they have a complete digital detox during their stay. The check-in process is done by paper and pen, where the staff then enters the guest's information in the small storage/digital room just off the reception once the guest leaves. The building includes a separate entrance at the back side of the building to the staff area, washroom, and a management office. The area serves as a rest area for staff, where they can store their personal belongings. The management office has a seating area for one-on-one discussions with staff as well as a desk for managers to handle administration work and guest inquiries.





Private Cabin Floor Plan



Private Cabin Closet & Seating Millwork Elevation

Private Cabins

The guest suites, take up 4 of the 9 buildings at the Reconnection Retreat, being able to accommodate 10 guests. The private cabins and accessible cabin focus on comfort by having large beds, a seating area, custom millwork, and a full bathroom. The daylight and views of the surrounding forestry are made possible with large windowscapes with sheer curtains, to assist in reseting guests circadian rhythm, and private deck. The materiality of each suite is strongly connected to biophilic design by using natural materials, such as wood and tyndall stone, as well as textiles with natural patterns and colours.



Cabin Key Plan



Joint Cabin

As mentioned, the joint cabin has two suites. The layout of the suites mirror each other and follow the same materiality of the private and accessible cabins. The joint cabin is a cost friendly option for guests, due to its minimized space, adjoining wall with other retreat guests, as well as reduced amenities. The rooms include a large bed, seating area, custom millwork, and a full bathroom. They do not feature a large storage closet or kitchenette that is available in the private and accessible cabin. The joint cabin has a large shared balcony that looks out to Big Whiteshell Lake where the guests can enjoy the evening sunsets.



Joint Cabin Floor Plan





Community Hub

The community hub is adjacent to the yoga studio and large green space that is used for outdoor wellness activities. The community hub acts as a touch down and interaction area where guests can rest between their wellness and nature-based activities. For the guests the community hub includes both dining and lounge seating, surrounded by large windowscapes, a custom fire place to cozy up to, washroom, and a grab-and-go beverage station. For staff, there is a kitchen to prepare guest meals, with walk-in refrigerator and freezer, as well as a mechanical room. The materiality of the community hub is focused on fresh and lively colours that can be found in the natural elements around the site, such as lush green from the vegetation. Complementing these colours are light, neutral tiles of Manitoba tyndall stone. Greenery is added to a wooden acoustic ceiling cloud to dampen noise from the kitchen while adding biophilia to the space.



Community Hub Key Plan



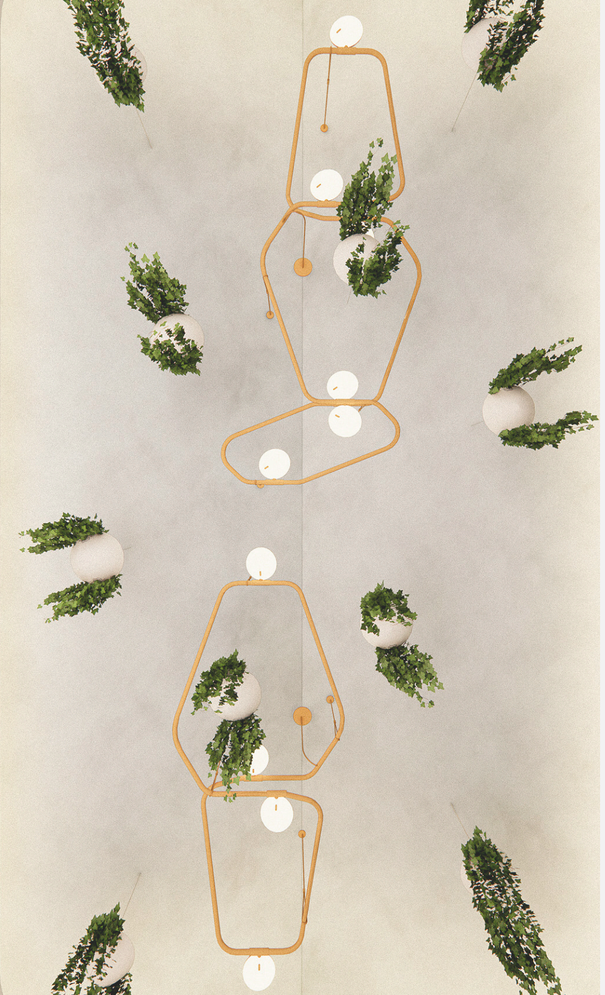
Community Hub Beverage Station Elevation



Community Hub Floor Plan

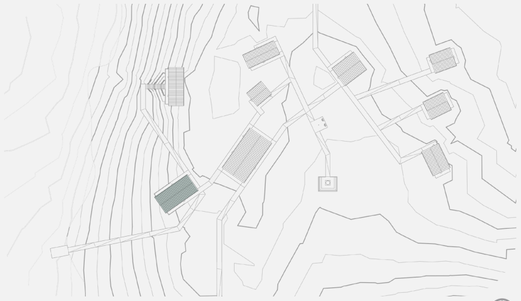






Yoga Studio

The yoga studio has one of the best viewpoints of the site. The two hundred and seventy degree windowscape provides views of the lush greenery and flowing water of Big Whiteshell Lake. For guests the yoga studio is a space for group or individual meditation sessions. Custom millwork holds occupants footwear, stores equipment for varying skill levels, and features a drop chute for used linens. This building also includes a universal washroom, as well as an office for the yoga instructor to store their personal belongings. The yoga studio can have up to ten guests and one instructor at a time. The materiality of the yoga studio is minimalistic, providing a calming, tranquil atmosphere. The space focuses on neutral tones, with small bursts of colour in the greenery and lighting fixtures. Surrounding the yoga studio is a deck for the retreat guests to admire the sounds, smells, and views of the surrounding vegetation and water.



Yoga Studio Key Plan



Yoga Studio Storage Millwork Elevation



Yoga Studio Floor Plan



Dry Sauna & Steam Room

The Reconnection Retreat offers multiple wellness activities for its guests. The dry sauna and steam room are interior wellness activities that can be enjoyed year-round. The dry sauna and steam room feature large windows for guests to view the exterior while releasing tension and feeling more relaxed. The steam room engages the guests sense of smell by diffusing essential oils, such as lavender, orange, and eucalyptus, in the steam. Both the dry sauna and steam room are connected by a robe room where guests can hang their robes and/or towels, take off their footwear, and store their water bottles before entering either of the wellness spaces.



Dry Sauna & Steam Room Section



Outdoor Wellness

As for outdoor wellness activities, the Reconnection Retreat offers a cold plunge and fire pit area. The cold plunge bucket fills with cold water, where guests then pull a rope and dump the water on themselves after the dry sauna or steam room. By doing this, guests partake in the thermotherapy ritual of the retreat. However, the cold plunge is not available in the winter months. The fire pit area is a U-shaped seating area for guests to engage in conversation with one another or to just enjoy the warmth of the fire. The fire pit can be used year-round and features the copper and tyndall stone seen throughout the retreat.



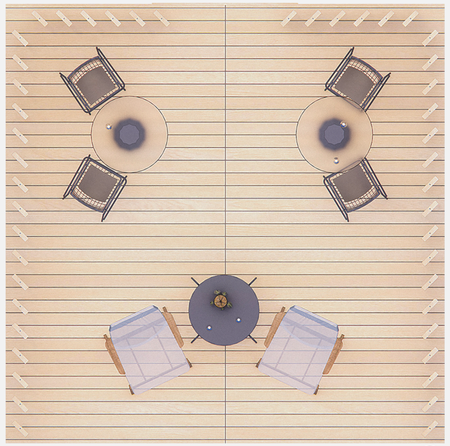
Wellness Key Plan







Outdoor Observation Key Plan



Outdoor Observation Floor Plan

Outdoor Observation

The outdoor observation space is an area for guests to simply observe the natural surroundings, as it acts as an exterior "interior" space. The space offers tall tables and stools, as well as lounge chairs for guests to sit and enjoy a book or beverage from the community hub to pause, observe, and reflect. The outdoor observation space is built mainly of wood to blend into the forest and connect to biophilic design, but also has a copper roof that will patina overtime with the vegetation and other site buildings. The structures roof protects guests from direct environmental conditions, such as rain or snow. Three sides of the outdoor observation space are made up of swivel wood slats to partially enclose the space but for guests to still see the forestry and for the wind and scents of the forest to breeze through. The side of the structure that is facing Big Whiteshell Lake is completely open. This is for guests to observe a picturesque view of the lake, sky, and nature.



Water Access & Activities

The Reconnection Retreat is located on a waterfront property of Big Whiteshell Lake, therefore guests have direct access to the water and water activities. Past the yoga studio is a dock for guests to enter the lake, where they can swim or use the paddle boards and/or kayaks provided by the retreat. During the winter months, when the lake is frozen over, the Reconnection Retreat cuts out a portion of the ice for guests to cold plunge in the lake, as the cold plunge buckets are not in use during the winter months.



Water Access Key Plan

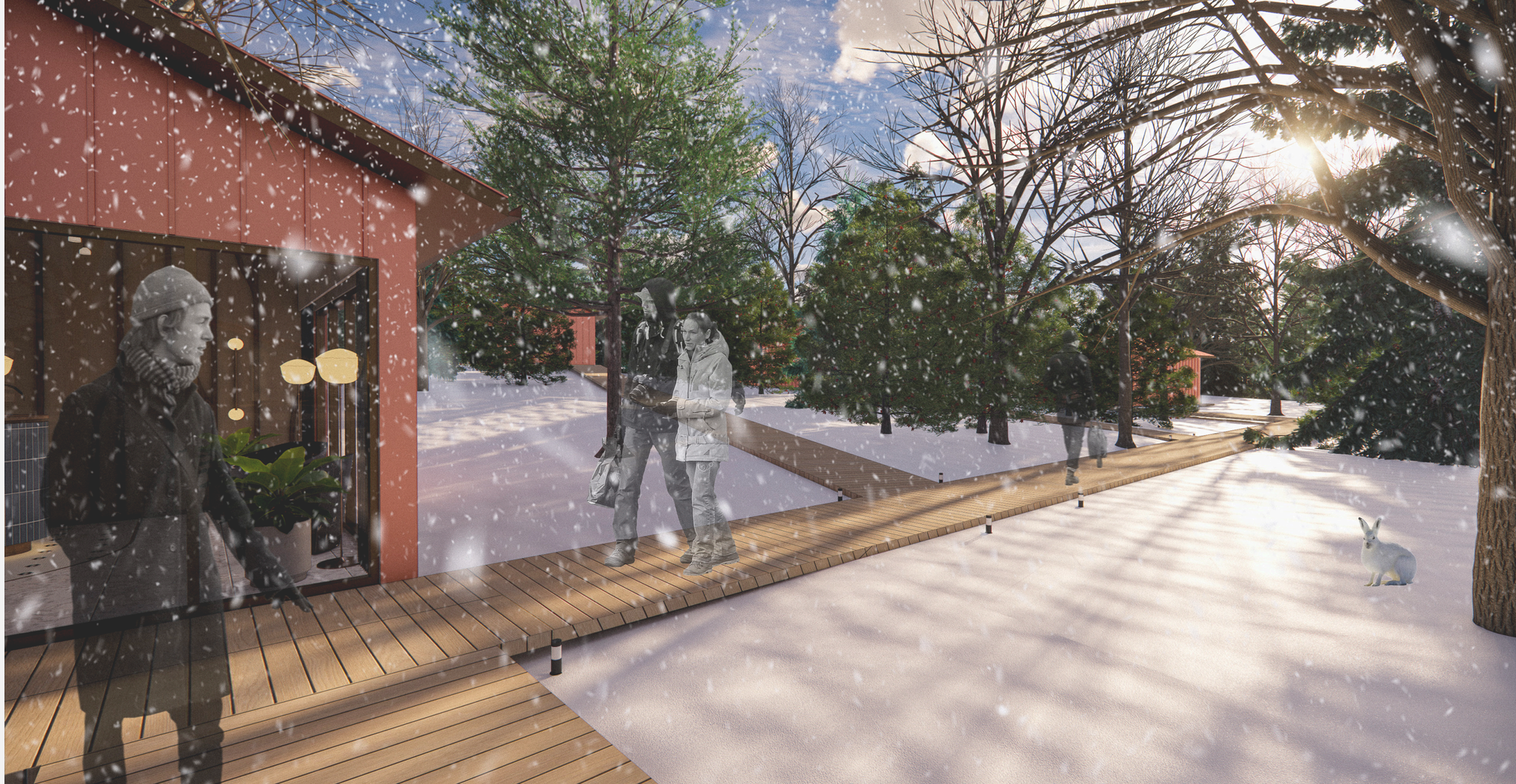




4.5 Summary of Chapter

The Reconnection Retreat is a restorative sanctuary where visitors detox from digital media and reconnect with nature. The retreat encourages guests to slow down, engage their senses, and restore their mental and physical well-being through the immersive experience of forest bathing. The retreat is composed of multiple built structures such as the restorative saunas, meditative yoga studio, the interactive community hub, and the reflective outdoor observation space. The Reconnection Retreat moves guests between interior and exterior environments, offering a constant connection to the natural surroundings and encourages forest bathing.

The Reconnection Retreat strongly focuses on biophilic design through daylight, views, and natural materials to connect the guests with nature, while creating a calming, sensory rich, nature-forward environment. The Reconnection Retreat harmonizes with nature as the buildings, forest, and guests transform as one throughout each season in Manitoba, Canada.





CHAPTER 7.0 | CONCLUSION

This chapter is a conclusion to the practicum document, providing a cumulation of information throughout, summarizing findings, revisits the research questions and objectives outlined in chapter one. This chapter is a reflection of the practicum project as a whole.

CHAPTER 7.0 | CONCLUSION

7.1 Conclusion of Practicum

Following the COVID-19 Pandemic, today more than ever people are using digital media to stay connected. However, the overuse of digital devices and social media can have negative side effects on people's mental and physical well-being.

A digital detox can be understood as an intentionally set time period where an individual refrains or reduces the use of any digital device(s) and/or media as a way to reduce stress and prevent negative side effects of digital media use (Marx et al., 2025). Research indicates that reducing time on digital devices and reconnecting with nature through forest bathing can provide a remedy to the negative effects digital media has. Forest bathing, the act of immersing oneself in nature, allows participants to be more aware of their physical, mental, and emotional well-being, resulting in positive effects on their mental well-being (Farkic, Isailovic, and Taylor, 2021).

Well-being is a multidimensional topic that branches into a variety of research topics. Well-being reflects how someone experiences life, how they understand, and manage each dimension of their life, such as emotional, physical, and mental health (Health Providers: Shared Health Manitoba 2024). Physical wellness contributes to one dimension of overall well-being that focuses on exercise, nutrition, sleep, and preventative healthcare. Dominic Upton and Kathryn Thirlaway (2024), identify that these core physical habits have been proven to be a healthy solution to the rising modern ill-health seen today. Emotional/mental wellness is the ability to manage one's emotions, develop self-confidence and trust, as well as cope with stress in positive and healthy ways.

Forest bathing, traditionally known in Japan as Shinrin-Yoku or forest therapy, has been shown in multiple studies to prevent disease, reduce stress and anxiety, as well as promote physical and mental well-being. The practice of forest bathing prevents stress-induced diseases that occur due to the urban lifestyle humans have adapted to, which can affect the body's physical and mental health. While one could participate solely in forest bathing, it can also be paired with various other types of mindful exercises. By doing this, it can connect and enhance the experience the body, mind, and emotion have while participating in forest bathing.

Forest bathing in combination with biophilia, a design can be created that focuses on human-nature connection. Biophilia refers to the human inclination to interact with nature, which is beneficial to both physical and mental well-being (Kellert, 2018). Biophilic design acts on the human desire to connect with nature, to create an experience in the built environment seeking a healthier place for people (Kellert, 2018).

By integrating these concepts into the wellness retreat, the practicum creates a restorative environment that reduces stress, supports physical and mental well-being, promotes digital detox, and establishes a connection between people and nature. The practicum project informs the importance of nature, its beauty, and the undoubtful benefit it provides to both mental and physical well-being. The designed space, the Reconnection Retreat, provides opportunity to build a human-nature connection through strongly encouraged forest bathing and its focus on biophilic design. Daylight, views of the Manitoba landscape, and natural Canadian materials help connect the intended guests, Manitobans, with nature, while creating a calming, sensory rich, nature-forward environment. The Reconnection Retreat harmonizes and joins with nature as the buildings, forest, and guests transform as one throughout each season in Manitoba, Canada.

7.2 Research Questions & Reflection

Research Questions

In chapter one, three research questions were developed to help guide the research through design process. These research questions are revisited to understand how they have been implemented into the Reconnection Retreat.

1. ***How can biophilic design theory inform the design of therapeutic spaces for individuals experiencing stress, anxiety, and self-criticism caused by the overconsumption of social media?***

Biophilic design theory informed the design of therapeutic spaces for people experiencing negative mental and physical symptoms from digital media by reconnecting individuals with nature through natural light, vegetation, organic materials, and calming spatial experiences. These biophilic elements can help reduce stress and anxiety, improve emotional well-being, and create restorative environments that encourage mindfulness, relaxation, and self-reflection. By incorporating connections to nature, therapeutic spaces can provide relief from overstimulation and self-criticism often associated with the overconsumption of social media.

2. ***What types of interior spaces, exterior spaces, and activities are most beneficial in wellness retreats that focus on reducing the use of technology and negative mental well-being while promoting reconnection to nature?***

Interior and exterior spaces, as well as wellness activities can reduce the use of technology and improve mental and physical well-being by encouraging individuals to reconnect with nature and engage in wellness and nature-based activities. Interior spaces, such as the dry sauna and steam room, community hub, and yoga studio can promote relaxation, interaction, and mindfulness, while exterior spaces, such as the cold plunge, fit pit, and outdoor observation, encourage direct interaction with nature. Forest bathing combined with wellness based activities and digital detox can support stress reduction, restoration, and a balance of technology use.

3. ***How can locally sourced materials be used in the designed interior to support a biophilic design approach and build a stronger connection to nature?***

Dr. Stephen Kellert advised that biophilic design can be applied through three categories: direct experiences of nature, indirect experiences of nature, and experiences of space and place (Kellert and Calabrese 2015). Locally sourced materials such as tyndall stone and wood are classified as using indirect experiences of nature because they are natural materials. Not only do these materials add an aesthetic value to an interior space, but by using naturally local materials they can create a stronger human-nature connection. This is because a sense of admiration and pride can be built by seeing not only what local nature can provide but how Manitoba and Canadian specific materials can shelter, protect, and connect guests to the surrounding natural landscape and regional identity.





Reflection

This practicum project focused on designing a digital detox retreat to promote positive physical and mental well-being and while reconnecting oneself with nature through the practice of forest bathing. The goal was to create a restorative interior space that helps reduce stress, anxiety, and self-criticism caused by the overconsumption of digital media.

At first, the focus of the practicum was more on creating a visually appealing space that blurs the interior and exterior environments. However, over the two-year period that focus shifted from blurring boundaries to creating spaces that offer prospect and refuge, and spaces that enhance the forest bathing experience. Therefore, instead of trying to force the landscape and forest bathing experience on the interiors, the interiors acted as a space to enhance the restorative effects guests were gaining from forest bathing, such as meditative and thermotherapy spaces.

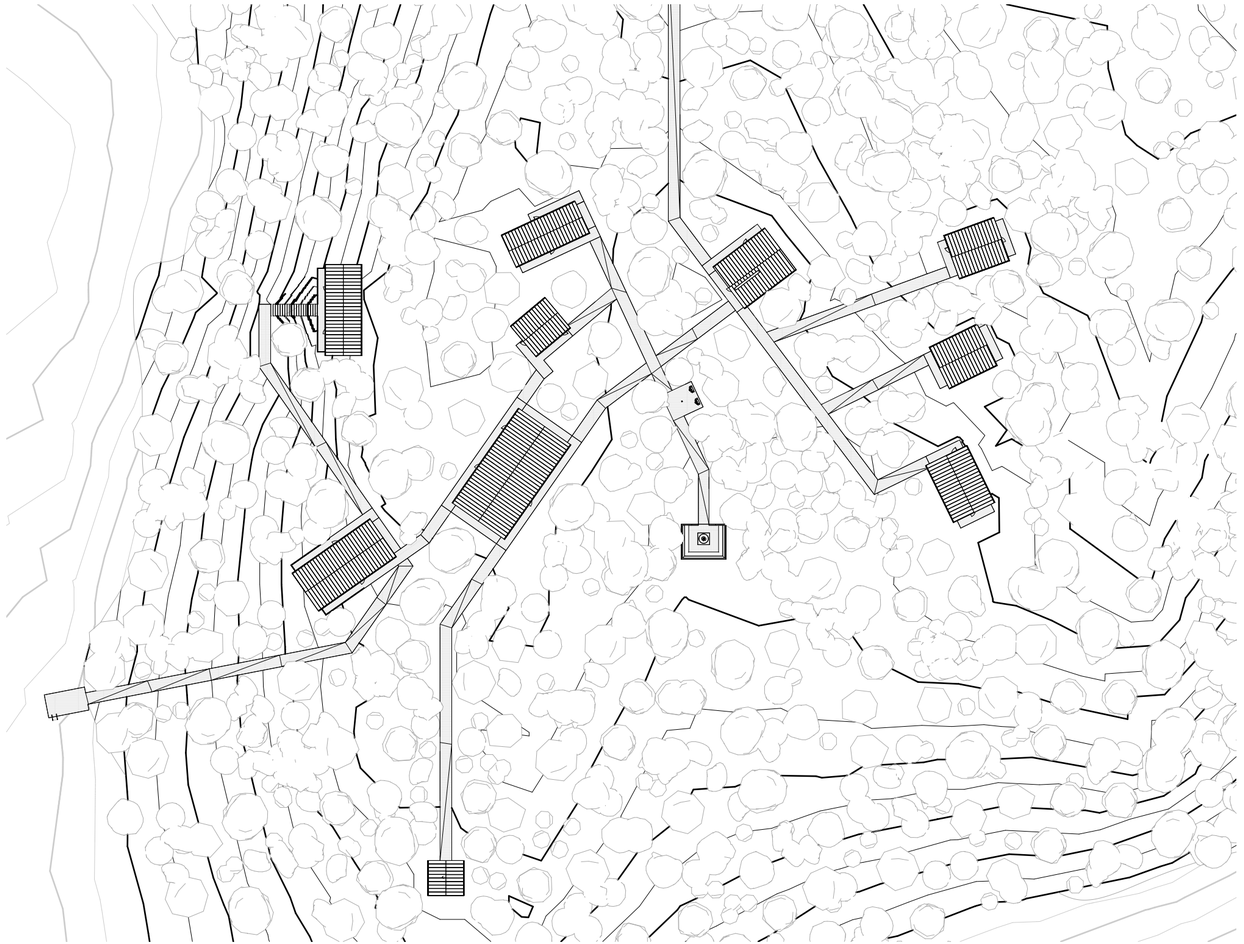
This project helped improve my research and design development skills by learning how important it is to connect design decisions back to research and user experience. This, at times, was a challenge as the concept of forest bathing is an exterior activity, and trying to implement that into an interior design project created confusion.

Overall, this practicum project developed and grew alongside myself throughout the master's degree. It advanced my education, pushed me mentally, helped me grow both personally and professionally, and strengthened my interest in wellness and interior design. This practicum project, the Reconnection Retreat, showed me how I can design interior spaces that can positively impact people's physical and mental well-being.

Thank you again to my practicum committee, my friends, family, and fiancé, Keenan. I could not have completed this practicum project without your love, support, and encouragement. Love, Shelby.

CHAPTER 8.0 | APPENDIX

This chapter is an appendix for the remaining information not found throughout the rest of the practicum document. The chapter consists of the Reconnection Retreats technical drawing set, furniture and lighting collage, material board, design posters, and building code analysis.



RECONNECTION RETREAT CONCEPT STATEMENT

The Reconnection Retreat is shaped by biophilic design principles that strengthen the connection between people and nature. Daylight, views to the exterior, and natural materials, such as wood, stone, and soft textiles, create a calming space, sensory rich interior environment that complements the natural surroundings while encouraging relaxation. Large openings ensure the forest remains a constant presence, enhancing and extending the forest bathing experience in the interior environments.

Soft textures, organic forms, and natural materials work together to evoke tranquility, while supporting the restorative qualities of forest bathing. Each space is designed to foster stillness, reflection, and an immersive connection to the surrounding landscape, enhancing overall mental and physical well-being. The Reconnection Retreat harmonizes with nature through its restorative activities, transforming structures, and materials focused both on biophilic design principles and locality.

SHEET INDEX

ID0.0	DRAWING INFORMATION
ID1.0	SITE DRAWINGS
ID2.0	PRIVATE CABIN DRAWINGS
ID3.0	COMMUNITY HUB DRAWING
ID4.0	YOGA STUDIO DRAWINGS
ID5.0	RECEPTION & STAFF AREA DRAWINGS
ID6.0	ACCESSIBLE CABIN DRAWINGS
ID7.0	JOINT CABIN DRAWINGS
ID8.0	DRY SAUNA & STEAM ROOM DRAWINGS
ID9.0	LAUNDRY ROOM & MAINTENANCE DRAWINGS

ABBREVIATIONS

ACT	ACOUSTIC CEILING TILE
AFF	ABOVE FINISH FLOOR
D0#	DOOR TYPE NUMBER
GL#	GLAZING TYPE
GWB	GYPSUM WALL BOARD
MT#	METAL TYPE
O.C.	ON CENTER
PT#	PAINT TYPE
ST#	STONE TYPE
STL	STEEL
STR	STRUCTURE
TL#	TILE TYPE
TX#	TEXTILE TYPE
UNO	UNLESS NOTED OTHERWISE
VTC	VAULTED CEILING
W#	WALL TYPE
WD#	WOOD TYPE
WP#	WALLPAPER TYPE

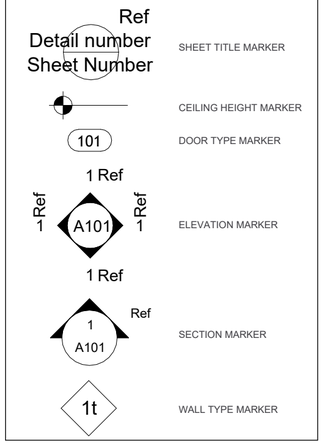
RECONNECTION RETREAT INTRODUCTION

The Reconnection Retreat is a restorative sanctuary where visitors detox from digital media and reconnect with nature. Rooted in the principles of forest bathing, the retreat encourages guests to slow down, engage their senses, and restore their mental and physical well-being through the immersive experience of forest bathing. The retreat offers wellness spaces that support and enhance the effects of forest bathing that promote calmness, reflection, and meaningful interaction with the landscape.

The retreat is composed of multiple built structures dispersed throughout the site, each offering different wellness activities, such as the saunas, a place for restoration, the yoga studio, a place for meditation, and the community hub, a place for reflection and observation. The site was chosen for its building layout, as it moves guests between interior and exterior environments, offering a constant connection to the natural surroundings. Flowing pathways, framed views, and moments of pause guide guests through a sequence of spatial experiences that encourage mindfulness.

The buildings are clad in copper, a material chosen for the Reconnection Retreat for its natural patinas effect. Shifting in tone and texture, the copper responds to the weather and environmental conditions. This transformation evolves alongside the changing forest, allowing the retreat and landscape to age together, reflecting the retreats goal of harmonizing with nature. The Reconnection Retreat is a restorative environment to digitally detox and reconnect with nature through the principles of forest bathing and biophilic design for their mental and physical well-being.

SYMBOL LEGEND



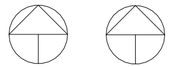
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GENERAL NOTES

1. ALL MEASUREMENTS ARE IN IMPERIAL UNITS U.N.O.
2. ALL INTERIOR PARTITIONS TO HAVE WOOD WALL BASE, PT1 FINISH UNO.
3. ALL EXTERIOR WALLS ARE TYPE W3 U.N.O.
4. ALL INTERIOR PARTITIONS TYPE W1 U.N.O.
5. ALL CEILING HEIGHTS ARE 8'-0" AFF U.N.O.



Project Description:

RECONNECTION RETREAT

Drawing Description:

TITLE SHEET

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID0.0

Scale As indicated

MATERIAL SCHEDULE

CODE	MATERIAL TYPE	PRODUCT INFORMATION		
		PRODUCT NAME	COLOUR NAME	MANUFACTURER
ACT	Acoustic Tile	2' x 2'	White	Armstrong Ceilings
GL1	Glass	Glass	Frosted	Steelcase
GL2	Glass	Glass	Clear	Steelcase
MT1	Metal	Bronze Metal	Anique Brass	Tile Cloud
MT2	Metal	Powder Coated Steel	Black	Muuto
PT1	Paint	White	Ultra Pure White	Behr
PT2	Paint	White Limewash	Polar Bear	Behr
PT3	Paint	Blue Limewash	Absolute Zero	Behr
ST1	Tyndall Stone	Slab	Tyndall Stone	Gillis Quarries Ltd
ST2	Tyndall Stone	2' x 4'	Tyndall Stone	Gillis Quarries Ltd
ST3	Granite (White)	Slab	Olympus	Western Marble, Granite & Tile Ltd
ST4	Granite (Grey)	Slab	Grigio Pearla	Western Marble, Granite & Tile Ltd
ST5	Granite (Red)	Slab	Giallo Florito	Western Marble, Granite & Tile Ltd
ST6	Basalt	Slab	Basalto	Ames Tile & Stone
ST7	Basalt	Pacific Beach Pebbles	Obsidian Black	Ames Tile & Stone
ST8	Concrete	Slab	Chalk	Ames Tile & Stone
TL1	Tile	Original Ceramic	Nautical	FireClay Tile
TL2	Tile	Original Ceramic	Feldspar	FireClay Tile
TL3	Tile	Hexagon Daisy Ceramic Tile	Calcite Matte & Raven Matte	FireClay Tile
TL4	Tile	Hexagon Daisy Ceramic Tile	Calcite Matte & Rosemary Matte	FireClay Tile
TX1	Upholstery	Plush Grid	Fern	DesignTex
TX2	Upholstery	Halcyon Blossom	Evergreen	Camira Fabrics
TX3	Upholstery	Hashtag	Chalkboard	DesignTex
TX4	Upholstery	Second Nature	Peppervine	LUUM
TX5	Upholstery	Sgraffito	Wax Resist	LUUM
TX6	Upholstery	Silicone Range	Museum	DesignTex
TX7	Upholstery	Soft Static	Ambient Nature	LUUM
TX8	Upholstery	3D Knit	Coconut	Steelcase
WD1	Wood	Classic Panels	Puritan Pine	Ready Pine
WD2	Wood	Designer Panels	Mocha	Ready Pine
WD3	Wood Planks	Classic Panels	Puritan Pine	Ready Pine
WD4	Wood	UTV	Luna	Lunawood
WD5	Wood	Triple	Luna	Lunawood
WP1	Wallpaper	Souvenir from Rome	Glade	Gucci
WP2	Wallpaper	Aquatint	Warm Grey	DesignTex

CEILING ASSEMBLY



ACT ASSEMBLY
2' X 2' ACT
TBAR SUSPENDED FROM STR ABOVE USING HANGER WIRE

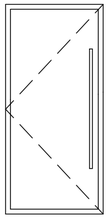


GWB ASSEMBLY
1/2" GWB
1 3/4" FURRING CHANNEL
STUD SUSPENDED FROM STR ABOVE USING HANGER WIRE

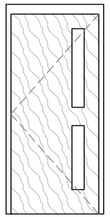
DOOR SCHEDULE

TYPE	DIMENSIONS		FINISHES			COUNT
	WIDTH	HEIGHT	PANEL	GLAZING	FRAME	
D01	3' - 0"	6' - 10"	GL2	GL2	MT1	9
D02	3' - 0"	6' - 10"	WD2	GL1	MT1	8
D03	3' - 0"	6' - 8"	WD1	N/A	WD2	7
D04	3' - 0"	6' - 8"	WD1	N/A	WD2	3
D05	3' - 0"	6' - 10"	MT2	GL2	MT2	2
D06	3' - 0"	6' - 8"	WD1	N/A	WD2	1

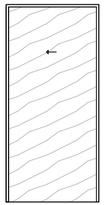
DOOR LEGEND



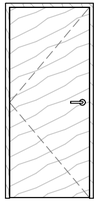
D01
EXTERIOR SWING
FULL GLASS



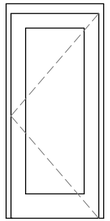
D02
EXTERIOR SWING
VISION



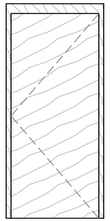
D03
INTERIOR POCKET
WOOD PANEL



D04
INTERIOR SWING
WOOD PANEL



D05
EXTERIOR/INTERIOR SWING
GLASS PANEL



D06
INTERIOR DOUBLE SWING
WOOD PANEL

ROOM FINISH SCHEDULE

ROOM NAME	AREA	FLOOR FINISH	SECONDARY FLOOR FINISH	WALL FINISH				CEILING FINISH	SECONDARY CEILING FINISH
				NORTH	EAST	SOUTH	WEST		
ACCESSIBLE CABIN & DECK	331 ft²	ST2	N/A	WD3	WD3	WD3	WD3	WD3	PT2
ACCESSIBLE W/C	78 ft²	ST2	ST7	WD3	WD3	TL1	TL1	PT2	N/A
C/H MECHANICAL	34 ft²	TL4	N/A	PT1	PT1	PT1	PT1	ACT	N/A
COMMUNITY HUB	582 ft²	ST2	TL3	PT2	WP2	PT2	PT2	WD3	N/A
DRY SAUNA	133 ft²	WD4	N/A	WD5	WD5	WD5	WD5	WD4	N/A
JCA W/C	61 ft²	ST2	ST7	TL1	WD3	WD3	TL1	PT2	N/A
JCB W/C	61 ft²	ST2	ST7	TL1	TL1	WD3	WD3	PT2	N/A
JOINT CABIN & DECK A	218 ft²	ST2	N/A	WD3	WD3	WD3	WD3	WD3	N/A
JOINT CABIN & DECK B	218 ft²	ST2	N/A	WD3	WD3	WD3	WD3	WD3	N/A
KITCHEN	362 ft²	TL4	N/A	TL2	TL2	TL2	TL2	ACT	N/A
LAUNDRY ROOM	94 ft²	TL4	N/A	PT1	PT1	PT1	TL2	ACT	N/A
MAINTENANCE	93 ft²	ST8	N/A	PT1	PT1	PT1	PT1	ACT	N/A
MANAGER OFFICE	97 ft²	WD1	N/A	PT2	PT2	PT2	PT2	ACT	N/A
OUTDOOR OBSERVATION	225 ft²	WD3	N/A	WD1	WD1	WD1	WD1	WD3	N/A
PC W/C	55 ft²	ST2	ST7	WD3	WD3	TL1	TL1	PT2	N/A
PRIVATE CABIN & DECK	298 ft²	ST2	N/A	WD3	WD3	WD3	WD3	WD3	N/A
RECEPTION	164 ft²	ST2	TL3	WD1	PT2	PT2	WD1	WD3	N/A
ROBE ROOM	32 ft²	ST7	N/A	WD4	WD4	WD4	WD4	WD4	N/A
STAFF ROOM	97 ft²	WD1	N/A	WD1	WD1	WD1	WD1	ACT	N/A
STAFF W/C	32 ft²	TL4	N/A	TL1	TL1	TL1	TL1	ACT	N/A
STEAM ROOM	133 ft²	ST7	N/A	ST6	ST6	ST6	ST6	ST6	N/A
STORAGE	28 ft²	ST2	N/A	PT2	PT2	PT2	PT2	ACT	N/A
UNIVERSAL W/C	48 ft²	TL3	N/A	TL1	TL1	TL1	TL1	PT1	N/A
WELLNESS MECHANICAL	32 ft²	ST7	N/A	WD4	WD4	WD4	WD4	ACT	N/A
YOGA OFFICE	83 ft²	WD1	N/A	PT2	PT2	PT2	PT2	ACT	N/A
YOGA STUDIO	428 ft²	WD1	N/A	PT1	PT1	PT1	PT1	PT1	PT3
YOGA W/C	56 ft²	TL3	N/A	TL1	TL1	TL1	TL1	ACT	N/A

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3. ALL EXTERIOR WALLS ARE TYPE W3.
4. ALL INTERIOR PARTITIONS TYPE W1 UNO.
5. ALL CEILING HEIGHTS ARE 8'-0" AFF UNO.

PARTITION ASSEMBLIES LEGEND

CODE	TYPE	DESCRIPTION
W1	INTERIOR PARTITION	1/2" GWB 3 1/2" STL STUD O.C. 1/2" GWB
W2	PLUMBING PARTITION	1/2" GWB 5" STL STUD O.C. 1/2" GWB
W3	EXTERIOR WALL	1/2" GWB 3 1/2" STL STUD O.C. 1/2" GWB COPPER METAL CLADDING

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5. ALL CEILING HEIGHTS ARE 8'-0" AFF U.N.O.



Project North



True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

GENERAL NOTES & SCHEDULES

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID0.1

Scale 1/4" = 1'-0"

FURNITURE LEGEND

CODE	PRODUCT NAME	TYPE	MANUFACTURER	COUNT	FINISHES		Image
					BASE	TEXTILE	
C01	Lounge Chair	Willow Lounge	West Elm	6	N/A	<varies>	
C02	Pouf	Split Pouf	Bolia	2	N/A	TX2	
C03	Stool	Rio Barstool	Coalesse	4	MT2	TX6	
C04	Lounge Chair	Ace Lounge Chair	Viccarbe	2	WD2	TX8	
C05	Lounge Chair	Rio Lounge	Coalesse	8	MT2	TX6	
C06	Lounge Chair	Nut Lounge Chair	Moooi	6	<varies>	<varies>	
C07	Chair	Leva Chair	Mattiazi	8	WD1	<varies>	
C08	Task Chair	Marien 152	Coalesse	2	MT1	TX3	
C09	Stool	Lolli Stool	m.a.d.	5	MT1	<varies>	
T01	Table	Linear Cafe Table	Knoll, Inc.	7	WD2	GL1	
T02	Side Table	Diekman Table	Coalesse	2	WD2	N/A	
T03	Coffee Table	Diekman Coffee Table	Coalesse	1	WD1	GL1	
T04	Side Table	Nolan	West Elm	5	<varies>	N/A	
T05	Table	Burin Table	Viccarbe	2	MT2	GL1	
T06	Coffee Table	Rio Coffee Table	Coalesse	2	MT2	MT2	

TEXTILE LEGEND

CODE	PRODUCT INFORMATION			IMAGE
	PRODUCT NAME	COLOUR NAME	MANUFACTURER	
TX1	Plush Grid	Fern	DesignTex	
TX2	Halcyon	Evergreen	Camira Fabrics	
TX3	Hashtag	Chalkboard	DesignTex	
TX4	Second Nature	Peppervine	LUUM	
TX5	Sgraffito	Wax Resist	LUUM	
TX6	Silicone Range	Museum	DesignTex	
TX7	Soft Static	Ambient Nature	LUUM	
TX8	3D Knit	Coconut	Steelcase	

LIGHTING FIXTURE LEGEND

PRODUCT INFORMATION				IMAGE
FIXTURE TYPE	PRODUCT NAME	FINISH	MANUFACTURER	
Pendant	Tulip	WD2	Eureka	
Pendant	Jarry	MT1	Eureka	
Pendant	Pebble	GL1	AND Lighting	
Pendant	Palindrome	<varies>	RBW	
Pendant	SoftSpan	WD2	Arktura	
Pole Mounted	Typology Ring Light	MT2	Landscape Forms	
Recessed	Downlight	MT2	Focal Point	
Surface	Mika	GL1	Eureka	
Wall Sconce	Orelia	GL1	Eureka	
Wall Sconce	Pilot	<varies>	RBW	
Wall Sconce	Mori	N/A	RBW	

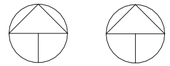
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Project Description:

RECONNECTION RETREAT

Drawing Description:

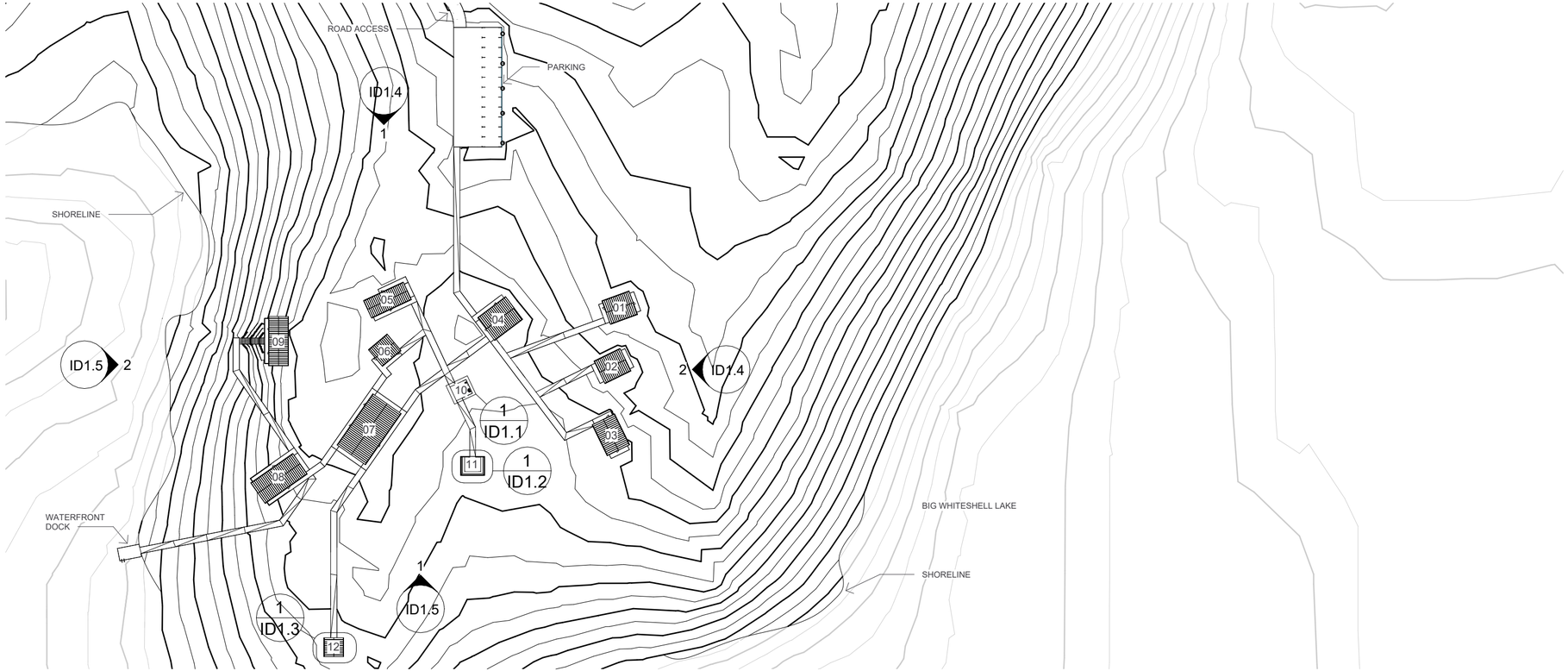
FURNITURE, TEXTILE & LIGHTING LEGENDS

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID0.2

Scale



1
ID1.0

SITE PLAN

1" = 80'-0"

BUILDING INDEX	
01	PRIVATE CABIN A
02	PRIVATE CABIN B
03	ACCESSIBLE PRIVATE CABIN
04	RECEPTION, STAFF ROOM & MANAGER OFFICE
05	DRY SAUNA & STEAM ROOM
06	LAUNDRY ROOM & MAINTENANCE
07	COMMUNITY HUB & KITCHEN
08	YOGA STUDIO & YOGA OFFICE
09	JOINT CABIN
10	OUTDOOR COLD PLUNGE
11	OUTDOOR FIRE PIT
12	OUTDOOR OBSERVATION

LIGHTING LEGEND		
SYMBOL	TYPE	NAME
○	POLE MOUNTED	TYPOLOGY RING LIGHT

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Project North

True North

Project Description:

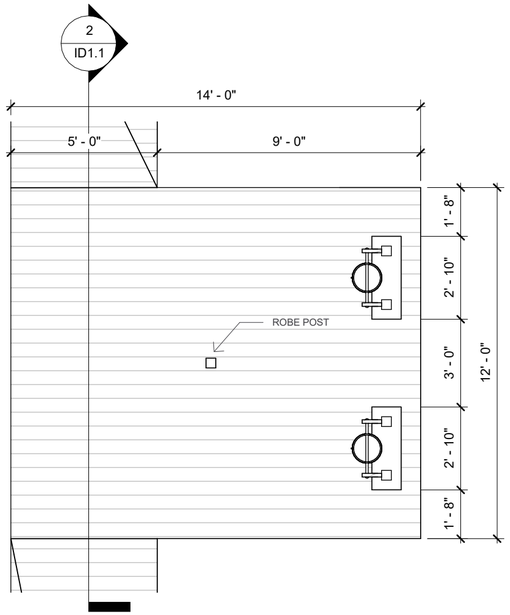
RECONNECTION RETREAT

Drawing Description:

SITE PLAN

Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID1.0
Scale	As indicated

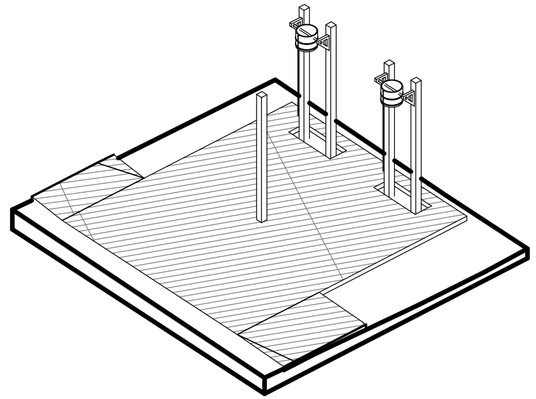
MATERIAL LEGEND		
HATCH	CODE	MATERIAL
	WD3	WOOD PLANKS

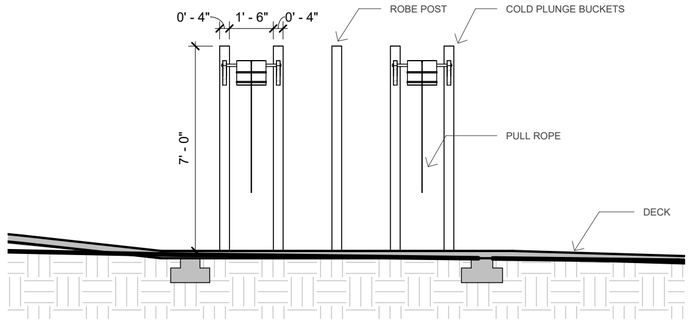


1 ID1.1

OUTDOOR COLD PLUNGE

1/4" = 1'-0"





2 ID1.1

OUTDOOR COLD PLUNGE SECTION

1/4" = 1'-0"

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Project North | True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

OUTDOOR COLD PLUNGE

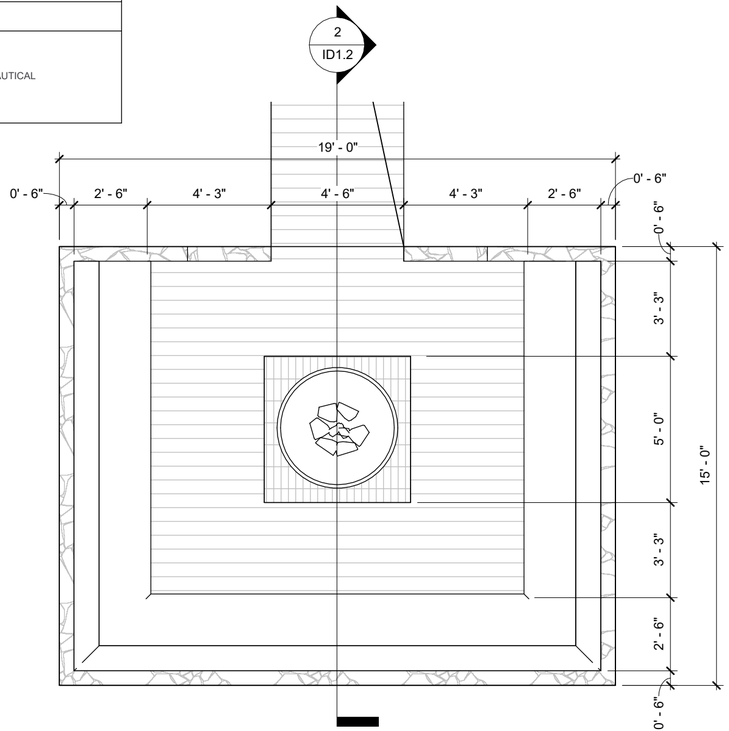
Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID1.1

Scale	1/4" = 1'-0"

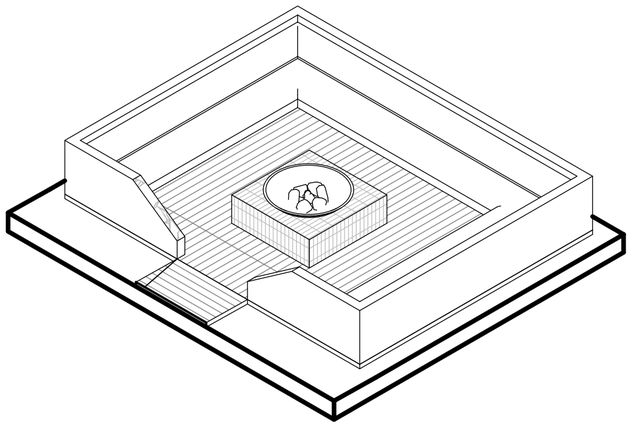
MATERIAL LEGEND		
HATCH	CODE	MATERIAL
	ST1	TYNDALL STONE
	TL1	VERTICAL TILE - NAUTICAL
	WD3	WOOD PLANKS

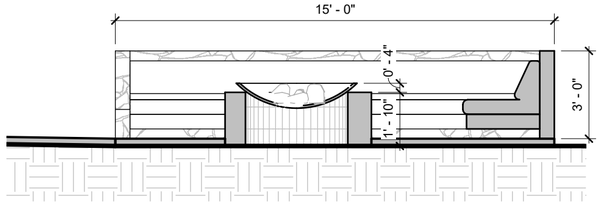


1 ID1.2

OUTDOOR FIRE PIT FLOOR PLAN

1/4" = 1'-0"





2 ID1.2

OUTDOOR FIRE PIT SECTION

1/4" = 1'-0"

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Project North

True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

OUTDOOR FIRE PIT

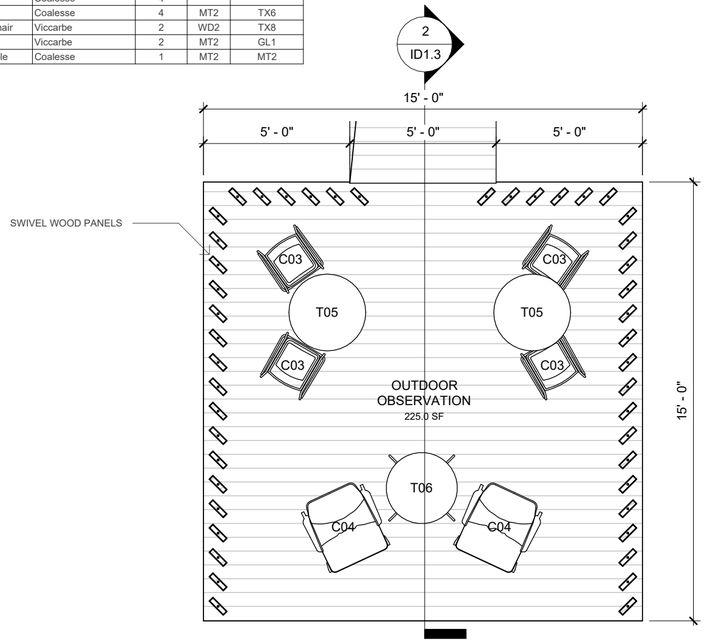
Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID1.2

Scale 1/4" = 1'-0"

OUTDOOR OBSERVATION FURNITURE SCHEDULE						
CODE	TYPE	PRODUCT NAME	MANUFACTURER	COUNT	FINISHES	
					BASE	TOP/TEXTILE
OUTDOOR OBSERVATION						
			Coalesse	4		
C03	Stool	Rio Barstool	Coalesse	4	MT2	TX6
C04	Lounge Chair	Ace Lounge Chair	Viccarbe	2	WD2	TX8
T05	Table	Burin Table	Viccarbe	2	MT2	GL1
T06	Coffee Table	Rio Coffee Table	Coalesse	1	MT2	MT2



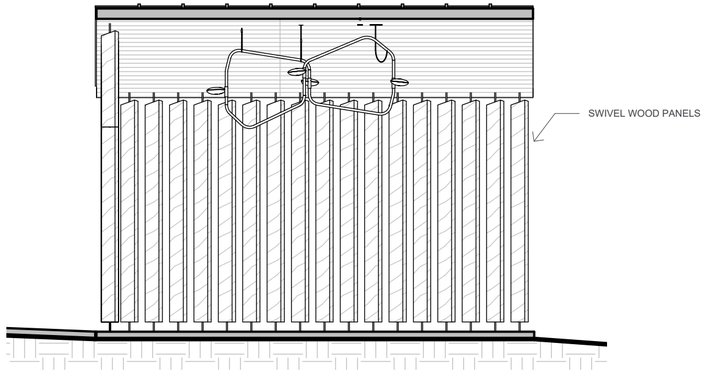
1 ID1.3

OUTDOOR OBSERVATION FLOOR PLAN

1/4" = 1'-0"

FINISH SCHEDULE										
ROOM NAME	AREA	FLOOR FINISH	SECONDARY FLOOR FINISH	WALL FINISH				CEILING FINISH	SECONDARY CEILING FINISH
				NORTH	EAST	SOUTH	WEST		
OUTDOOR OBSERVATION	225 ft²	WD3	N/A	WD1	WD1	WD1	WD1	WD3	N/A

MATERIAL LEGEND		
HATCH	CODE	MATERIAL
	WD1	WOOD
	WD3	WOOD PLANKS



2 ID1.3

OUTDOOR OBSERVATION SECTION

1/4" = 1'-0"

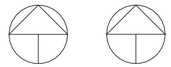
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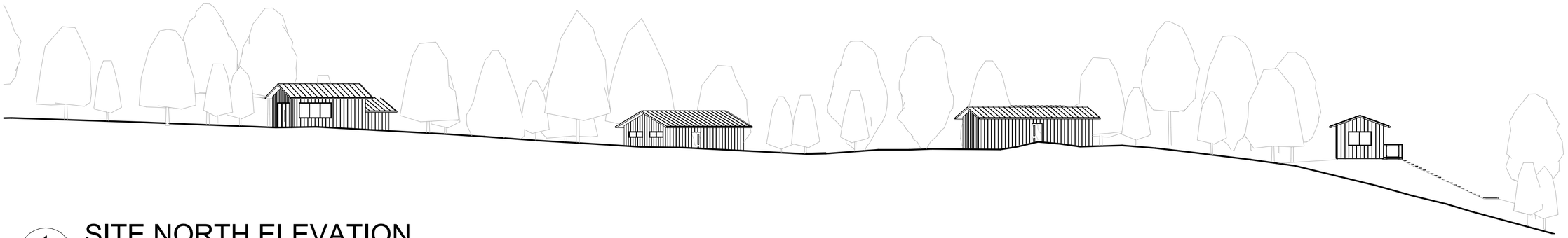
Project Description:

RECONNECTION RETREAT

Drawing Description:

OUTDOOR OBSERVATION

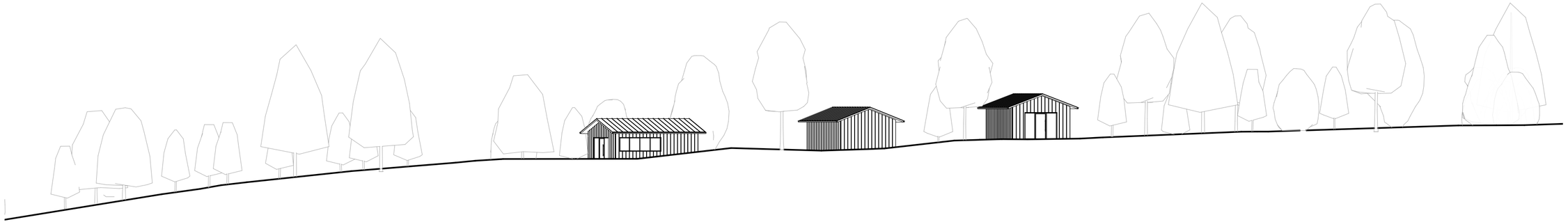
Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID1.3
Scale	As indicated



1
ID1.4

SITE NORTH ELEVATION

3/64" = 1'-0"



2
ID1.4

SITE EAST ELEVATION

3/64" = 1'-0"

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Project North | True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

SITE ELEVATIONS

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID1.4

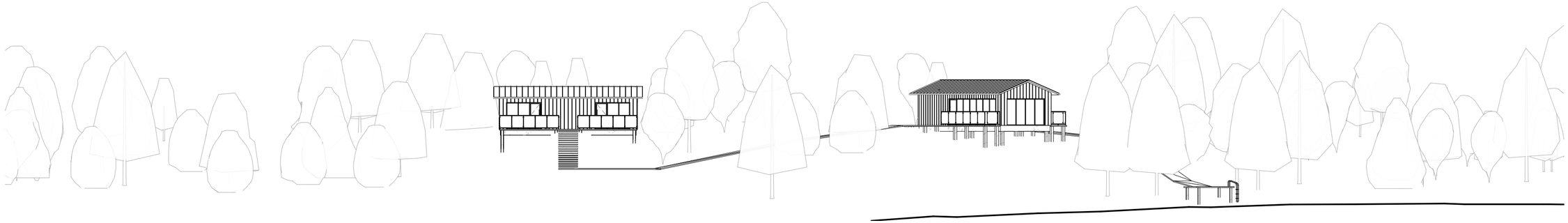
Scale 3/64" = 1'-0"



1
ID1.5

SITE SOUTH ELEVATION

3/64" = 1'-0"



2
ID1.5

SITE WEST ELEVATION

3/64" = 1'-0"

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Project North | True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

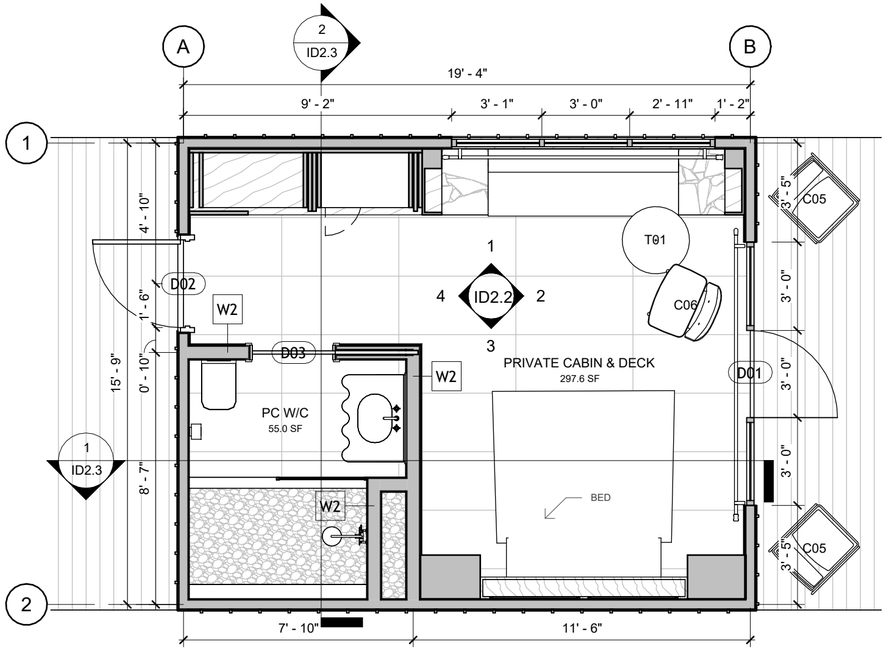
SITE ELEVATIONS

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID1.5

Scale 3/64" = 1'-0"



PRIVATE CABINS FLOOR PLAN

1/4" = 1'-0"

1 ID2.0

FINISH SCHEDULE

ROOM NAME	AREA	FLOOR FINISH	SECONDARY FLOOR FINISH	WALL FINISH				CEILING FINISH	SECONDARY CEILING FINISH
				NORTH	EAST	SOUTH	WEST		
PC W/C	55 ft²	ST2	ST7	WD3	WD3	TL1	TL1	PT2	N/A
PRIVATE CABIN & DECK	298 ft²	ST2	N/A	WD3	WD3	WD3	WD3	WD3	N/A

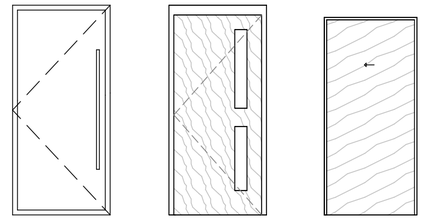
MATERIAL LEGEND

HATCH	CODE	MATERIAL
	ST2	TYNDALL STONE TILE
	ST7	BASALT STONE PEBBLE
	WD1	WOOD
	WD3	WOOD PLANKS

PRIVATE CABINS & DECK FURNITURE SCHEDULE

CODE	TYPE	PRODUCT NAME	MANUFACTURER	COUNT	FINISHES	
					BASE	TOP/TEXTILE
PRIVATE CABIN & DECK						
C05	Lounge Chair	Rio Lounge	Coalesse	2	MT2	TX6
C06	Chair	Bowie Armchair	Mooi	1	WD1	TX1
T01	Table	Linear Cafe Table	Knoll, Inc.	1	WD2	GL1

DOOR LEGEND



D01
EXTERIOR SWING
FULL GLASS

D02
EXTERIOR SWING
VISION

D03
INTERIOR POCKET
WOOD PANEL

PARTITION LEGEND

SYMBOL	CODE	TYPE	ASSEMBLY
	W1	INTERIOR PARTITION	REFER TO ID0.1
	W2	PLUMBING PARTITION	REFER TO ID0.1
	W3	EXTERIOR WALL	REFER TO ID0.1

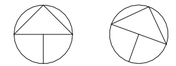
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Project North True North

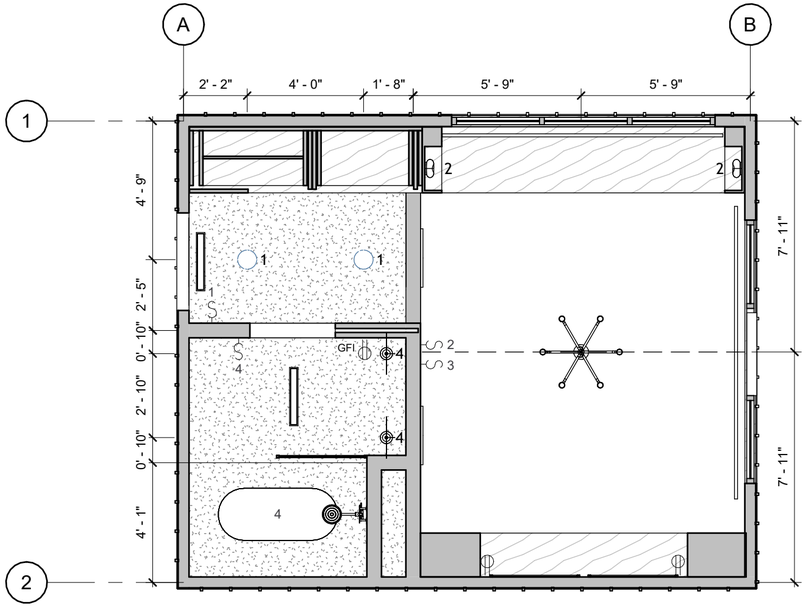
Project Description:

RECONNECTION RETREAT

Drawing Description:

PRIVATE CABINS FLOOR PLAN

Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID2.0
Scale	1/4" = 1'-0"



PRIVATE CABINS RCP

1/4" = 1'-0"

1
ID2.1

CEILING TYPE & FINISH LEGEND

HATCH	CODE	MATERIAL	FINISH
	GWB	GYPSUM BOARD	PT2
	VTC	VAULTED CEILING	WD3

LIGHTING LEGEND

SYMBOL	TYPE	NAME
	DIFFUSER	RETURN DIFFUSERS
	DIFFUSER	WALL MOUNTED SUPPLY DIFFUSERS
	OUTLET	DUPLEX OUTLET
GFI	OUTLET	GFI OUTLET
	PENDANT	JARRY
	PENDANT	TULIP
	RECESSED	AREA LIGHT
	SURFACE	MIKA
	SWITCH	LIGHTING SWITCH
	WALL SCONCE	ORELIA

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Project North

True North

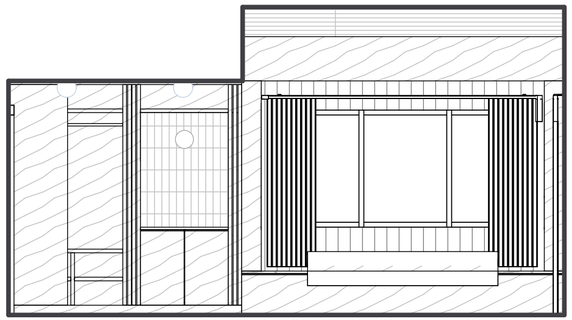
Project Description:

RECONNECTION RETREAT

Drawing Description:

PRIVATE CABINS RCP

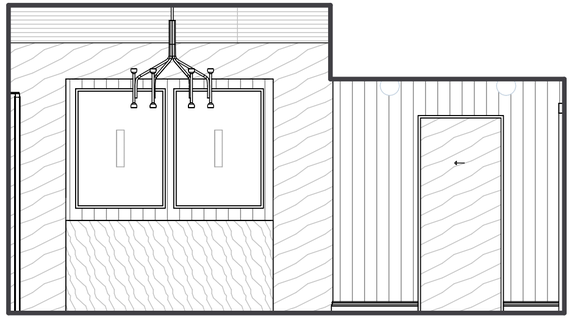
Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID2.1
Scale	1/4" = 1'-0"



1 ID2.2

CABINS NORTH INTERIOR ELEVATION

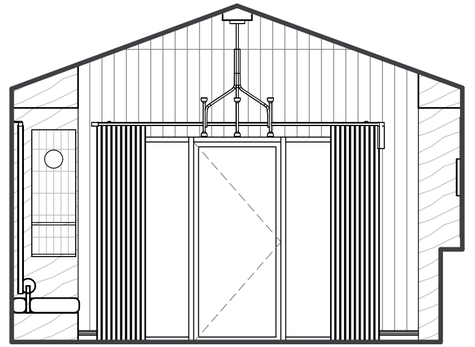
1/4" = 1'-0"



3 ID2.2

CABINS SOUTH INTERIOR ELEVATION

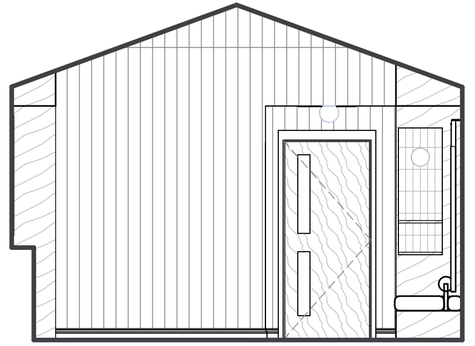
1/4" = 1'-0"



2 ID2.2

CABINS EAST INTERIOR ELEVATION

1/4" = 1'-0"



4 ID2.2

CABINS WEST INTERIOR ELEVATION

1/4" = 1'-0"

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5. ALL CEILING HEIGHTS ARE 8'-0" AFF U.N.O.

Project North

True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

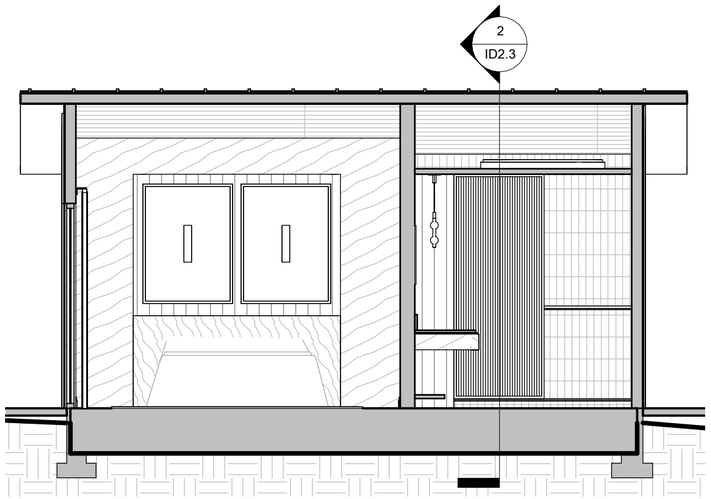
PRIVATE CABINS INTERIOR ELEVATIONS

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID2.2

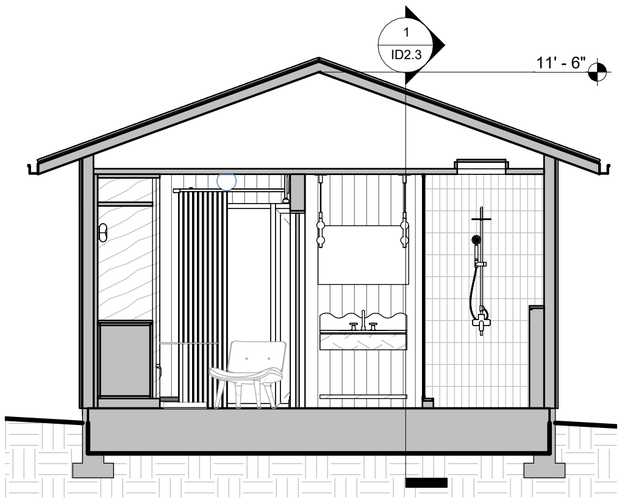
Scale 1/4" = 1'-0"



1 ID2.3

PRIVATE CABINS LONGITUDE SECTION

1/4" = 1'-0"



2 ID2.3

PRIVATE CABINS LATITUDE SECTION

1/4" = 1'-0"

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Project North | True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

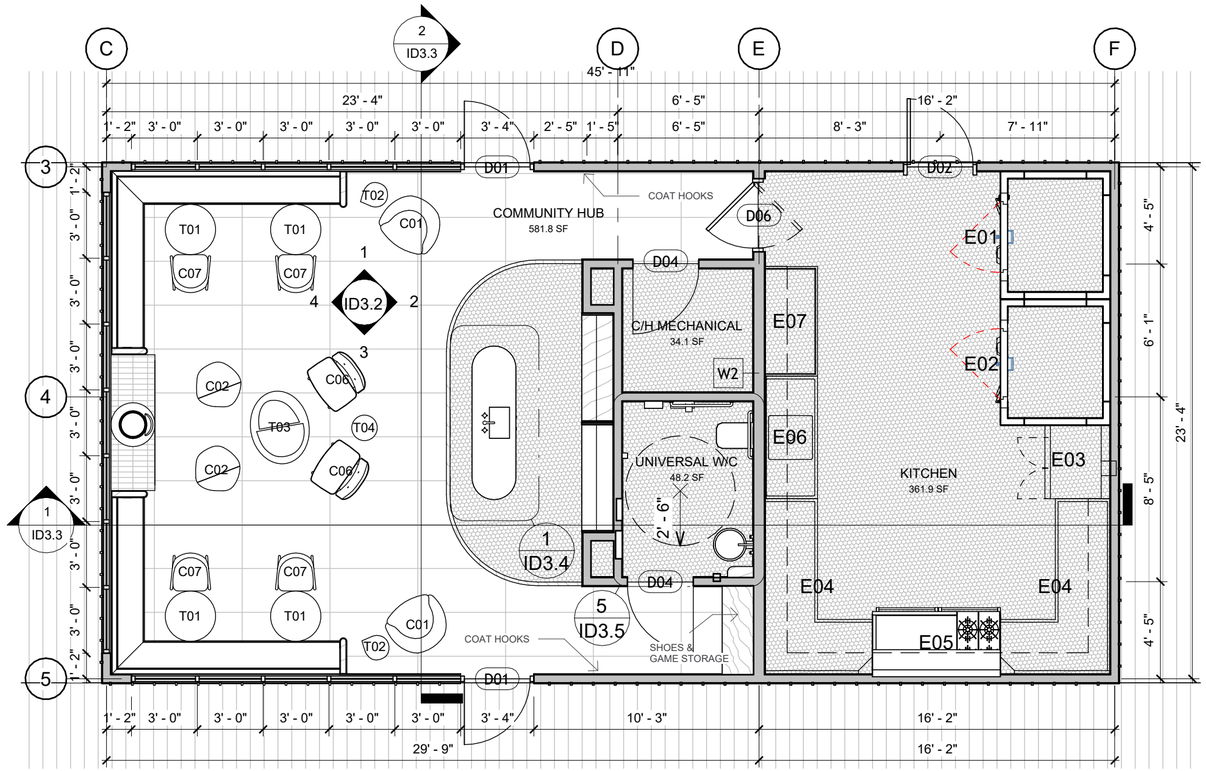
PRIVATE CABINS BUILDING SECTIONS

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID2.3

Scale 1/4" = 1'-0"



1
ID3.0

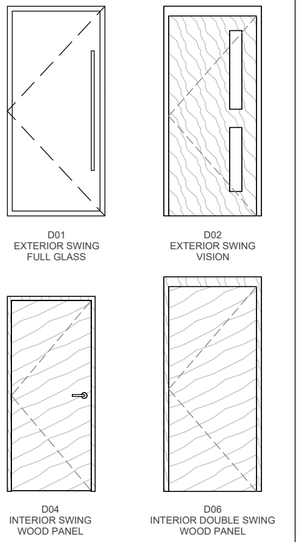
COMMUNITY HUB FLOOR PLAN

3/16" = 1'-0"

FINISH SCHEDULE

ROOM NAME	AREA	FLOOR FINISH	SECONDARY FLOOR FINISH	WALL FINISH				CEILING FINISH	SECONDARY CEILING FINISH
				NORTH	EAST	SOUTH	WEST		
C/H MECHANICAL	34 ft²	TL4	N/A	PT1	PT1	PT1	PT1	ACT	N/A
COMMUNITY HUB	582 ft²	ST2	TL3	PT2	WP2	PT2	PT2	WD3	N/A
KITCHEN	362 ft²	TL4	N/A	TL2	TL2	TL2	TL2	ACT	N/A
UNIVERSAL W/C	48 ft²	TL3	N/A	TL1	TL1	TL1	TL1	PT1	N/A

DOOR LEGEND



D01
EXTERIOR SWING
FULL GLASS

D02
EXTERIOR SWING
VISION

D04
INTERIOR SWING
WOOD PANEL

D06
INTERIOR DOUBLE SWING
WOOD PANEL

COMMUNITY HUB FURNITURE SCHEDULE

CODE	TYPE	PRODUCT NAME	MANUFACTURER	COUNT	FINISHES	
					BASE	TOP/TEXTILE
COMMUNITY HUB						
C01	Lounge Chair	Willow Lounge	West Elm	2	N/A	TX1
C02	Pouf	Split Pouf	Bolia	2	N/A	TX2
C06	Chair	Bowie Armchair	Moooi	2	WD2	TX5
C07	Chair	Leva Chair	Mattiazi	4	WD1	TX7
T01	Table	Linear Cafe Table	Knoll, Inc.	4	WD2	GL1
T02	Side Table	Diekman Table	Coalesse	2	WD2	N/A
T03	Coffee Table	Diekman Coffee Table	Coalesse	1	WD1	GL1
T04	Side Table	Nolan	West Elm	1	WD1	N/A
KITCHEN						
E01	Walk-In Storage	Walk-In Freezer	Arctic	1		
E02	Walk-In Storage	Walk-In Cooler	Arctic	1		
E03	Oven	Double-Deck Convection Oven	Vulcan-Hart	1		
E04	Worktop	Clean Island Dishtable	AERO Manufacturing	2		
E05	Stove	Commercial Stove	Vulcan-Hart	1		
E06	Dish Sink	Compartment Sink	AERO Manufacturing	1		
E07	Worktop	Clean Island Dishtable	AERO Manufacturing	1		

MATERIAL LEGEND

HATCH	CODE	MATERIAL
	ST2	TYNDALL STONE TILE
	TL3/TL4	HEXAGON FLORAL TILE
	WD3	WOOD PLANKS

PARTITION LEGEND

SYMBOL	CODE	TYPE	ASSEMBLY
	W1	INTERIOR PARTITION	REFER TO ID0.1
	W2	PLUMBING PARTITION	REFER TO ID0.1
	W3	EXTERIOR WALL	REFER TO ID0.1

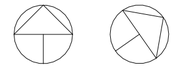
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Project North | True North

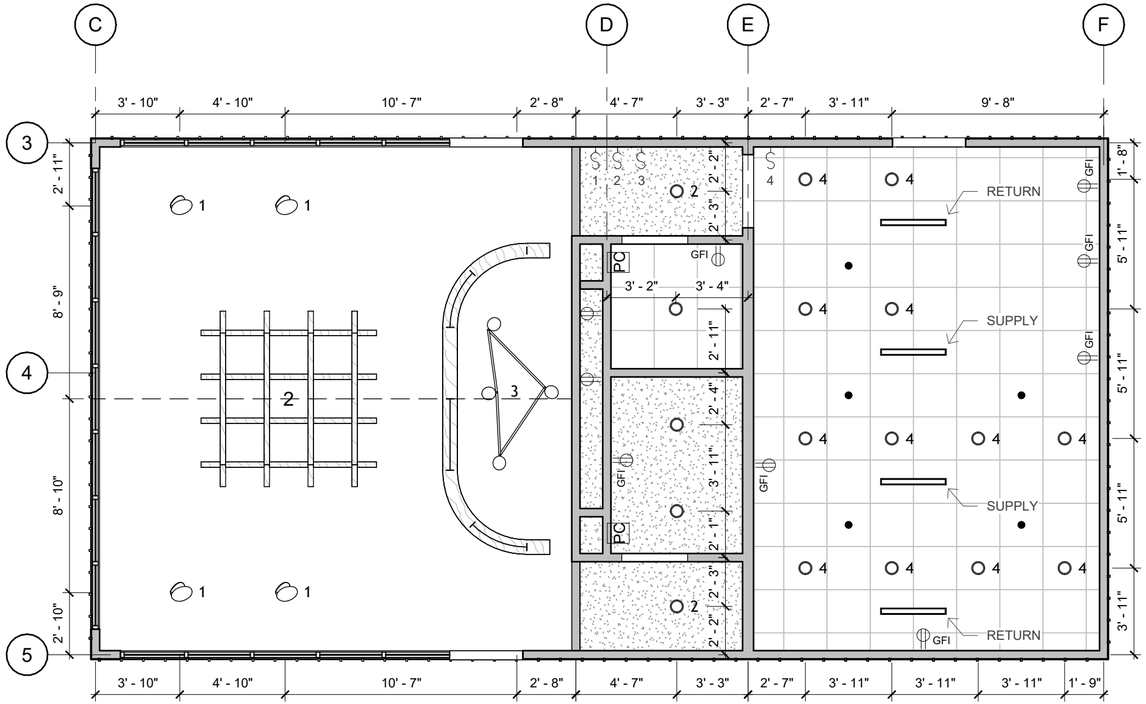
Project Description:

RECONNECTION RETREAT

Drawing Description:

COMMUNITY HUB FLOOR PLAN

Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID3.0
Scale	As indicated



1 ID3.1

COMMUNITY HUB RCP

3/16" = 1'-0"

MATERIAL LEGEND

HATCH	CODE	MATERIAL	FINISH
	ACT	ACOUSTIC CEILING TILE	N/A
	GWB	GYPSUM BOARD	PT2
	VTC	VAULTED CEILING	WD3

LIGHTING LEGEND

SYMBOL	TYPE	NAME
	DIFFUSER	SUPPLY/RETURN DIFFUSERS
	DOWNLIGHT	FOCAL POINT
	OUTLET	DUPLEX OUTLET
GFI	OUTLET	GFI OUTLET
	PENDANT	AND PEBBLE
	PENDANT	PALINDROME
PC	PHOTOCELL	OCCUPANT SENSOR
	RECESSED	SPRINKLER
	SUSPENDED	ARKTURA SOFTSPAN
S	SWITCH	LIGHTING SWITCH

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Project North

True North

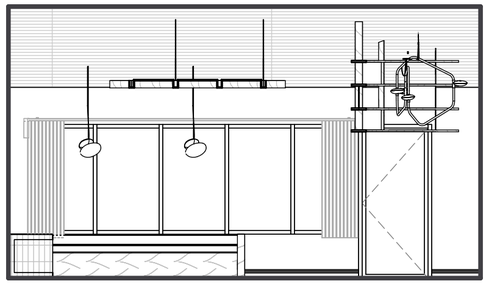
Project Description:

RECONNECTION RETREAT

Drawing Description:

COMMUNITY HUB RCP

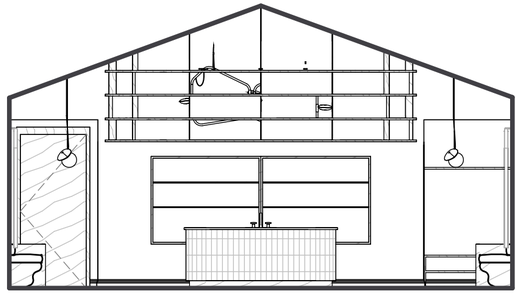
Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID3.1
Scale	As indicated



1 ID3.2

HUB NORTH INTERIOR ELEVATION

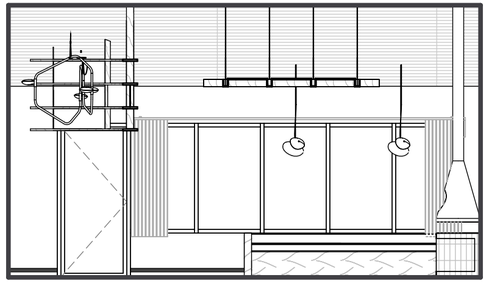
3/16" = 1'-0"



2 ID3.2

HUB EAST INTERIOR ELEVATION

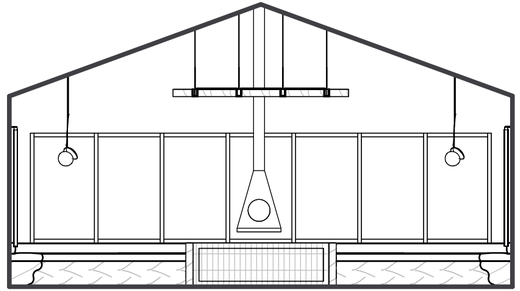
3/16" = 1'-0"



3 ID3.2

HUB SOUTH INTERIOR ELEVATION

3/16" = 1'-0"



4 ID3.2

HUB WEST INTERIOR ELEVATION

3/16" = 1'-0"

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Project North

True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

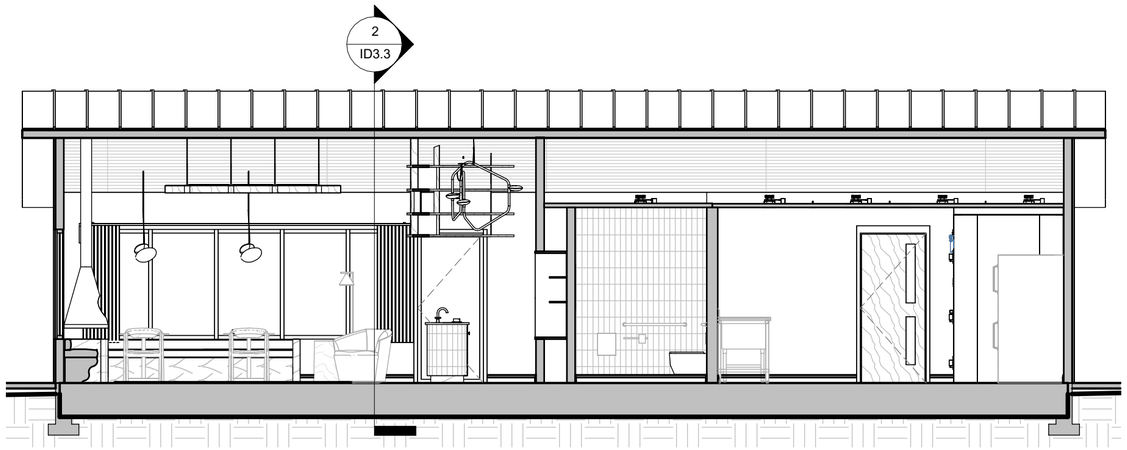
COMMUNITY HUB INTERIOR ELEVATIONS

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID3.2

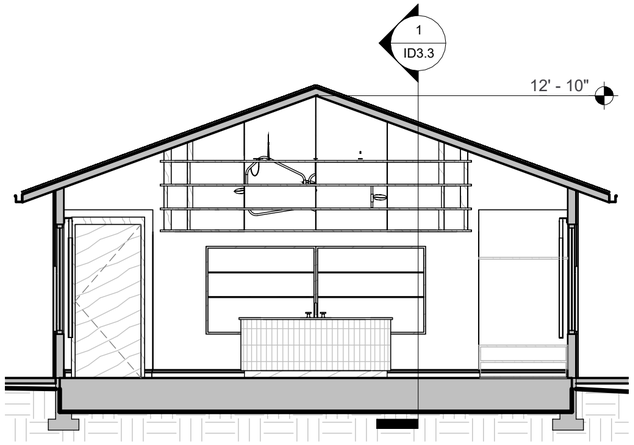
Scale 3/16" = 1'-0"



1 ID3.3

COMMUNITY HUB LONGITUDE SECTION

3/16" = 1'-0"



2 ID3.3

COMMUNITY HUB LATITUDE SECTION

3/16" = 1'-0"

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Project North | True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

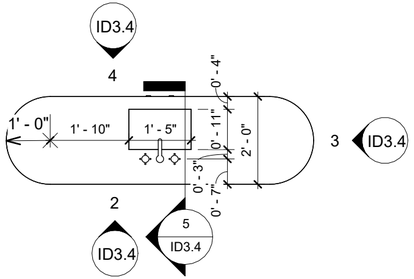
COMMUNITY HUB BUILDING SECTIONS

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID3.3

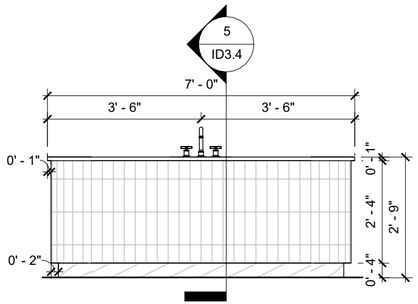
Scale	3/16" = 1'-0"



1 MILLWORK PLAN

ID3.4

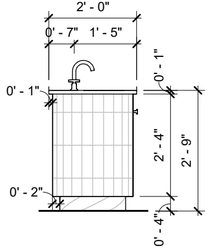
3/8" = 1'-0"



2 BACK ELEVATION

ID3.4

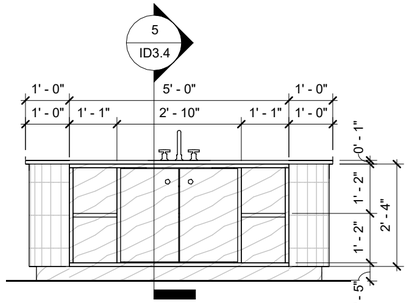
3/8" = 1'-0"



3 SIDE ELEVATION

ID3.4

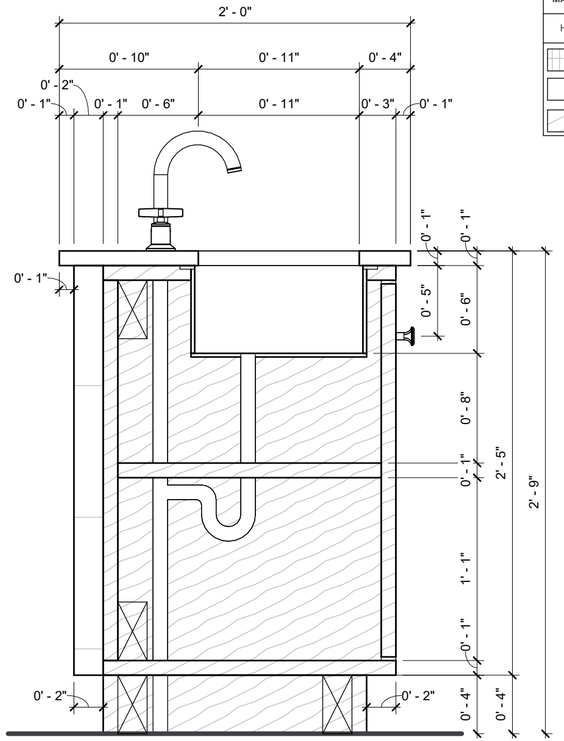
3/8" = 1'-0"



4 FRONT ELEVATION

ID3.4

3/8" = 1'-0"



5 MILLWORK SECTION

ID3.4

1 1/2" = 1'-0"

MATERIAL LEGEND

HATCH	CODE	MATERIAL
	TL1	VERTICAL TILE
	ST3	GRANITE WHITE
	WD1	WOOD

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Project North

True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

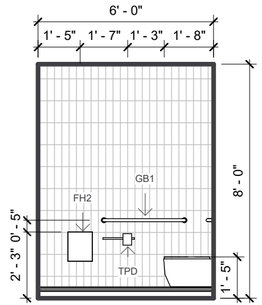
COMMUNITY HUB MILLWORK DETAIL

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

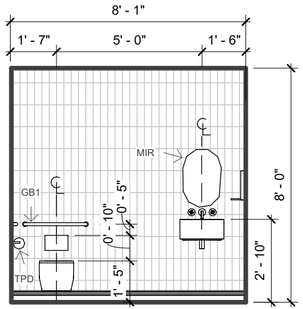
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Scale As indicated



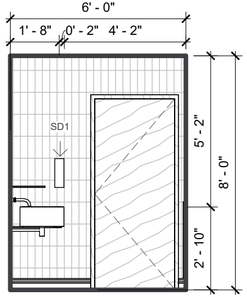
1 ID3.5 W/C NORTH ELEVATION

1/4" = 1'-0"



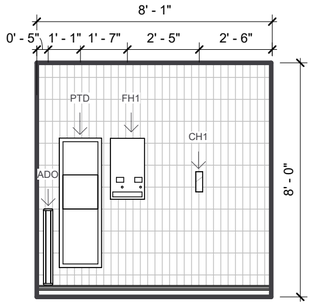
2 ID3.5 W/C EAST ELEVATION

1/4" = 1'-0"



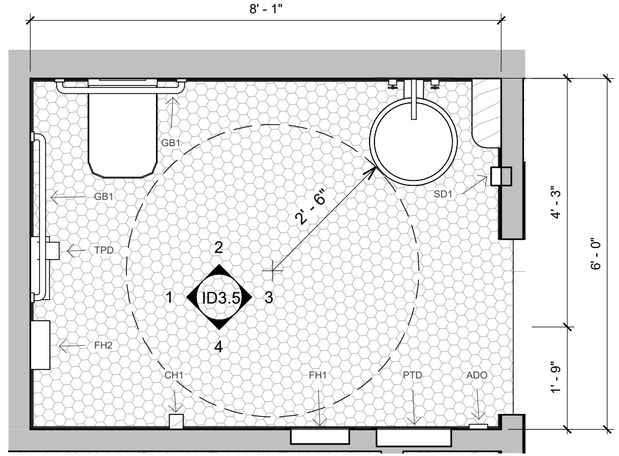
3 ID3.5 W/C SOUTH ELEVATION

1/4" = 1'-0"



4 ID3.5 W/C WEST ELEVATION

1/4" = 1'-0"



5 ID3.5 UNIVERSAL W/C FLOOR PLAN

1/2" = 1'-0"

MATERIAL LEGEND

HATCH	CODE	MATERIAL
	TL1	VERTICAL TILE
	TL3	HEXAGON FLORAL TILE
	WD1	WOOD

TOILET ACCESSORY LEGEND

ADO	AUTOMATIC DOOR OPENER
CH1	COAT HOOK
FH1	FEMININE HYGIENE DISPENSER
FH2	FEMININE HYGIENE DISPOSAL
GB1	GRAB BAR
PTD	PAPER TOWEL DISPENSER & DISPOSAL
MIR	MIRROR
SD1	SOAP DISPENSER
TPD	TOILET PAPER DISPENSER

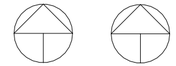
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Project Description:

RECONNECTION RETREAT

Drawing Description:

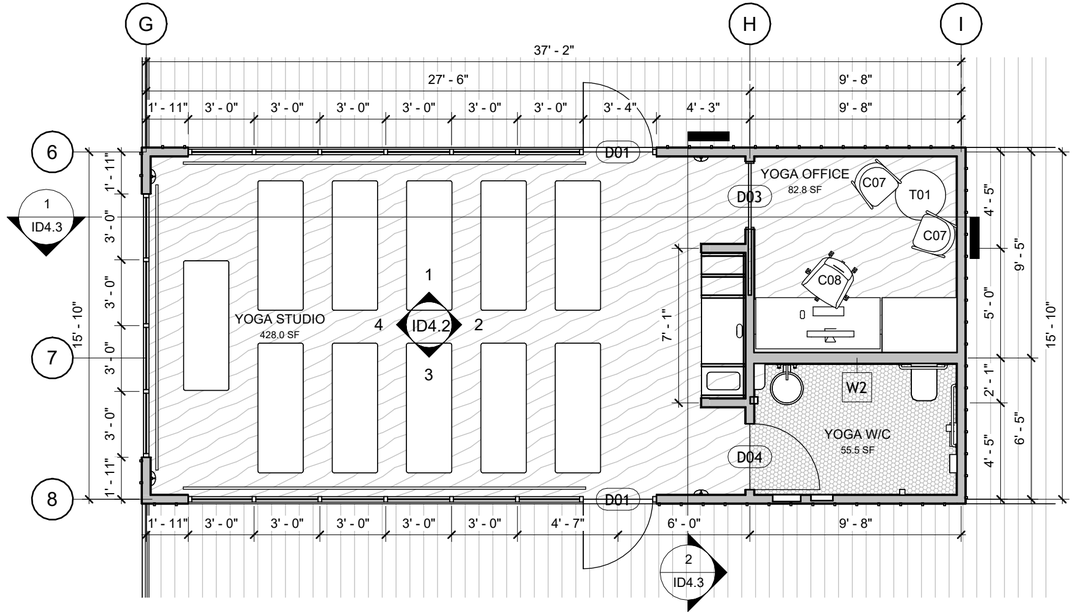
COMMUNITY HUB UNIVERSAL W/C

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID3.5

Scale As indicated



1 YOGA STUDIO FLOOR PLAN

1
ID4.0

3/16" = 1'-0"

FINISH SCHEDULE

ROOM NAME	AREA	FLOOR FINISH	SECONDARY FLOOR FINISH	WALL FINISH				CEILING FINISH	SECONDARY CEILING FINISH
				NORTH	EAST	SOUTH	WEST		
YOGA OFFICE	83 ft²	WD1	N/A	PT2	PT2	PT2	PT2	ACT	N/A
YOGA STUDIO	428 ft²	WD1	N/A	PT1	PT1	PT1	PT1	PT1	PT3
YOGA W/C	56 ft²	TL3	N/A	TL1	TL1	TL1	TL1	ACT	N/A

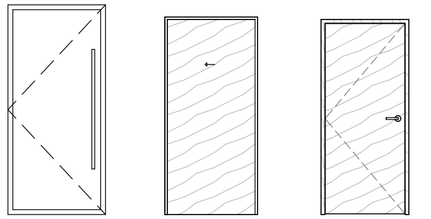
MATERIAL LEGEND

HATCH	CODE	MATERIAL
	TL3	HEXAGON FLORAL TILE
	WD1	WOOD
	WD3	WOOD PLANKS

YOGA STUDIO FURNITURE SCHEDULE

CODE	TYPE	PRODUCT NAME	MANUFACTURER	COUNT	FINISHES	
					BASE	TOP/TEXTILE
YOGA OFFICE						
C07	Chair	Leva Chair	Mattiazi	2	WD1	TX2
C08	Task Chair	Marien 152	Coalesse	1	MT1	TX3
T01	Table	Linear Cafe Table	Knoll, Inc.	1	WD2	GL1

DOOR LEGEND



D01
EXTERIOR SWING
FULL GLASS

D03
INTERIOR POCKET
WOOD PANEL

D04
INTERIOR SWING
WOOD PANEL

PARTITION LEGEND

SYMBOL	CODE	TYPE	ASSEMBLY
	W1	INTERIOR PARTITION	REFER TO ID0.1
	W2	PLUMBING PARTITION	REFER TO ID0.1
	W3	EXTERIOR WALL	REFER TO ID0.1

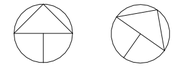
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3. ALL EXTERIOR WALLS ARE TYPE W3 U.N.O.
4. ALL INTERIOR PARTITIONS TYPE W1 U.N.O.
5. ALL CEILING HEIGHTS ARE 8'-0" AFF U.N.O.



Project North True North

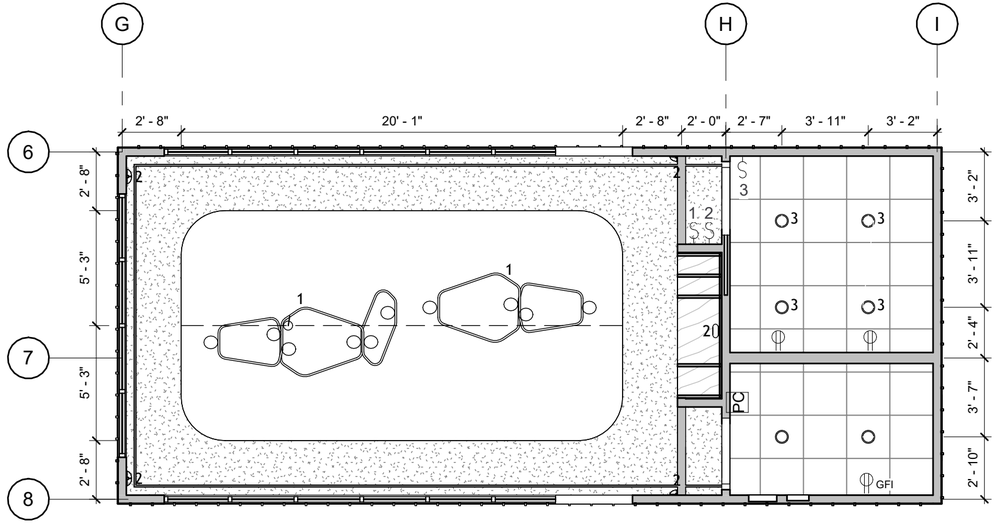
Project Description:

RECONNECTION RETREAT

Drawing Description:

YOGA STUDIO FLOOR PLAN

Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID4.0
Scale	As indicated



YOGA STUDIO RCP

1
ID4.1

3/16" = 1'-0"

MATERIAL LEGEND

HATCH	CODE	MATERIAL	FINISH
	ACT	ACOUSTIC CEILING TILE	N/A
	GWB	GYPSUM BOARD	PT2
	VTC	VAULTED CEILING	PT3

LIGHTING LEGEND

SYMBOL	TYPE	NAME
	DOWNLIGHT	FOCAL POINT
	OUTLET	DUPLEX OUTLET
GFI	OUTLET	GFI OUTLET
	PENDANT	PALINDROME
PC	PHOTOCELL	OCCUPANT SENSOR
	SWITCH	LIGHTING SWITCH
	WALL SCONCE	ORELIA SCONCE
	WALL SCONCE	PILOT SCOUNCE

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Project North

True North

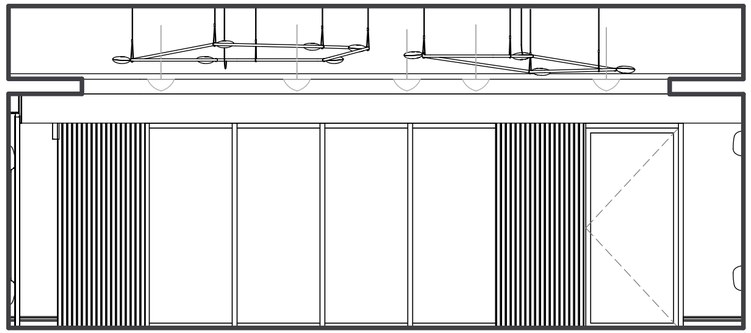
Project Description:

RECONNECTION RETREAT

Drawing Description:

YOGA STUDIO RCP

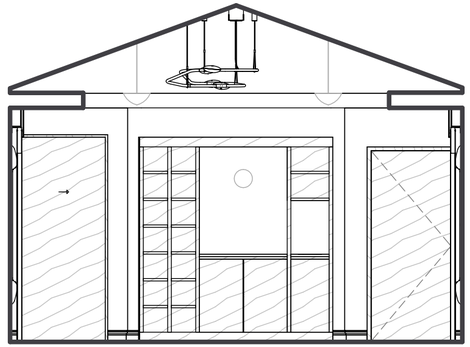
Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID4.1
Scale	As indicated



1 ID4.2

YOGA NORTH INTERIOR ELEVATION

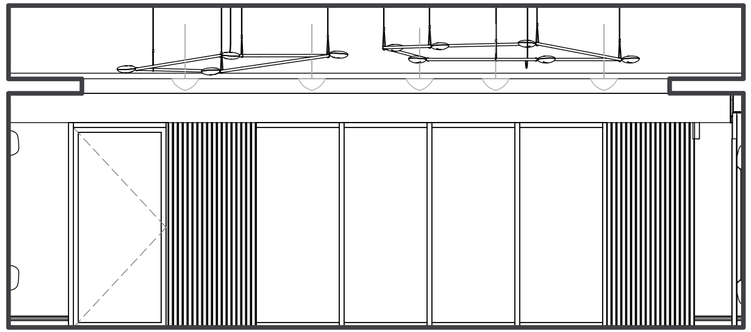
1/4" = 1'-0"



2 ID4.2

YOGA EAST INTERIOR ELEVATION

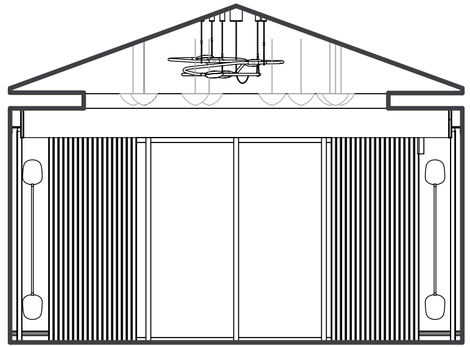
1/4" = 1'-0"



3 ID4.2

YOGA SOUTH INTERIOR ELEVATION

1/4" = 1'-0"



4 ID4.2

YOGA WEST INTERIOR ELEVATION

1/4" = 1'-0"

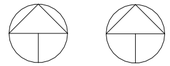
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4. ALL INTERIOR PARTITIONS TYPE W1 U.N.O.
5. ALL CEILING HEIGHTS ARE 8'-0" AFF U.N.O.



Project North True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

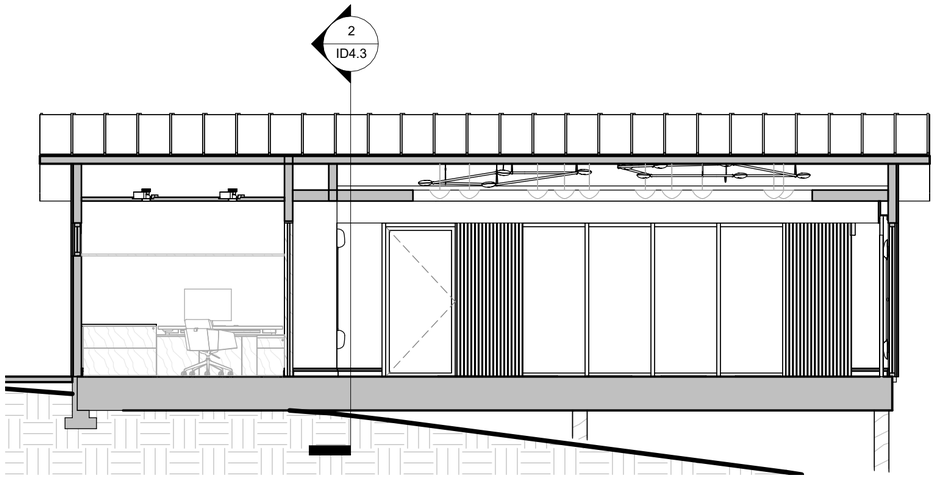
YOGA STUDIO INTERIOR ELEVATIONS

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID4.2

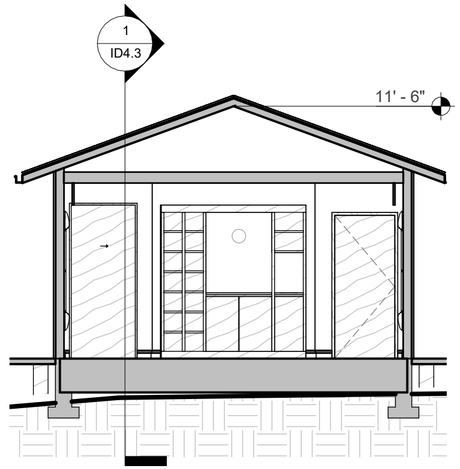
Scale 1/4" = 1'-0"



1 ID4.3

YOGA LONGITUDE SECTION

3/16" = 1'-0"



2 ID4.3

YOGA LATITUDE SECTION

3/16" = 1'-0"

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Project North | True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

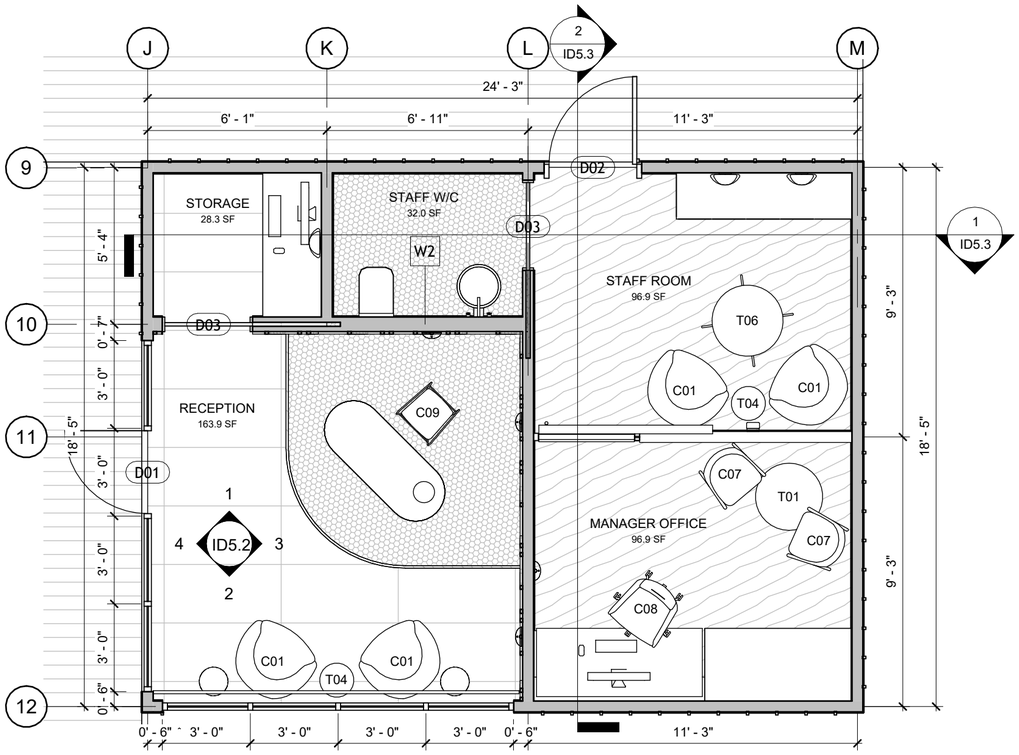
YOGA STUDIO BUILDING SECTIONS

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID4.3

Scale 3/16" = 1'-0"



1
ID5.0

RECEPTION & STAFF ROOM FLOOR PLAN

1/4" = 1'-0"

FINISH SCHEDULE

ROOM NAME	AREA	FLOOR FINISH	SECONDARY FLOOR FINISH	WALL FINISH				CEILING FINISH	SECONDARY CEILING FINISH
				NORTH	EAST	SOUTH	WEST		
MANAGER OFFICE	97 ft²	WD1	N/A	PT2	PT2	PT2	PT2	ACT	N/A
RECEPTION	164 ft²	ST2	TL3	WD1	PT2	PT2	WD1	WD3	N/A
STAFF ROOM	97 ft²	WD1	N/A	WD1	WD1	WD1	WD1	ACT	N/A
STAFF W/C	32 ft²	TL4	N/A	TL1	TL1	TL1	TL1	ACT	N/A
STORAGE	28 ft²	ST2	N/A	PT2	PT2	PT2	PT2	ACT	N/A

MATERIAL LEGEND

HATCH	CODE	MATERIAL
	ST2	TYNDALL STONE TILE
	TL3	HEXAGON FLORAL TILE
	WD1	WOOD
	WD3	WOOD PLANKS

PARTITION LEGEND

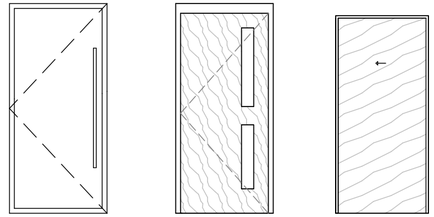
SYMBOL	CODE	TYPE
	W1	INTERIOR PARTITION
	W2	PLUMBING PARTITION
	W3	EXTERIOR WALL

REFER TO ID0.1 FOR PARTITION ASSEMBLY

RECEPTION FURNITURE SCHEDULE

CODE	TYPE	PRODUCT NAME	MANUFACTURER	COUNT	FINISHES	
					BASE	TOP/TEXTILE
RECEPTION						
C01	Lounge Chair	Willow Lounge	West Elm	2	N/A	TX4
C09	Stool	Lolli Stool	m.a.d.	1	MT1	TX5
T04	Side Table	Nolan	West Elm	1	WD2	N/A
STAFF ROOM						
C01	Lounge Chair	Willow Lounge	West Elm	2	N/A	TX1
T04	Side Table	Nolan	West Elm	1	WD2	N/A
T06	Coffee Table	Rio Coffee Table	Coalesse	1	MT2	MT2
MANAGER OFFICE						
C07	Chair	Leva Chair	Mattiazi	2	WD1	TX2
C08	Task Chair	Marien 152	Coalesse	1	MT1	TX3
T01	Table	Linear Cafe Table	Knoll, Inc.	1	WD2	GL1

DOOR LEGEND



D01
EXTERIOR SWING
FULL GLASS

D02
EXTERIOR SWING
VISION

D03
INTERIOR POCKET
WOOD PANEL

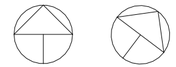
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5. ALL CEILING HEIGHTS ARE 8'-0" AFF U.N.O.



Project North

True North

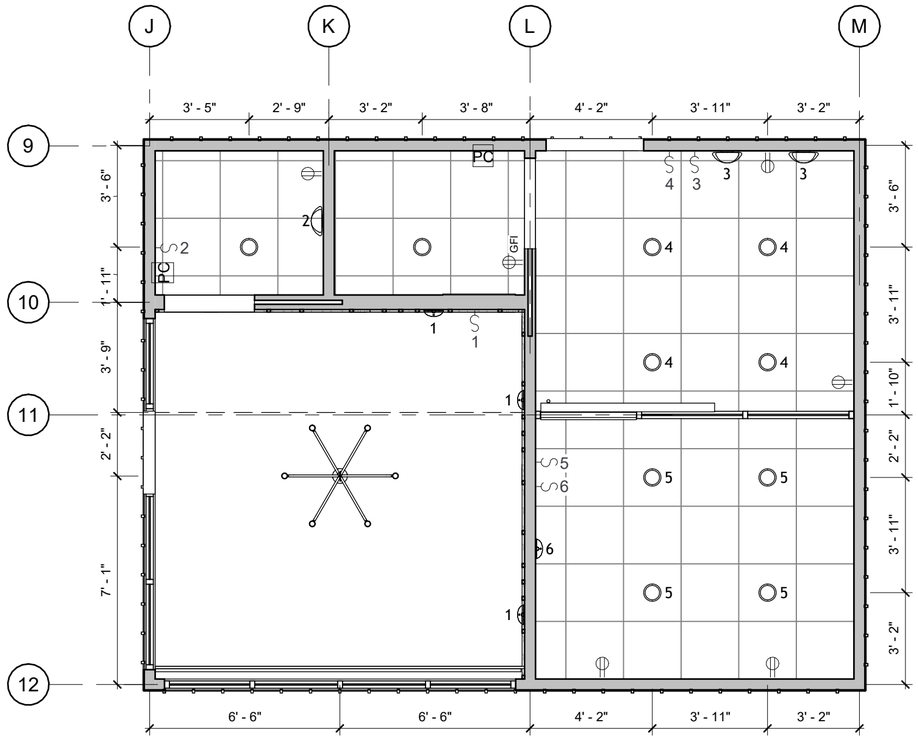
Project Description:

RECONNECTION RETREAT

Drawing Description:

RECEPTION & STAFF ROOM FLOOR PLAN

Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID5.0
Scale	1/4" = 1'-0"



RECEPTION & STAFF ROOM RCP

1/4" = 1'-0"

1
ID5.1

MATERIAL LEGEND

HATCH	CODE	MATERIAL	FINISH
	ACT	ACOUSTIC CEILING TILE	N/A
	VTC	VAULTED CEILING	WD3

LIGHTING LEGEND

SYMBOL	TYPE	NAME
	DOWNLIGHT	FOCAL POINT
	OUTLET	DUPLEX OUTLET
GFI	OUTLET	GFI OUTLET
	PENDENT	TULIP
PC	PHOTOCELL	OCCUPANT SENSOR
	SWITCH	LIGHTING SWITCH
	WALL SCONCE	MORI POD
	WALL SCONCE	PILOT SCOUNCE

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Project North

True North

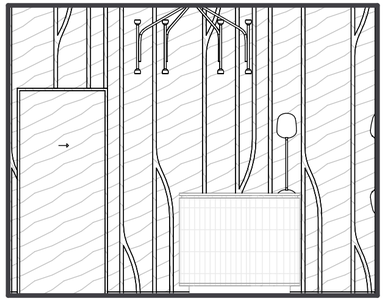
Project Description:

RECONNECTION RETREAT

Drawing Description:

RECEPTION & STAFF ROOM RCP

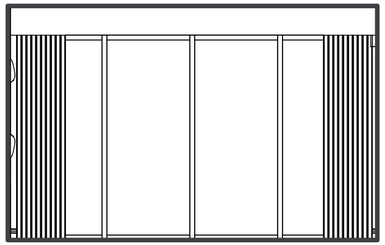
Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID5.1
Scale	1/4" = 1'-0"



1 ID5.2

RECEPTION NORTH INTERIOR ELEVATION

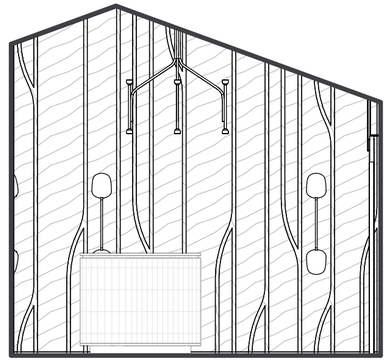
1/4" = 1'-0"



2 ID5.2

RECEPTION SOUTH INTERIOR ELEVATION

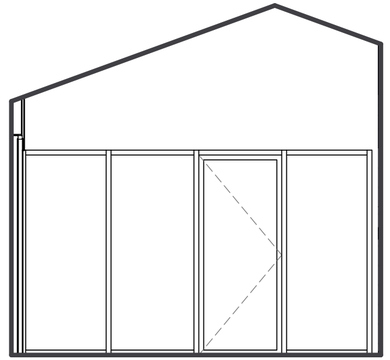
1/4" = 1'-0"



3 ID5.2

RECEPTION EAST INTERIOR ELEVATION

1/4" = 1'-0"



4 ID5.2

RECEPTION WEST INTERIOR ELEVATION

1/4" = 1'-0"

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5. ALL CEILING HEIGHTS ARE 8'-0" AFF U.N.O.

Project North | True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

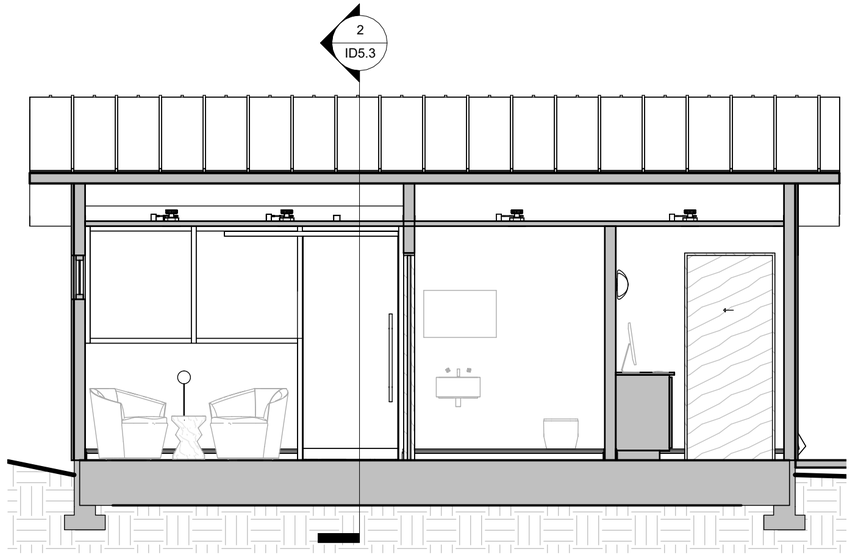
RECEPTION & STAFF ROOM INTERIOR ELEVATIONS

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID5.2

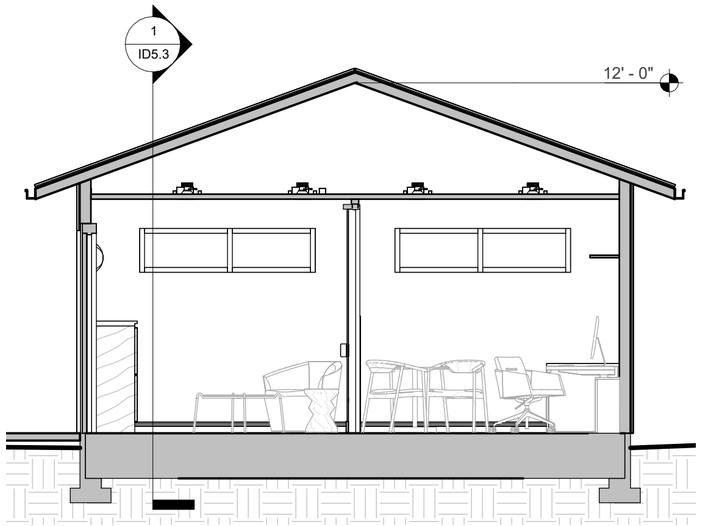
Scale 1/4" = 1'-0"



1 ID5.3

STAFF ROOM LONGITUDE SECTION

1/4" = 1'-0"



2 ID5.3

STAFF ROOM LATITUDE SECTION

1/4" = 1'-0"

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Project North | True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

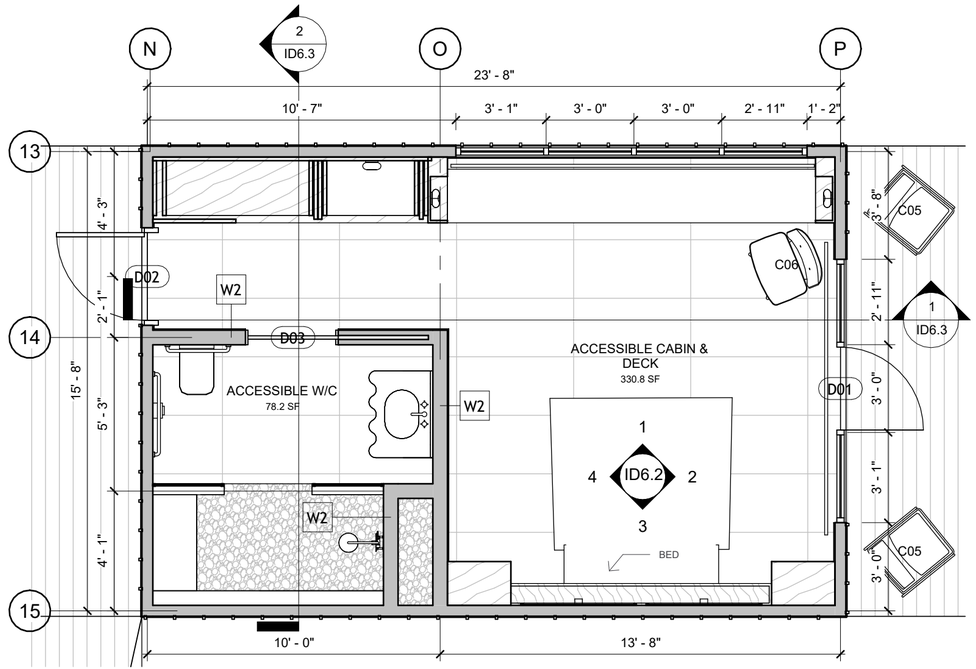
RECEPTION & STAFF ROOM BUILDING SECTIONS

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID5.3

Scale 1/4" = 1'-0"



1
ID6.0

ACCESSIBLE CABIN FLOOR PLAN

1/4" = 1'-0"

FINISH SCHEDULE

ROOM NAME	AREA	FLOOR FINISH	SECONDARY FLOOR FINISH	WALL FINISH				CEILING FINISH	SECONDARY CEILING FINISH
				NORTH	EAST	SOUTH	WEST		
ACCESSIBLE CABIN & DECK	331 ft²	ST2	N/A	WD3	WD3	WD3	WD3	WD3	PT2
ACCESSIBLE W/C	78 ft²	ST2	ST7	WD3	WD3	TL1	TL1	PT2	N/A

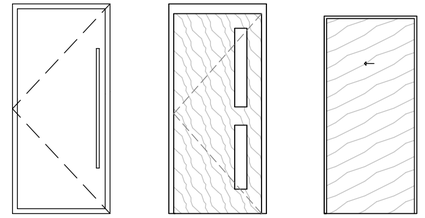
MATERIAL LEGEND

HATCH	CODE	MATERIAL
	ST2	TYNDALL STONE TILE
	ST7	BASALT STONE PEBBLE
	WD1	WOOD
	WD3	WOOD PLANKS

ACCESSIBLE CABIN & DECK FURNITURE SCHEDULE

CODE	TYPE	PRODUCT NAME	MANUFACTURER	COUNT	FINISHES	
					BASE	TOP/TEXTILE
ACCESSIBLE CABIN & DECK						
C05	Lounge Chair	Rio Lounge	Coalesse	2	MT2	TX6
C06	Chair	Bowie Armchair	Moooi	1	WD1	TX1

DOOR LEGEND



D01
EXTERIOR SWING
FULL GLASS

D02
EXTERIOR SWING
VISION

D03
INTERIOR POCKET
WOOD PANEL

PARTITION LEGEND

SYMBOL	CODE	TYPE	ASSEMBLY
	W1	INTERIOR PARTITION	REFER TO ID0.1
	W2	PLUMBING PARTITION	REFER TO ID0.1
	W3	EXTERIOR WALL	REFER TO ID0.1

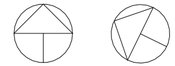
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Project North

True North

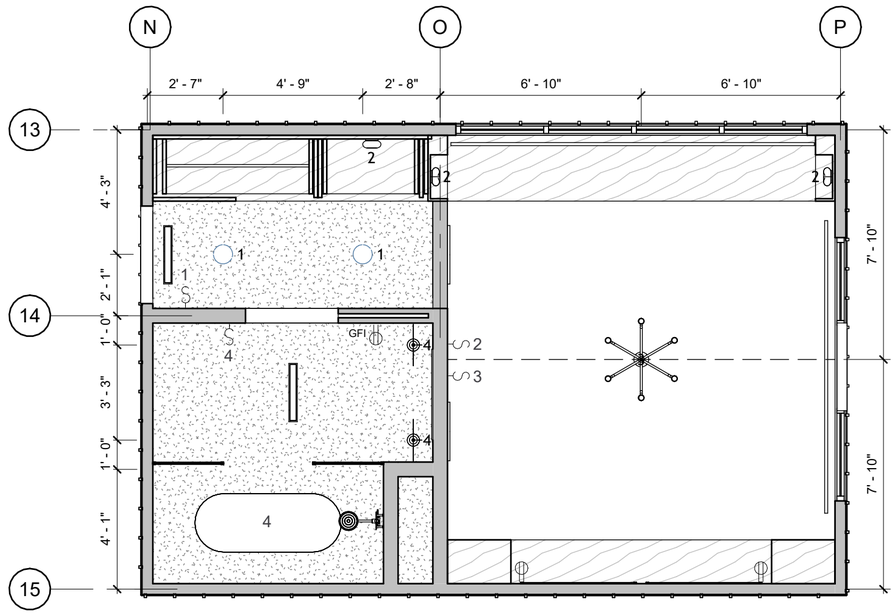
Project Description:

RECONNECTION RETREAT

Drawing Description:

ACCESSIBLE CABIN FLOOR PLAN

Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID6.0
Scale	1/4" = 1'-0"



1
ID6.1

ACCESSIBLE CABIN RCP

1/4" = 1'-0"

MATERIAL LEGEND

HATCH	CODE	MATERIAL	FINISH
	GWB	GYPSUM BOARD	PT2
	VTC	VAULTED CEILING	WD3

LIGHTING LEGEND

SYMBOL	TYPE	NAME
	DIFFUSER	RETURN DIFFUSERS
	DIFFUSER	WALL MOUNTED SUPPLY DIFFUSERS
	OUTLET	DUPLEX OUTLET
GFI	OUTLET	GFI OUTLET
	PENDANT	JARRY
	PENDANT	TULIP
	RECESSED	AREA LIGHT
	SURFACE	MIKA
	SWITCH	LIGHTING SWITCH
	WALL SCONCE	ORELIA

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Project North

True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

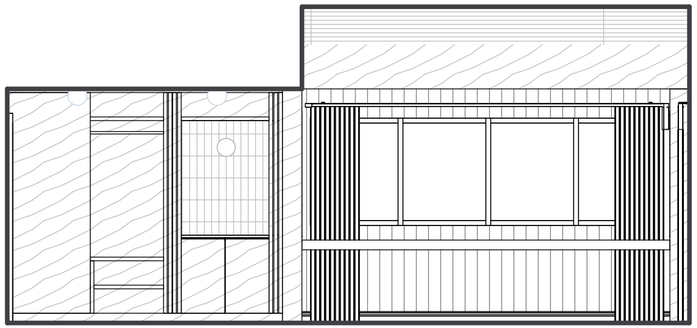
ACCESSIBLE CABIN RCP

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID6.1

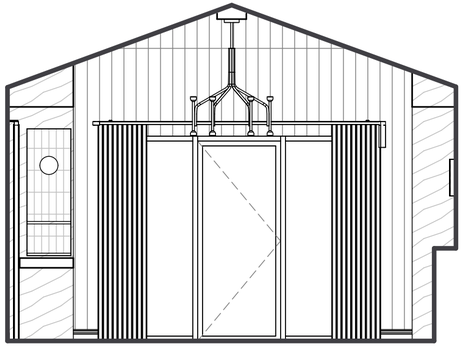
Scale 1/4" = 1'-0"



1 ID6.2

ACCESSIBLE NORTH INTERIOR ELEVATION

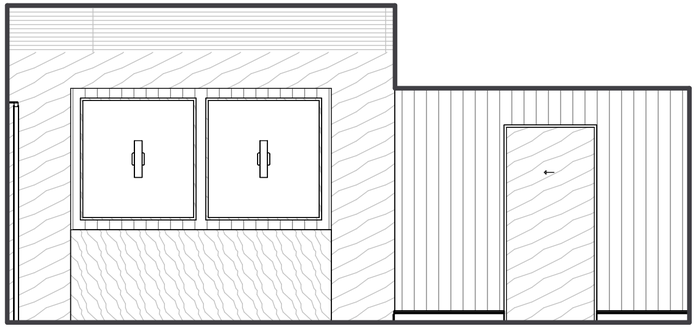
1/4" = 1'-0"



2 ID6.2

ACCESSIBLE EAST INTERIOR ELEVATION

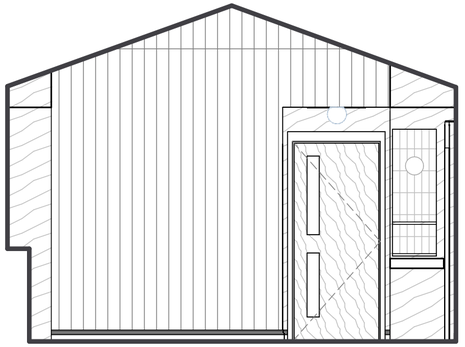
1/4" = 1'-0"



3 ID6.2

ACCESSIBLE SOUTH INTERIOR ELEVATION

1/4" = 1'-0"



4 ID6.2

ACCESSIBLE WEST INTERIOR ELEVATION

1/4" = 1'-0"

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Project North | True North

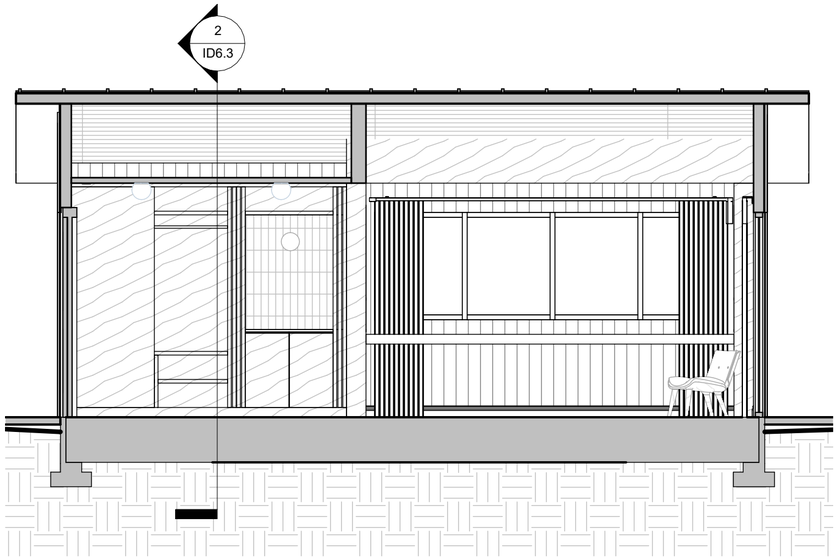
Project Description:

RECONNECTION RETREAT

Drawing Description:

ACCESSIBLE CABIN INTERIOR ELEVATIONS

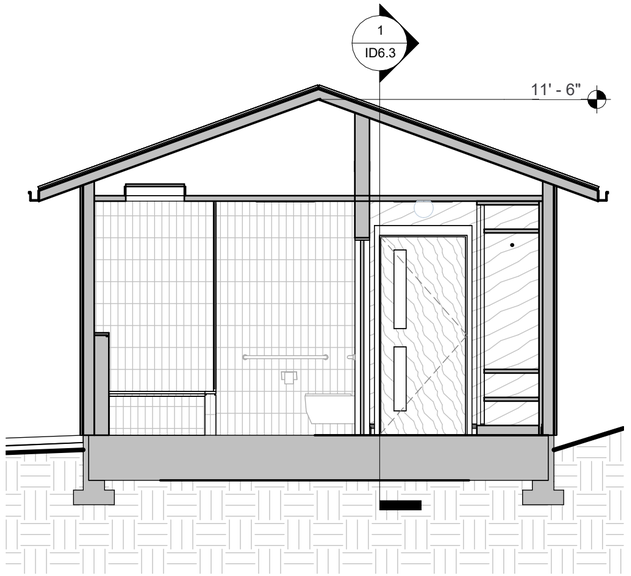
Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID6.2
Scale	1/4" = 1'-0"



1 ID6.3

ACCESSIBLE CABIN LONGITUDE SECTION

1/4" = 1'-0"



2 ID6.3

ACCESSIBLE CABIN LATITUDE SECTION

1/4" = 1'-0"

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Project North

True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

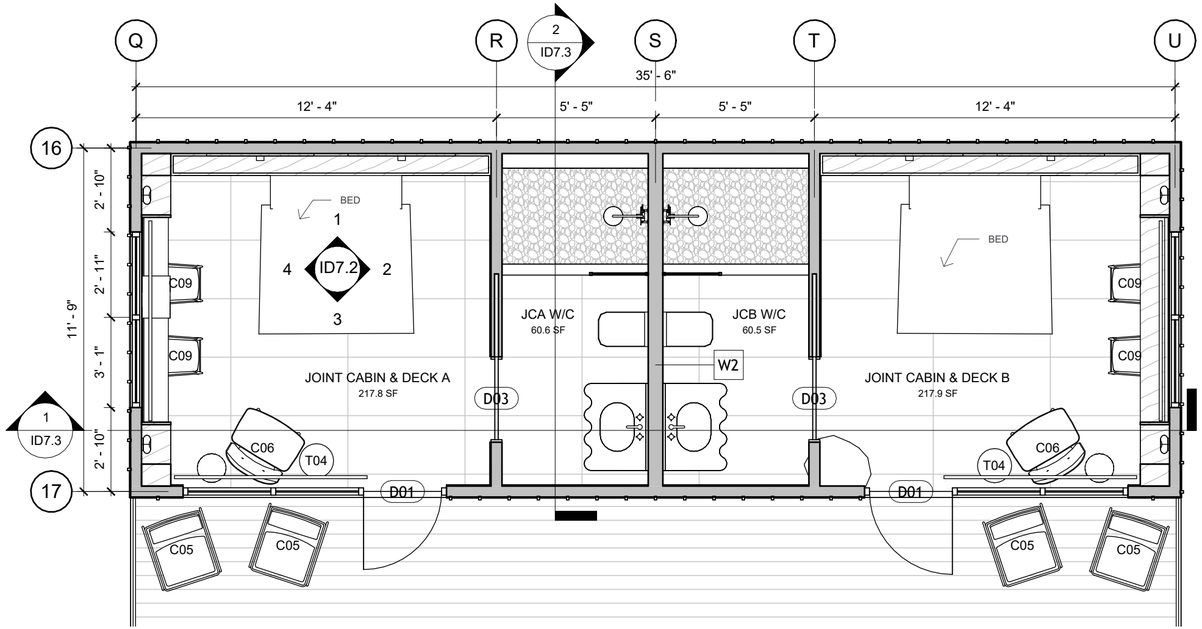
ACCESSIBLE CABIN BUILDING SECTIONS

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID6.3

Scale 1/4" = 1'-0"



1
ID7.0

JOINT CABIN FLOOR PLAN

1/4" = 1'-0"

FINISH SCHEDULE

ROOM NAME	AREA	FLOOR FINISH	SECONDARY FLOOR FINISH	WALL FINISH				CEILING FINISH	SECONDARY CEILING FINISH
				NORTH	EAST	SOUTH	WEST		
JCA W/C	61 ft²	ST2	ST7	TL1	WD3	WD3	TL1	PT2	N/A
JCB W/C	61 ft²	ST2	ST7	TL1	TL1	WD3	WD3	PT2	N/A
JOINT CABIN & DECK A	218 ft²	ST2	N/A	WD3	WD3	WD3	WD3	WD3	N/A
JOINT CABIN & DECK B	218 ft²	ST2	N/A	WD3	WD3	WD3	WD3	WD3	N/A

MATERIAL LEGEND

HATCH	CODE	MATERIAL
	ST2	TYNDALL STONE TILE
	ST7	BASALT STONE PEBBLE
	WD3	WOOD PLANKS

PARTITION LEGEND

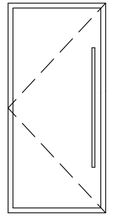
SYMBOL	CODE	TYPE
	W1	INTERIOR PARTITION
	W2	PLUMBING PARTITION
	W3	EXTERIOR WALL

REFER TO ID0.1 FOR PARTITION ASSEMBLY

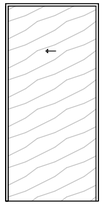
JOINT CABIN & DECK A FURNITURE SCHEDULE

CODE	TYPE	PRODUCT NAME	MANUFACTURER	COUNT	FINISHES	
					BASE	TOP/TEXTILE
JOINT CABIN & DECK A						
C05	Lounge Chair	Rio Lounge	Coalesse	2	MT2	TX6
C06	Chair	Bowie Armchair	Moooi	1	WD1	TX1
C09	Stool	Lolli Stool	m.a.d.	2	MT1	TX4
T04	Side Table	Nolan	West Elm	1	WD2	N/A
JOINT CABIN & DECK B						
C05	Lounge Chair	Rio Lounge	Coalesse	2	MT2	TX6
C06	Chair	Bowie Armchair	Moooi	1	WD1	TX1
C09	Stool	Lolli Stool	m.a.d.	2	MT1	TX4
T04	Side Table	Nolan	West Elm	1	WD2	N/A

DOOR LEGEND



D01
EXTERIOR SWING
FULL GLASS



D03
INTERIOR POCKET
WOOD PANEL

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Project North



True North

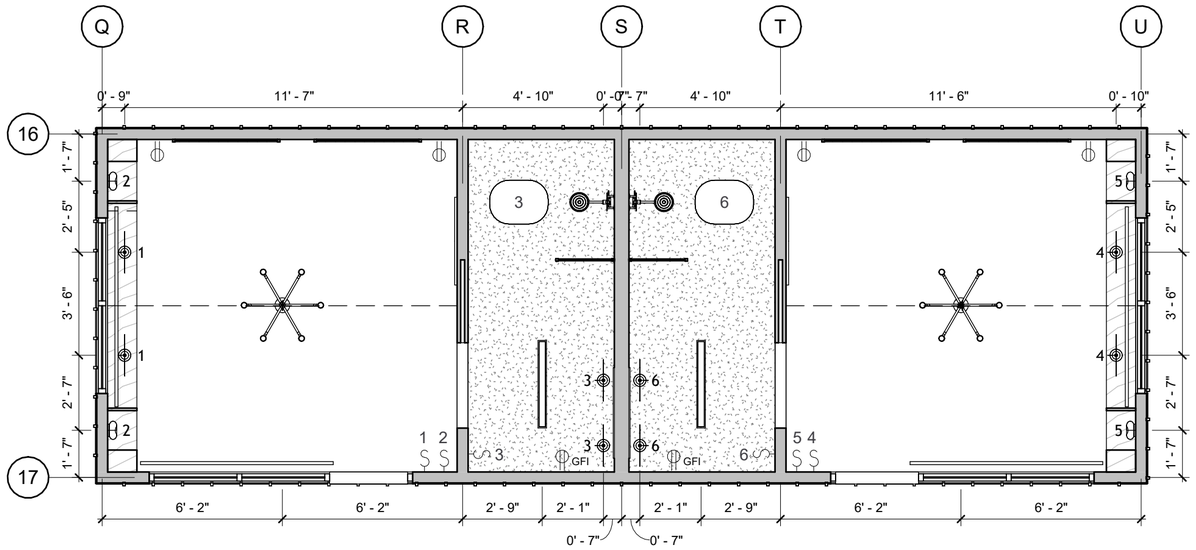
Project Description:

RECONNECTION RETREAT

Drawing Description:

JOINT CABIN FLOOR PLAN

Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID7.0
Scale	1/4" = 1'-0"



1
ID7.1

JOINT CABIN RCP

1/4" = 1'-0"

MATERIAL LEGEND

HATCH	CODE	MATERIAL	FINISH
	GWB	GYPSUM BOARD	PT2
	VTC	VAULTED CEILING	WD3

LIGHTING LEGEND

SYMBOL	TYPE	NAME
	DIFFUSER	RETURN DIFFUSERS
	DIFFUSER	WALL MOUNTED SUPPLY DIFFUSERS
	OUTLET	DUPLEX OUTLET
GFI	OUTLET	GFI OUTLET
	PENDANT	JARRY
	PENDANT	TULIP
	RECESSED	AREA LIGHT
	SWITCH	LIGHTING SWITCH
	WALL SCONCE	ORELIA

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Project North

True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

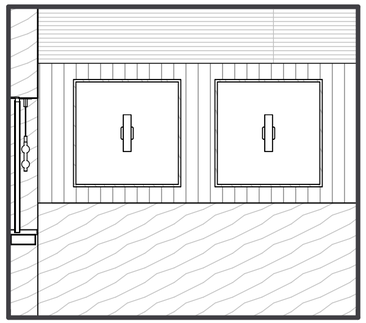
JOINT CABIN RCP

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID7.1

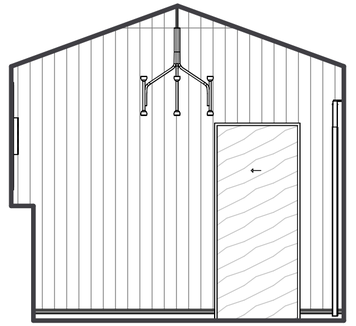
Scale 1/4" = 1'-0"



1 ID7.2

JOINT NORTH INTERIOR ELEVAITON

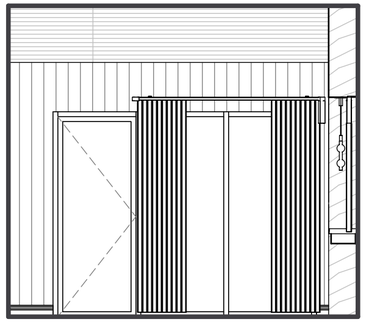
1/4" = 1'-0"



2 ID7.2

JOINT EAST INTERIOR ELEVATION

1/4" = 1'-0"



3 ID7.2

JOINT SOUTH INTERIOR ELEVATION

1/4" = 1'-0"



4 ID7.2

JOINT WEST INTERIOR ELEVATION

1/4" = 1'-0"

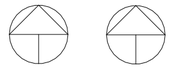
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Project North True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

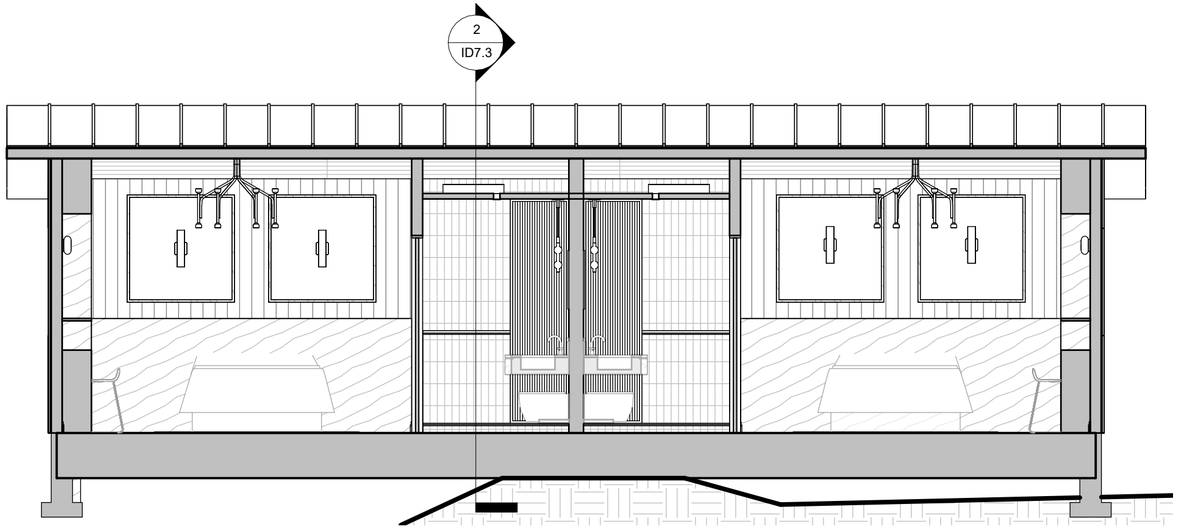
JOINT CABIN INTERIOR ELEVATIONS

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID7.2

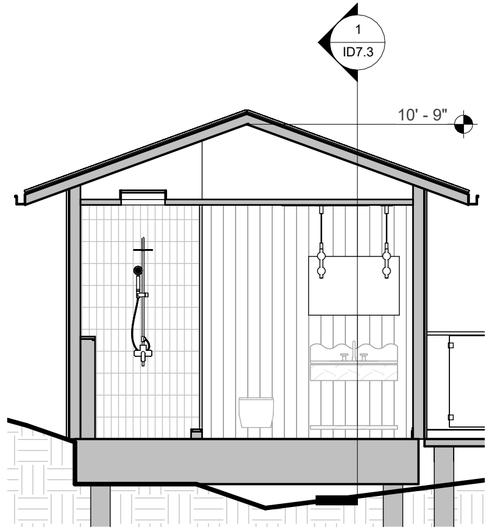
Scale 1/4" = 1'-0"



1 ID7.3

JOINT CABIN LONGITUDE SECTION

1/4" = 1'-0"



2 ID7.3

JOINT CABIN LATTUDE SECTION

1/4" = 1'-0"

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Project North | True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

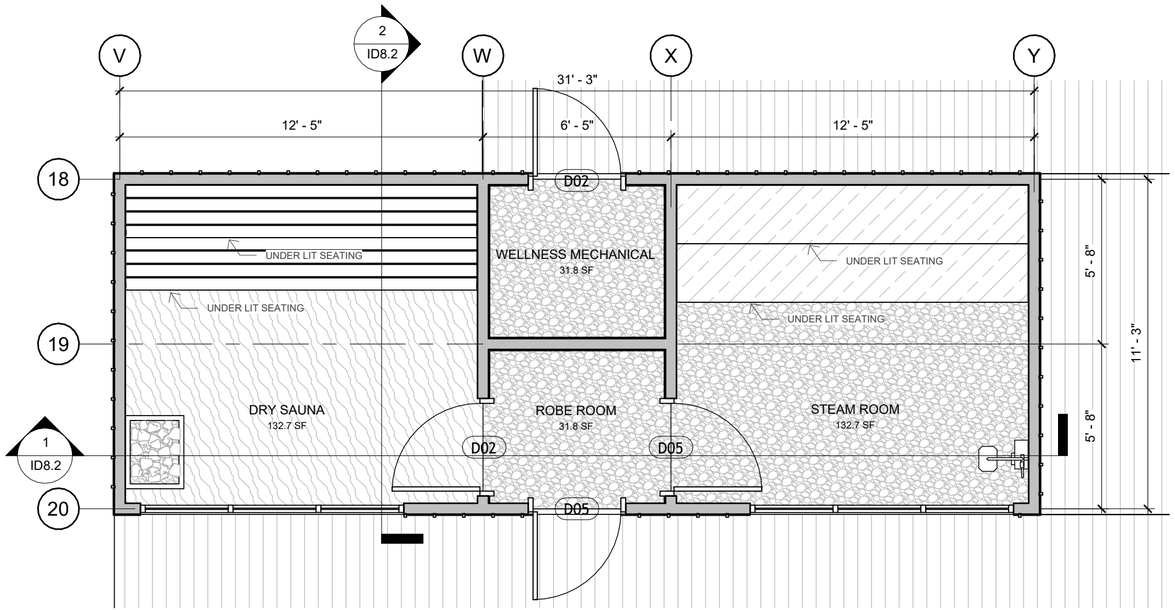
JOINT CABIN BUILDING SECTIONS

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID7.3

Scale 1/4" = 1'-0"



1
ID8.0

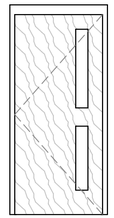
DRY SAUNA & STEAM ROOM FLOOR PLAN

1/4" = 1'-0"

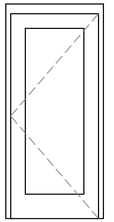
FINISH SCHEDULE

ROOM NAME	AREA	FLOOR FINISH	SECONDARY FLOOR FINISH	WALL FINISH				CEILING FINISH	SECONDARY CEILING FINISH
				NORTH	EAST	SOUTH	WEST		
DRY SAUNA	133 ft²	WD4	N/A	WD5	WD5	WD5	WD5	WD4	N/A
ROBE ROOM	32 ft²	ST7	N/A	WD4	WD4	WD4	WD4	WD4	N/A
STEAM ROOM	133 ft²	ST7	N/A	ST6	ST6	ST6	ST6	ST6	N/A
WELLNESS MECHANICAL	32 ft²	ST7	N/A	WD4	WD4	WD4	WD4	ACT	N/A

DOOR LEGEND



D02
EXTERIOR SWING
VISION



D05
EXTERIOR/INTERIOR SWING
GLASS PANEL

MATERIAL LEGEND

HATCH	CODE	MATERIAL
	ST6	BASALT STONE
	ST7	BASALT STONE PEBBLE
	WD3	WOOD PLANKS
	WD4	WOOD SAUNA PLANKS

PARTITION LEGEND

SYMBOL	CODE	TYPE
	W1	INTERIOR PARTITION
	W2	PLUMBING PARTITION
	W3	EXTERIOR WALL

REFER TO ID0.1 FOR PARTITION ASSEMBLY

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Project North



True North

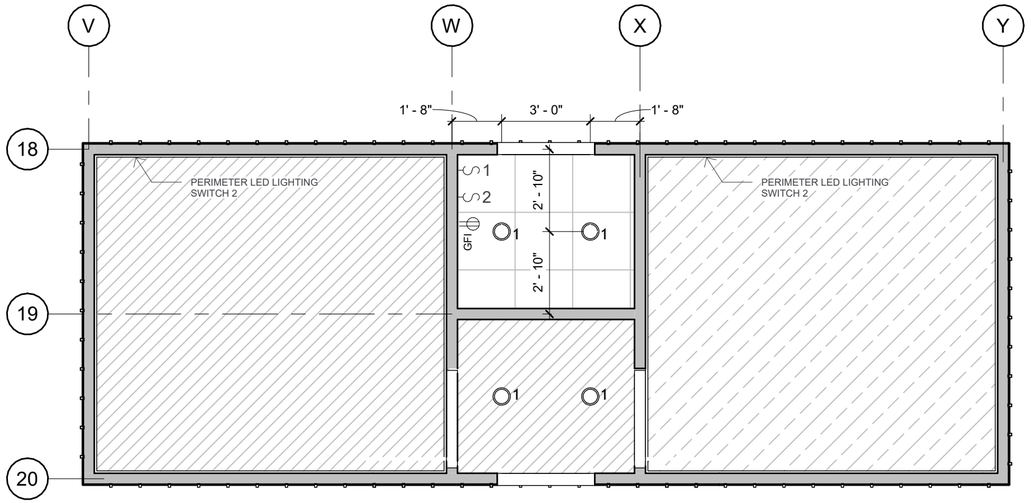
Project Description:

RECONNECTION RETREAT

Drawing Description:

DRY SAUNA & STEAM ROOM FLOOR PLAN

Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID8.0
Scale	1/4" = 1'-0"



1
ID8.1

DRY SAUNA & STEAM ROOM RCP

1/4" = 1'-0"

MATERIAL LEGEND

HATCH	CODE	MATERIAL	FINISH
	ACT	ACOUSTIC CEILING TILE	N/A
	ST6	BASALT STONE	ST6
	WD5	WOOD SAUNA PLANKS	WD5

LIGHTING LEGEND

SYMBOL	TYPE	NAME
	DOWNLIGHT	FOCAL POINT
GFI	OUTLET	GFI OUTLET
	SWITCH	LIGHTING SWITCH

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Project North

True North

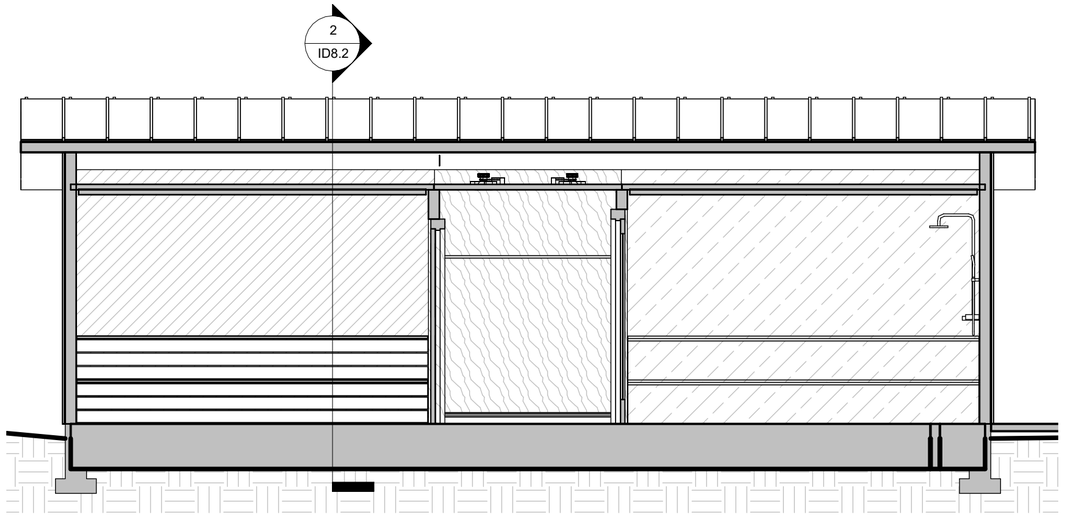
Project Description:

RECONNECTION RETREAT

Drawing Description:

DRY SAUNA & STEAM ROOM RCP

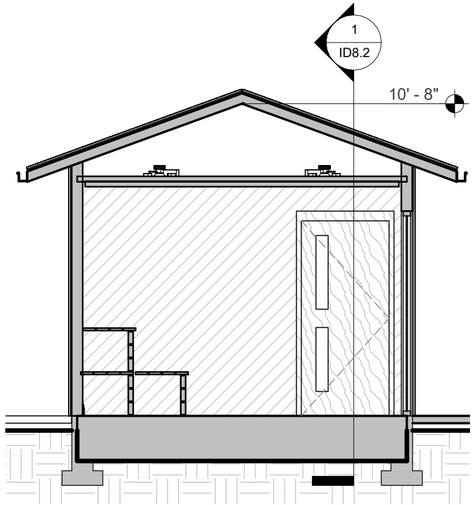
Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID8.1
Scale	1/4" = 1'-0"



1 ID8.2

DRY SAUNA & STEAM ROOM LONGITUDE SECTION

1/4" = 1'-0"



2 ID8.2

DRY SAUNA LATITUDE SECTION

1/4" = 1'-0"

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Project North | True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

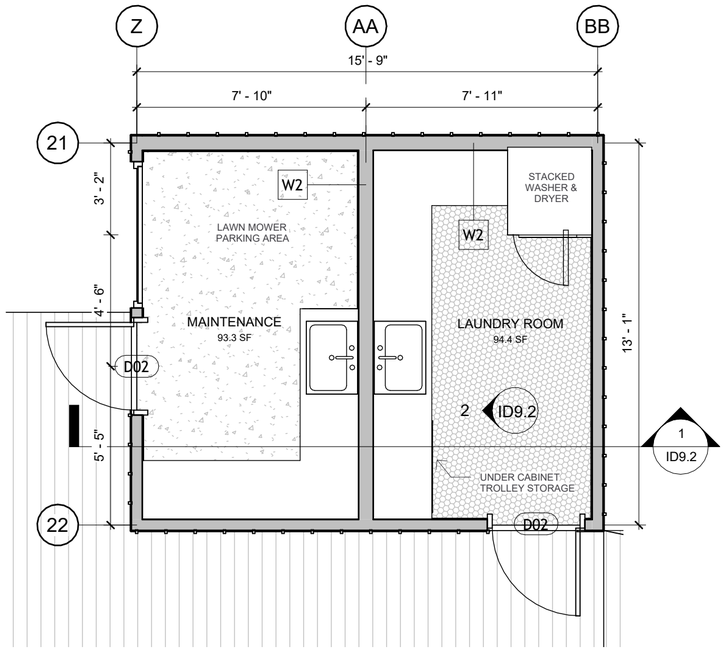
DRY SAUNA & STEAM ROOM BUILDING SECTIONS

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID8.2

Scale 1/4" = 1'-0"



LAUNDRY & MAINTENANCE ROOM FLOOR PLAN

1
ID9.0

1/4" = 1'-0"

FINISH SCHEDULE

ROOM NAME	AREA	FLOOR FINISH	SECONDARY FLOOR FINISH	WALL FINISH				CEILING FINISH	SECONDARY CEILING FINISH
				NORTH	EAST	SOUTH	WEST		
LAUNDRY ROOM	94 ft²	TL4	N/A	PT1	PT1	PT1	TL2	ACT	N/A
MAINTENANCE	93 ft²	ST8	N/A	PT1	PT1	PT1	PT1	ACT	N/A

PARTITION LEGEND

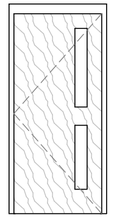
SYMBOL	CODE	TYPE
	W1	INTERIOR PARTITION
	W2	PLUMBING PARTITION
	W3	EXTERIOR WALL

REFER TO ID0.1 FOR PARTITION ASSEMBLY

MATERIAL LEGEND

HATCH	CODE	MATERIAL
	ST8	CONCRETE
	TL4	HEXAGON FLORAL TILE
	WD3	WOOD PLANKS

DOOR LEGEND



D02
EXTERIOR SWING
VISION

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GENERAL NOTES

1. ALL MEASUREMENTS ARE IN IMPERIAL UNITS U.N.O.
2. ALL INTERIOR PARTITIONS TO HAVE WOOD WALL BASE, PT1 FINISH UNO.
3. ALL EXTERIOR WALLS ARE TYPE W3 U.N.O.
4. ALL INTERIOR PARTITIONS TYPE W1 U.N.O.
5. ALL CEILING HEIGHTS ARE 8'-0" AFF U.N.O.



Project North



True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

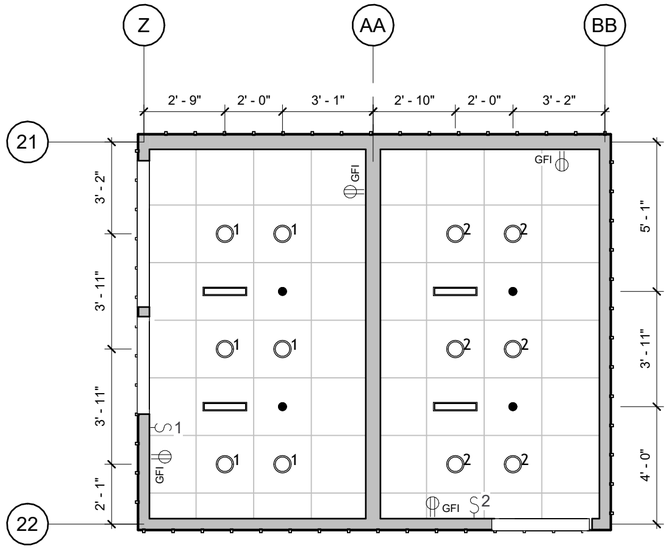
LAUNDRY & MAINTENANCE ROOM FLOOR PLAN & RCP

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID9.0

Scale 1/4" = 1'-0"



1
ID9.1

LAUNDRY & MAINTENANCE ROOM RCP

1/4" = 1'-0"

MATERIAL LEGEND

HATCH	CODE	MATERIAL	FINISH
	ACT	ACOUSTIC CEILING TILE	N/A

LIGHTING LEGEND

SYMBOL	TYPE	NAME
	DIFFUSER	SUPPLY/RETURN DIFFUSERS
	DOWNLIGHT	FOCAL POINT
GFI	OUTLET	GFI OUTLET
	RECESSED	SPRINKLERS
S	SWITCH	LIGHTING SWITCH

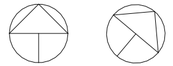
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Project North True North

Project Description:

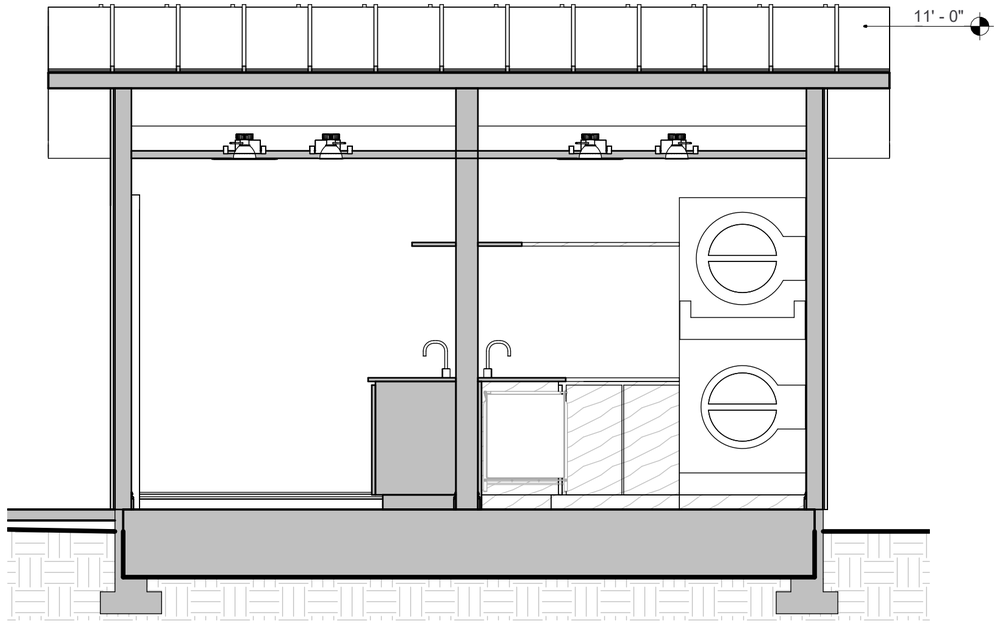
RECONNECTION RETREAT

Drawing Description:

LAUNDRY & MAINTENANCE ROOM RCP

Project Number	7030
Date	12.06.26
Drawn By	SJ
Drawing No.	ID9.1
Scale	1/4" = 1'-0"

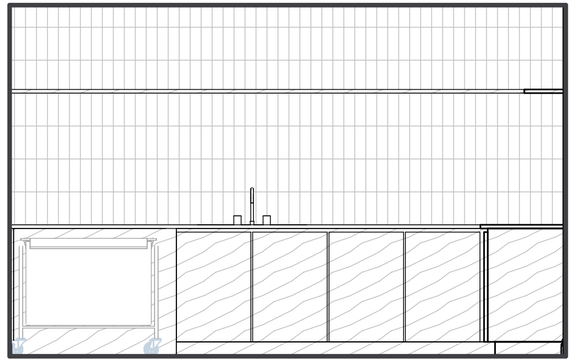
MATERIAL LEGEND		
HATCH	CODE	MATERIAL
	TL2	VERTICAL TILE - FELDSPAR
	WD1	WOOD



1 ID9.2

LAUNDRY & MAINTENANCE ROOM SECTION

3/8" = 1'-0"



2 ID9.2

LAUNDRY WEST INTERIOR ELEVATION

3/8" = 1'-0"

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Project North

True North

Project Description:

RECONNECTION RETREAT

Drawing Description:

LAUNDRY & MAINTENANCE ROOM INTERIOR ELEVATION & SECTION

Project Number	7030
Date	12.06.26
Drawn By	SJ

Drawing No.

ID9.2

Scale As indicated

8.2 | FURNITURE COLLAGE



8.2 | MATERIAL BOARD



RECONNECTING WITH NATURE

A DIGITAL DETOX RETREAT FOR WELL-BEING

The Reconnection Retreat is shaped by biophilic design principles that strengthen the connection between people and nature. Daylight, views to the exterior, and natural materials, such as wood, stone, and soft textiles, create a calming space, sensory rich interior environment that complements the natural surroundings while encouraging relaxation. Large openings ensure the forest remains a constant presence, enhancing and extending the forest bathing experience in the interior environments.

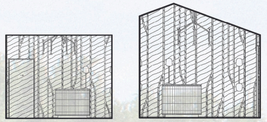
Soft textures, organic forms, and natural materials work together to evoke tranquility, while supporting the restorative qualities of forest bathing. Each space is designed to foster stillness, reflection, and an immersive connection to the surrounding landscape, enhancing overall mental and physical well-being. The Reconnection Retreat harmonizes with nature through its restorative activities, transforming structures, and materials focused both on biophilic design principles and locality.



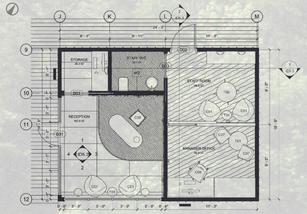


RECEPTION

The reception and staff area is the first building guests interact with when arriving at the Reconnection Retreat. Guests enter the reception area and are welcomed by a digital free zone, where the reception desk is free of computer systems and phones. Guests are required to hand over all electronic devices to ensure they have a complete digital detox during their stay.



RECEPTION INTERIOR ELEVATIONS

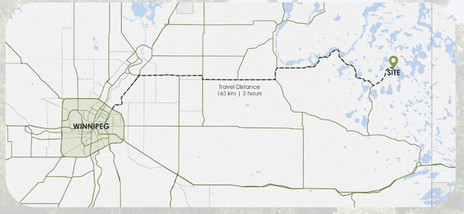






1 Private Cabin
2 Private Cabin
3 Accessible Cabin
4 Reception & Staff Area
5 Dry Sauna & Steam Room
6 Laundry & Maintenance
7 Community Hub
8 Yoga Studio
9 Joint Cabin
10 Outdoor Cold Plunge
11 Outdoor Fire Pit
12 Outdoor Observation



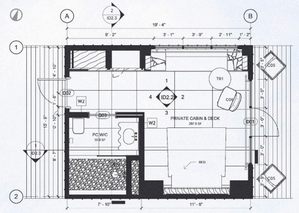






PRIVATE CABINS & ACCESSIBLE CABIN

The guest suites, which include two private cabins, an accessible cabin, and a joint cabin (which has two suites) take up 4 of the 9 buildings at the Reconnection Retreat, being able to accommodate 10 guests. The daylight and views of the surrounding forestry are made possible with large windowscapes. The materiality of each suite is strongly connected to biophilic design by using natural materials, such as wood and tyndall stone, as well as textiles with natural patterns and colours.



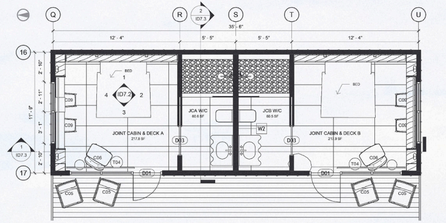
FURNITURE & LIGHTING COLLAGE





JOINT CABIN

The joint cabin is a more cost friendly option for occupants, due to its minimized space, adjoining wall with other occupants, as well as reduced amenities. The joint cabin has a large shared balcony that looks out to Big Whiteshell Lake where the guests can enjoy the evening sunsets.

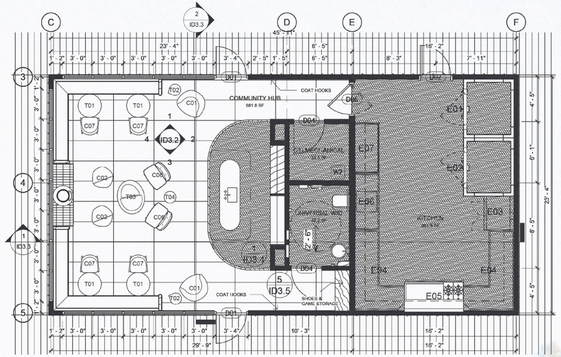




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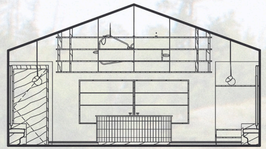
COMMUNITY HUB

The community hub is adjacent to the yoga studio and large green space that is used for outdoor wellness activities. The community hub acts as a touch down and interaction area where guests can rest between their wellness and nature-based activities. The community hub includes both dining and lounge seating, surrounded by large windowscapes, a custom fire place to cozy up to, and a grab-and-go beverage station. The materiality of the community hub is focused on fresh and lively colours that can be found in the natural elements around the site.

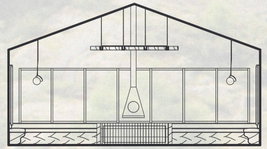








COMMUNITY HUB EAST ELEVATION

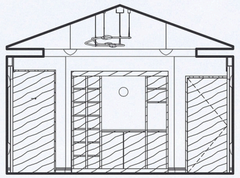


COMMUNITY HUB WEST ELEVATION

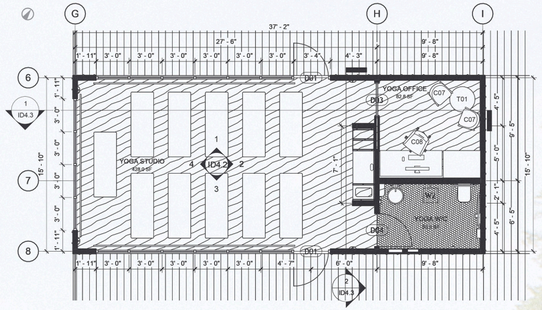


YOGA STUDIO

The yoga studio has one of the best viewpoints of the site. The two hundred and seventy degree windowscape provides views of the lush greenery and flowing water of Big Whiteshell Lake. The yoga studio is a space for group or individual meditation sessions. The yoga studio can have up to ten guests and one instructor at a time. The materiality of the yoga studio is minimalistic, providing a calming, tranquil atmosphere. The space focuses on neutral tones, with small bursts of colour in the greenery and lighting fixtures. Surrounding the yoga studio is a deck for occupants to admire the sounds, smells, and views of the surrounding vegetation and water.



YOGA STUDIO EAST ELEVATION



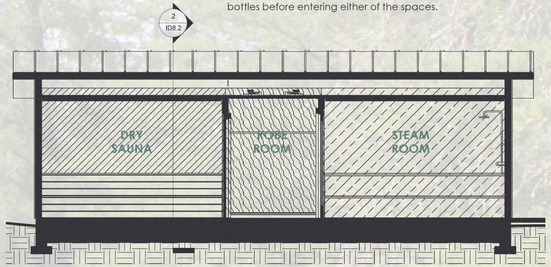






DRY SAUNA & STEAM ROOM

The Reconnection Retreat offers multiple wellness activities for its guests. The dry sauna and steam room are interior wellness activities that can be enjoyed year-round. The dry sauna and steam room feature a large window for guests to view the exterior while releasing tension and feeling more relaxed. The steam room engages the guests sense of smell by diffusing essential oils, such as lavender, orange, and eucalyptus, in the steam. Both the dry sauna and steam room are connected by a robe room where guests can hang their robes and/or towels, and water bottles before entering either of the spaces.



DRY SAUNA & STEAM ROOM BUILDING SECTION

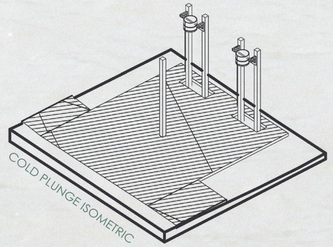
OUTDOOR FIRE PIT



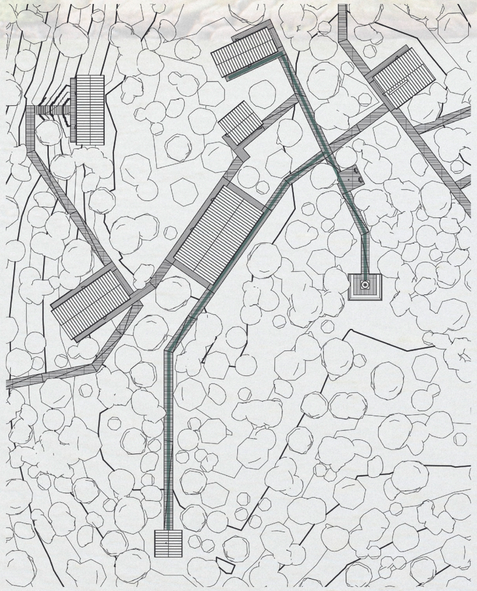


OUTDOOR COLD PLUNGE

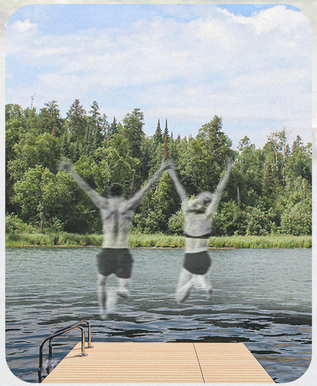
As for outdoor wellness activities, the Reconnection Retreat offers a cold plunge and fire pit area. The cold plunge bucket fills with cold water, where guests then pull a rope and dump the water on themselves after the dry sauna or steam room to partake in the thermotherapy ritual of the retreat. However, the cold plunge is not available in the winter months. The fire pit area is a U-shaped seating area for guests to engage in conversation with one another or to just enjoy the warmth of the fire. The fire pit can be used year-round and features the copper and tyndall stone seen throughout the retreat.



COLD PLUNGE ISOMETRIC



WELLNESS PLAN



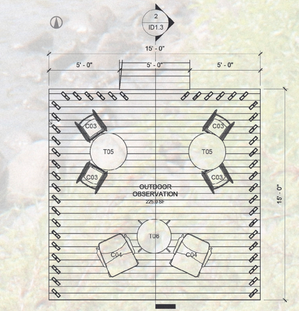
WATER ACCESS

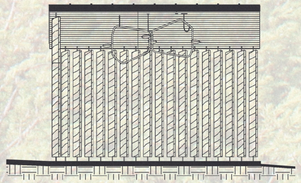
The Reconnection Retreat is located on a waterfront property of Big Whiteshell Lake, therefore guests have direct access to the water and water activities. Past the yoga studio is a dock for guests to enter the lake, where they can swim or use the paddle boards or kayaks provided by the retreat. During the winter months, when the lake is frozen over, the Reconnection Retreat will cut out a portion of the ice for guests to cold plunge in the lake, as the cold plunge buckets will not be in use during the winter months.



OUTDOOR OBSERVATION

The outdoor observation space is an area for guests to simply observe the natural surroundings, as it acts as an exterior "interior" space. The space offers tall tables and stools, as well as lounge chairs for guests to sit and enjoy a book or beverage from the community hub to pause, observe, and reflect. The outdoor observation space is built mainly of wood to blend into the forest and connect to biophilic design, but also has a copper roof that will patina overtime with the vegetation and other site buildings. The structures roof protects guests from direct environmental conditions, such as rain or snow. Three sides of the outdoor observation space are made up of swivel wood slats to partially enclose the space but for guests to still see the forestry and for the wind and scents of the forest to breeze through. The side of the structure that is facing Big Whiteshell Lake is completely open. This is for guests to observe a picturesque view of the lake, sky, and nature.





OUTDOOR OBSERVATION BUILDING SECTION





RECONNECTION RETREAT

The Reconnection Retreat is a restorative sanctuary where visitors detox from digital media and reconnect with nature. The retreat encourages guests to slow down, engage their senses, and restore their mental and physical well-being through the immersive experience of forest bathing. The retreat is composed of multiple built structures such as the restorative saunas, meditative yoga studio, the interactive community hub, and the reflective outdoor observation space. The Reconnection Retreat moves guests between interior and exterior environments, offering a constant connection to the natural surroundings and encourages forest bathing.

The Reconnection Retreat strongly focuses on biophilic design through daylight, views, and natural materials to connect the guests with nature, while creating a calming, sensory rich, nature-forward environment. The Reconnection Retreat harmonizes with nature as the buildings, forest, and guests transform as one throughout each season in Manitoba, Canada.

SHELBY JACQUES

8.4 | BUILDING CODE ANALYSIS

3.1.2.1. Major Occupancy Classification

- Group C – Residential Occupancies (Hotel) - Buildings 1, 2, 3, and 9 (Dwelling Units)
- Group D – Business Occupancies – Building 4 (Reception, Staff Room, Manager Office)
- Group A Division 2 – Assembly Occupancies – Buildings 5, 7, and 8 (Saunas, Community Hall, Yoga Studio)
- Group F Division 2 – Industrial Occupancies – Building 6 (Laundry and Storage)

3.1.17.1. Occupant Load

1. The occupant load of a floor area or part of a floor area shall be based on
    a. the number of seats in an assembly occupancy having fixed seats,
    b. 2 persons per sleeping room in a dwelling unit, or

According to Table 3.1.17.1. Occupant Load, the occupant load of the different buildings is as follows:

- Buildings 1, 2, 3, and 9 – 4.60m2
- Building 4 – 9.30m2
- Buildings 5, 7, and 8 – 1.20m2
- Building 6 – 4.60m2

3.2.2.28. Group A, Division 2, One Storey

1) A building classified as Group A, Division 2 is permitted to be of combustible construction or noncombustible construction, used singly or in combination, provided
    a. it is not more than 1 storey in building height

3.2.2.47. Group C, Any Height, Any Area, Sprinklered

1) Except as permitted by Article 3.2.2.16., the building referred to in Sentence (1) shall be of noncombustible construction, and
    a. except as permitted by Sentences 3.2.2.7.(1) and 3.2.2.18.(2), the building shall be sprinklered throughout,
2) In a building that contains dwelling units that have more than one storey, subject to the requirements of Sentence 3.3.4.2.(3), the floor assemblies, including floors over basements, which are entirely contained within these dwelling units, shall have a fire-resistance rating not less than 1 h but need not be constructed as fire separations.

3.2.2.55. Group D, Any Height, Any Area, Sprinklered

1) Except as permitted by Article 3.2.2.16., the building referred to in Sentence (1) shall be of noncombustible construction, and
    a. except as permitted by Sentences 3.2.2.7.(1) and 3.2.2.18.(2), the building shall be sprinklered throughout,

3.2.2.74. Group F, Division 2, Any Height, Any Area, Sprinklered

1) Except as permitted by Article 3.2.2.16., the building referred to in Sentence (1) shall be of noncombustible construction, and
    a. except as permitted by Sentences 3.2.2.7.(1) and 3.2.2.18.(2), the building shall be sprinklered throughout

3.3.1.5. Egress Doorways

1. Except for dwelling units, a minimum of 2 egress doorways located so that one doorway could provide egress from the room or suite as required by Article 3.3.1.3. if the other doorway becomes inaccessible to the occupants due to a fire which originates in the room or suite, shall be provided for every room and every suite
    a. intended for an occupant load more than 60,
    b. in a floor area that is sprinklered throughout and does not contain a high-hazard industrial occupancy and
        i. the travel distance to an egress doorway is more than 25 m, or
        ii. the area of the room or suite is more than the value in Table 3.3.1.5.-B.
2. Where 2 egress doorways are required by Sentence (1), they shall be placed at a distance from one another equal to or greater than one third of the maximum overall diagonal dimension of the area to be served, measured as the shortest distance that smoke would have to travel between the nearest required egress doors.

3.3.4.4. Egress from Dwelling Units

1) A single exit is permitted from a dwelling unit provided the exit is an exterior doorway not more than 1.5 m above adjacent ground level and

a. it is not necessary to travel up or down more than one storey to reach the exit door, or

b. the uppermost floor level opens to a balcony not more than 6 m above adjacent ground level.

3.4.2.3. Distance Between Exits

1) Except as provided in Sentence (2), the least distance between 2 exits from a floor area shall be

a. one half the maximum diagonal dimension of the floor area, but need not be more than 9 m for a floor area having a public corridor, or

b. one half the maximum diagonal dimension of the floor area, but not less than 9 m for all other floor areas.

2) Exits need not comply with Sentence (1) where

a. the floor area is divided so that not less than one third of the floor area is on each side of a fire separation, and

b. it is necessary to pass through the fire separation to travel from one exit to another exit.

3.7.2.2. Water Closets

1) Both sexes are permitted to be served by a single water closet if the occupant load in an occupancy referred to in Sentence (2) or (4) is not more than 10.

2) At least one water closet shall be provided for each dwelling unit.

3.8.2.2. Entrances

1. In addition to the barrier-free entrances required by Sentence (2), not less than 50% of the pedestrian entrances of a building referred to in Sentence 3.8.2.1.(1) shall be barrier-free and shall lead from

a. the outdoors at sidewalk level, or

2. A suite of assembly occupancy, business and personal services occupancy or mercantile occupancy that is located in the first storey of a building, or in a storey to which a barrier-free path of travel is provided, and that is completely separated from the remainder of the building so that there is no access to the remainder of the building, shall have at least one barrier-free entrance.

3.8.2.3. Areas Requiring a Barrier-Free Path of Travel

1. Except as permitted by Sentence (2), a barrier-free path of travel from the entrances required by Sentences 3.8.2.2.(1) and (2) to be barrier-free shall be provided throughout the entrance storey and the unobstructed width of a barrier-free path of travel shall be not less than 920 mm.

2. A barrier-free path of travel for persons in wheelchairs is not required

a. within a suite of residential occupancy that has not been designated by an authority having jurisdiction to be accessible for use by persons with physical disabilities, or

3.8.3.6. Doorways and Doors

1. Every doorway that is located in a barrier-free path of travel shall have a clear width not less than 800 mm when the door is in the open position.

2. Doorways in a path of travel to at least one bathroom within a suite of residential occupancy shall have a clear width not less than 800 mm when the doors are open.

3.8.3.12. Universal Washrooms

1. A universal washroom shall

a. be served by a barrier-free path of travel,

b. have a door complying with Article 3.8.3.6. that

i. has a latch-operating mechanism located 900 mm to 1000 mm above the floor that complies with Clause 3.8.3.8.(1)(b) and is capable of being locked from the inside, and released from the outside in case of emergency, and

c. have one lavatory conforming to Article 3.8.3.15.,

d. have one water closet conforming to Article 3.8.3.13. and Clause 3.8.3.11.(1)(d), with a clear floor space at least 900 mm wide that is parallel and adjacent to the open side of the water closet,

e. have grab bars conforming to Clauses 3.8.3.11.(1)(e) and (f),

f. have a coat hook conforming to Clause 3.8.3.11.(1)(g),

g. have a toilet paper dispenser conforming to Clause 3.8.3.11.(1)(h),

h. unless a counter is provided, have a shelf located not more than 1200 mm above the floor, and

i. be designed to permit a wheelchair to turn in an open space not less than 1500 mm in diameter.

CHAPTER 9.0 | REFERENCES

This chapter covers the bibliography, figure list, and copyright material list of all the information found throughout the practicum document.

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9.2 | FIGURE LIST

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FIGURE 9: Mendis, Mahesh, and Thilina Wijesiri. 2016. *Santani Wellness Resort and Spa Suite Exterior*. Photograph. *ArchDaily*. https://www.archdaily.com/906417/santani-wellness-resort-and-spa-thisara-thanapathy-associates?ad_source=myad_bookmarks&ad_medium=bookmark-open.

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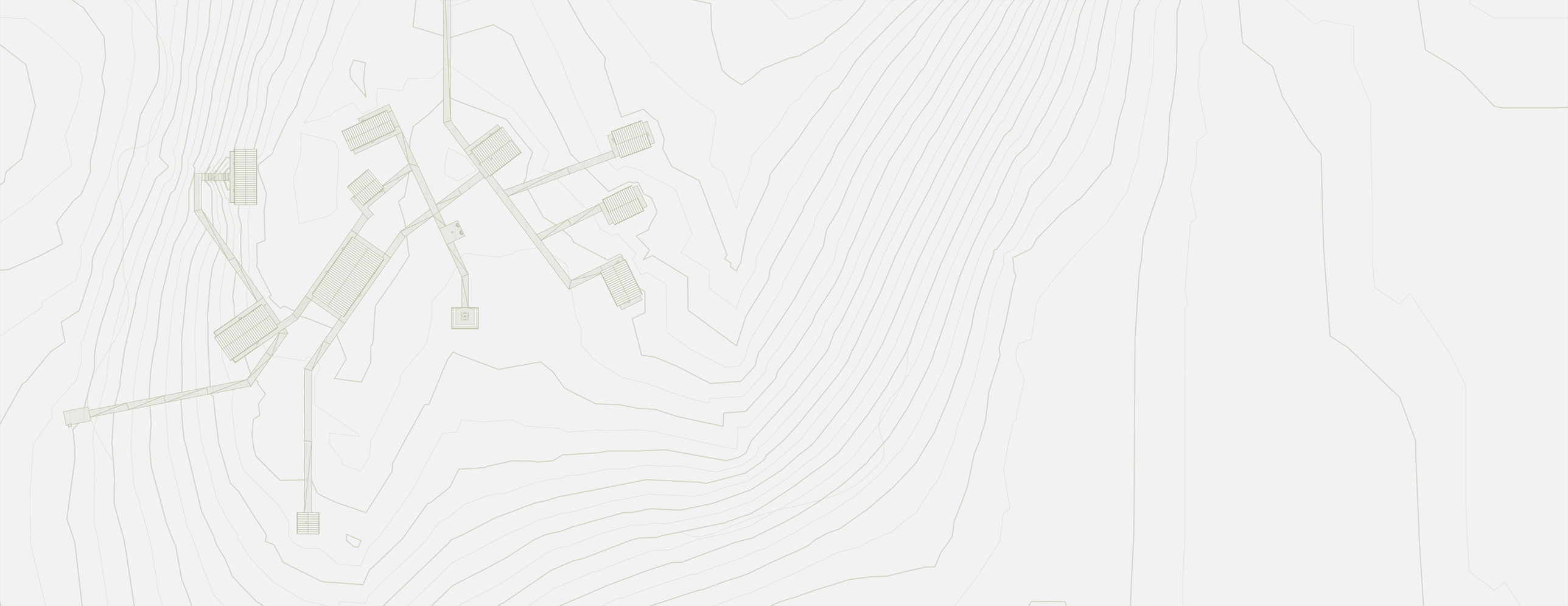
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