synopsis

The built-up environment as a 'stressful environment' and there is a need to provide an environment that is a step away from the city.

This thesis attempts to address the notion of social stress within the city to provide alternative destinations of leisure and rest within the landscape of the city.

The empowering mantra calls the person to

Look after your inner health
Restore the balance in your life
Stimulate your senses
Sharpen your instincts
Change your perception

Objectives of the scheme:

1. Providing the counterpoint for negating the ills of urban living
   - Includes providing beneficial engagement between users of the building and elements of the natural environment

2. Defining the notion of paradise as a place of refuge within the urban context

3. to reintroduce Nature into the context of the city