

Alternative Medicine: Healing Garden in Da'an Forest Park

PROJECT STATEMENT

The project focuses on developing a healing garden within an infamous, green city park in Taipei to provide access to care for the residents of Da'an District, for those who use suffer from stressful life and major diseases in the urban setting.

Because I have a pharmacist background, I have a desire to use alternative medicine and landscape design while appealing to the local culture through cultural and traditional healing practices to improve health outcomes in patients located in the city especially those most adjacent to park.



Figure 1

Location

Da'an Forest Park
Daan District, east of Xinsheng S. Rd.,
South of Xinyi Rd. Sec. 3, Taipei, Taiwan

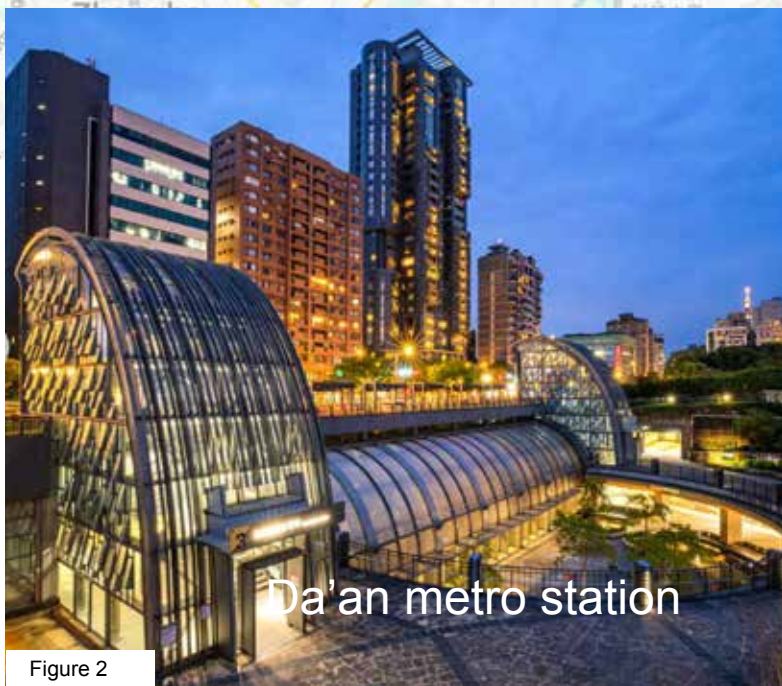
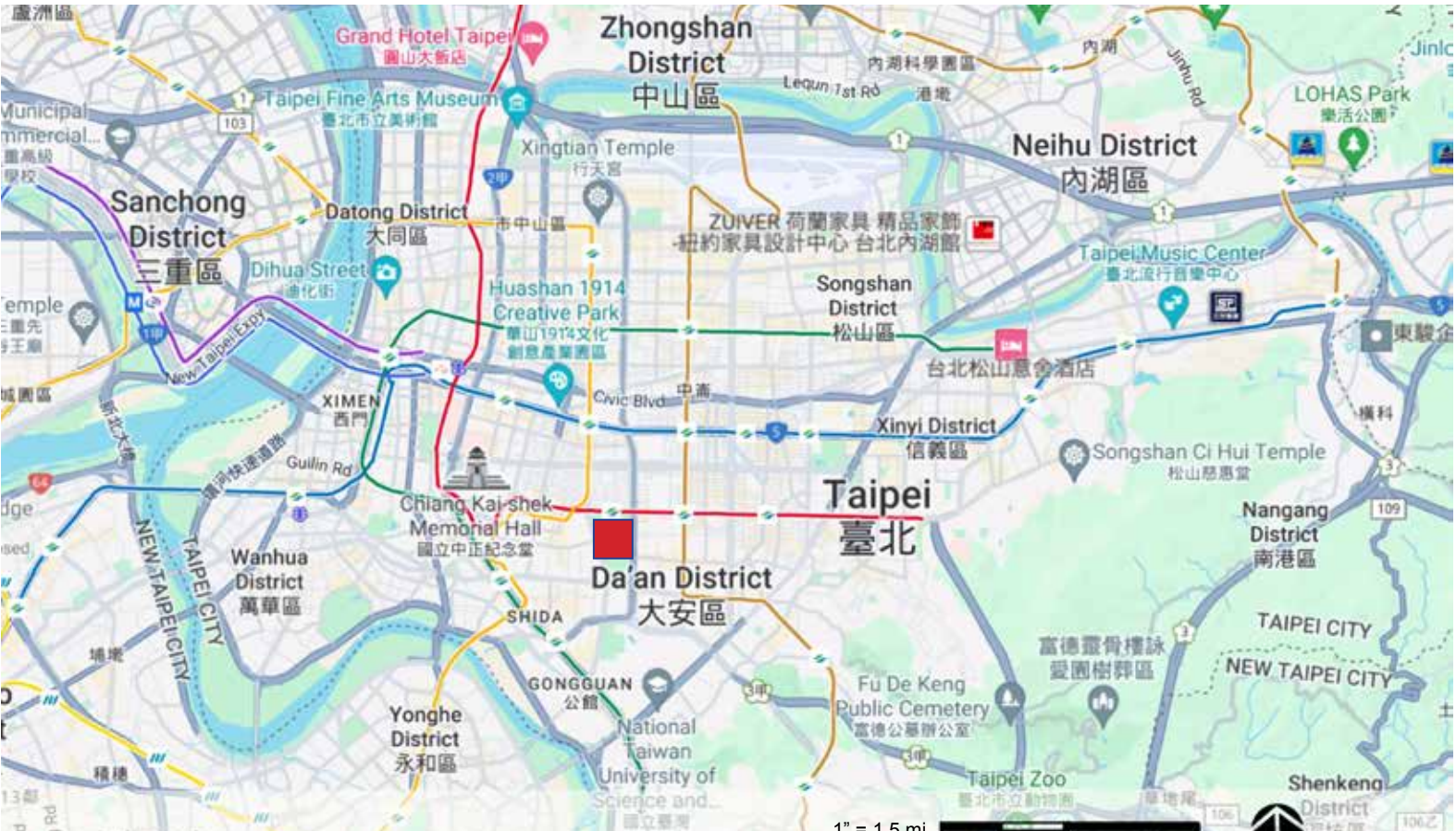
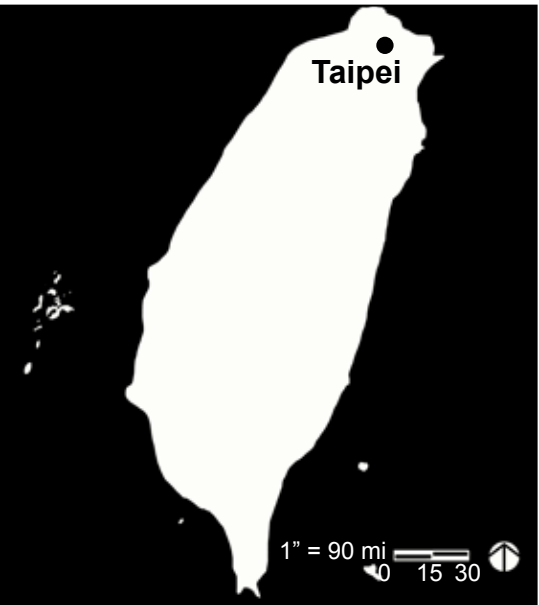
Legend

 Da'an Forest Park

Relevance

The 64-acre Da'an Forest Park is owned by Taipei City Government. Built in 1994, it is accessible by a bus stations and metro station. Visitors can use **personal transport** and park bike on-site or car at the **underground parking garage**.







Country Map



Location

Da'an Forest Park
Daan District, east of Xinsheng S. Rd.,
South of Xinyi Rd. Sec. 3, Taipei, Taiwan

Legend

-  Da'an Forest Park
-  Walking Distance To Site
-  Major Sites In Taipei
-  Access Points On Metro
-  Da'an District Border
-  Yongkang Street

Relevance

Da'an Forest Park is connected to other districts via public transport and from major historical and cultural sites (**more information below**). It's walkable from Yongkang Street, a major road for local Taiwanese cuisine and shopping. These sites are similar to Da'an Forest Park, where locals and tourists gather.

Various Night Markets

Affordable local street food and shopping

Creative Parks

Huashan and Songshan are two creative parks that celebrate Taipei's history, and showcases history of their youth.

Taipei Main Station

Main Hub for transport between cities with shopping and food available.

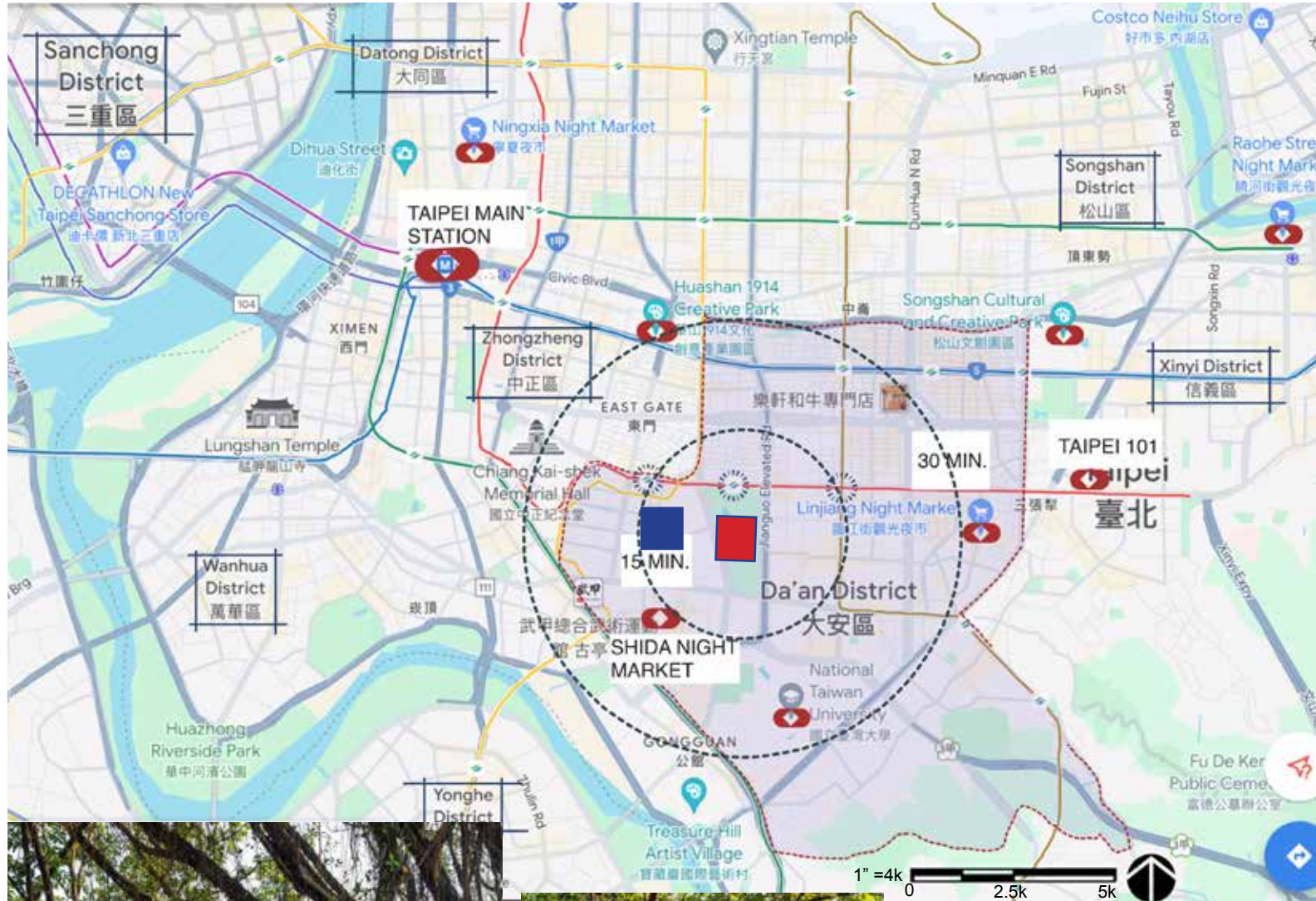


Figure 4

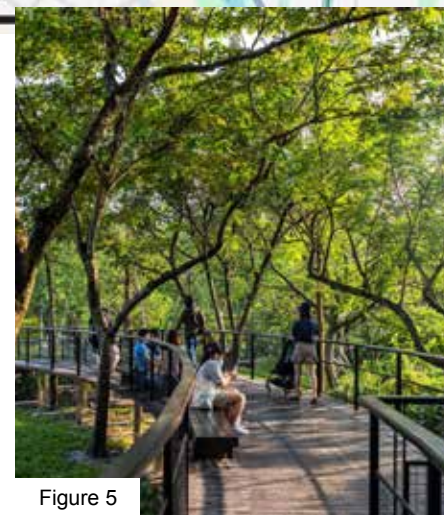


Figure 5



Figure 6

RELEVANT CULTURE AND TRADITIONAL FOOD PRACTICES OF TAIWANESE



Figure 7

Staple Foods with Chinese Influence



Figure 8

Indigenous Food: Local Ingredients for Sustenance and Local Herbs for Flavor



Figure 9

Vegetarian Feasts



Figure 11

Unique Cuisine: Fried Chrysanthemum



Figure 12

Night Markets' Meals and Street Food



Figure 10

Taiwanese Premium Tea Grown in Mountain Regions

CLINICS AND CONTEXT Legend








-  Adjacent Clinics
-  School
-  Hotels
-  Library
-  Commercial/Residential
-  Site Selected
-  Da'an Forest Park Site



Figure 13
Mental Health Clinic



Figure 14
Maternity Clinic

Relevance

Urban living is associated with increases in the following mental health problems:

- Increase in mood disorders by up to 39%
- Increase in anxiety disorders by up to 21%

AVERAGE USER

of Da'an Forest Park

Pedestrians and joggers

Taiwanese

40-60 years old

45-50K Income

Taiwanese Mandarin

FUTURE USERS

of healing garden

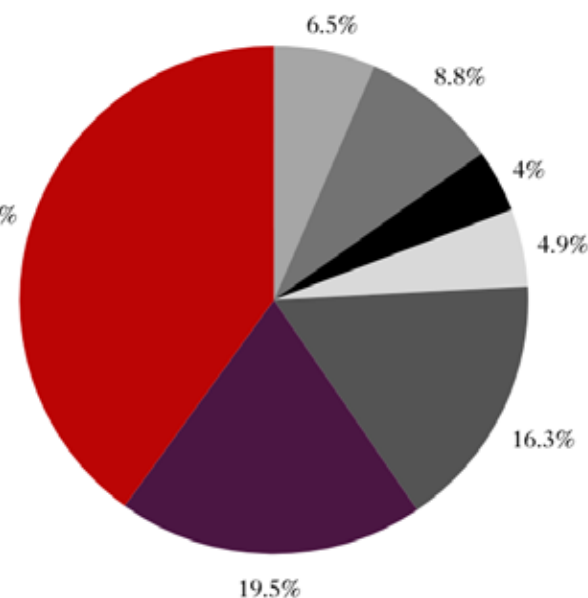
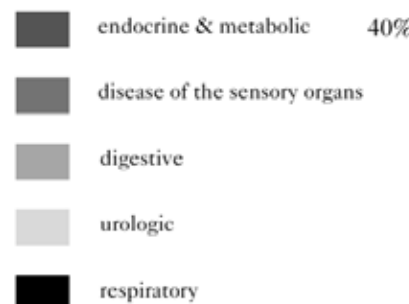
Middle to Senior Aged with **Heart and Muscle Disease**

AND

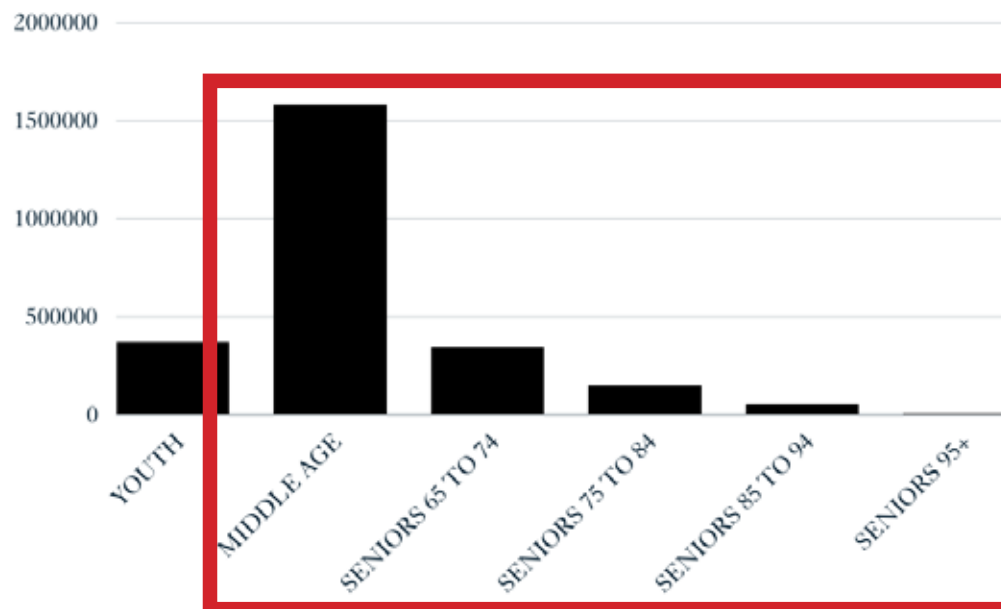
Mental Health Patients (previous page)

Demographics: Distribution Of Disease In Taiwanese

Legend



Demographics: Age In Taipei City



1. PROMOTE HEALING THROUGH PROGRAMMING, ACCESS, MAINTAINING SAFETY

2. IMPLEMENT SENSORY FEATURES THROUGH PLANTS & WATER FEATURE

3. INCORPORATE INTIMATE AND COMMUNITY AREAS

Targeting specific users to maximize benefit of local population



Figure 14

Musculoskeletal Disease (Da'an District and Community)

Decrease muscle pain through meditation
Increase flexibility through movement



Figure 15

Cardiovascular Disease (Da'an District and Taipei community)

Promote heart health through decreasing stress in meditation
Increase longevity by consuming of natural consumables
Decrease mortality through exercise and resistance training



Figure 16

Mental Health (adjacent clinic)

Provide mind of peace through design and forms
Alleviate symptoms of stress and anxiety in daily life through sensory experience
and increase quality of life in patients with mental disorders through meditation

PROGRAM benefits the **HEART** MUSCLE and MIND



Figure 17

Edible Horticulture Rehab Therapy

Gardening as a resistive force to muscles and heart along with the relaxation of the mind



Figure 18

Fitness Equipment for Strength Training

Muscle exercises to benefit the musculoskeletal systems for a target



Figure 19

Meditative Areas via Forest Bathing

Trees filtering the rays of sunlight for indirect light therapy



Figure 20

Sensory Garden Therapy

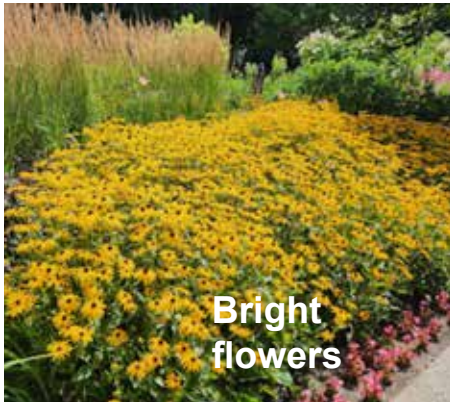
A natural place to experience the senses: taste, touch, see, smell, hear

Case Study

Garden of Healing and Renewal
McLaren Clarkston Medical Campus
5701 Bow Pointe Dr, Independence
Charter Township, MI 48346

Relevance

The size of the garden is about **5 acres**, a **similar size** to the selected site of the garden. The design includes **preservation of natural setting**. The forested wetland central area mirrors the **dense canopy** at Da'an Forest Park. It absorbs the noise from the pockets of programming in the perimeter edges; therefore, it promotes healing in secluded, dedicated areas.



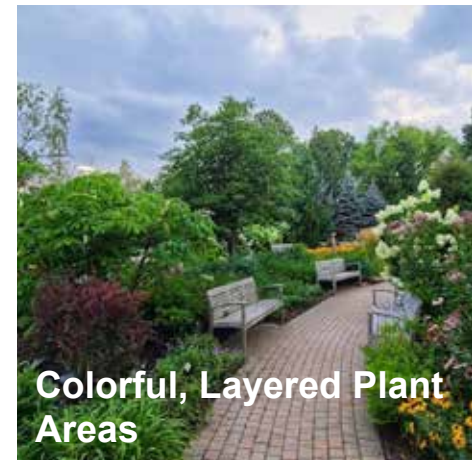
Bright
flowers

Figure 21

A Healing Park Similar Size to Site

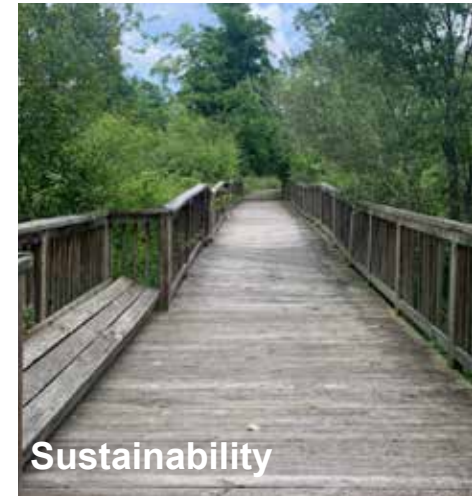


Figure 25



Colorful, Layered Plant
Areas

Figure 22



Sustainability

Figure 23



Quiet Meditative Space

Figure 24

Case Study

Healing Garden at
Conejo Creek North Park
1379 East Janss Road,
Thousand Oaks, CA 91362

Relevance

The size of the garden is much smaller than the selected site of the project. The healing garden is closer to parking has **community area closer to highway**. The design includes **designing meditative and memorial (victims who suffered or died from gun violence) areas farther from the highway**.



Figure 26



Figure 27

Healing Garden - Three Sections in Linear Fashion



Figure 29

Portion of Conejo North Creek Park Plan

*A Healing
Garden Within
an Existing
Park*

SITE ANALYSIS Legend

- Site Selected
- Park Boundary
- Highway Circulation
- Vehicular Circulation
- Primary Pedestrian Circulation
- Secondary Pedestrian Circulation
- Tertiary Pedestrian Circulation
- Entrance and Exits to Park
- Existing Courtyard
- ▲ Resting Pavilions
- ▲ Restrooms
- ▲ Amenities
- Noise
- Prevailing Wind
- ☀ Sun Path
- 💧 Natural Water Features
- Tree Canopy
- + Adjacent Clinics
- ~ Running Trail / Plant Barrier



Site Area: 283,466 sqft

1"= 400'-0"
0 125 250 500



Relevance: Why the Site was Selected?

The Southwest quadrant is directly across from two clinics: mental health and maternity clinic. It is less used. It is quiet. Most people stroll or sit on benches. A healing garden would attract more people.

Current amenities in selected site are relevant to the targeted users. It has an ADA accessible reflexology amenity and a stationary bicycle that would benefit both cardiovascular and musculoskeletal groups. The bicycles are connected to a natural water feature. When someone uses it, water flows through pipes and is expelled through the tubes through gravity. It has two restrooms already built and one pavilion,

The site was chosen also because more people will be able to access the healing garden via three entrances.

SITE INVENTORY of Site Selected



Figure 30

Stationary Bike



Figure 31

Tertiary Path to Bike



Figure 32

Reflexology



Figure 33

Main Path In Concrete

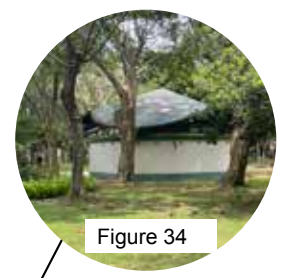


Figure 34

Restroom



Figure 35

Entrance No 7

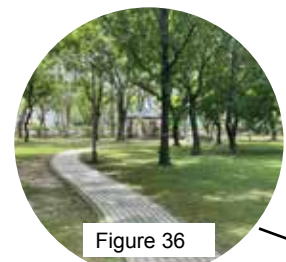


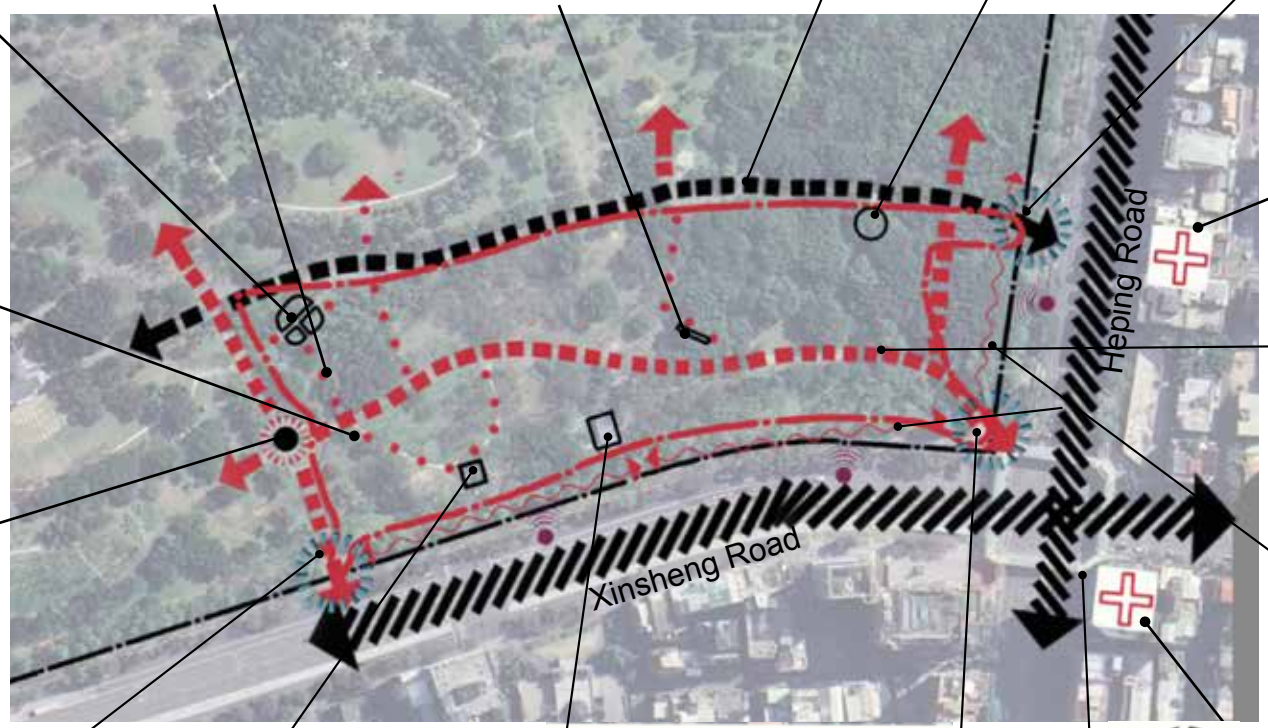
Figure 36

Path to Pavilion



Figure 37

Circular Courtyard



Site Area:
283,466 sqft

1"= 250'-0'

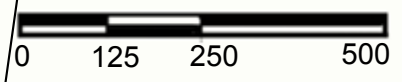


Figure 38

Mental Health Clinic



Figure 39

Figure 39:
Seating Along Path



Figure 40

Running Trail

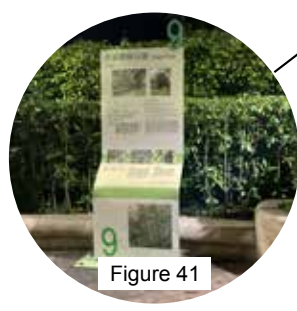


Figure 41

Entrance No 10



Figure 42

Pavilion



Figure 43

Restroom



Figure 44

Entrance No 8



Figure 45

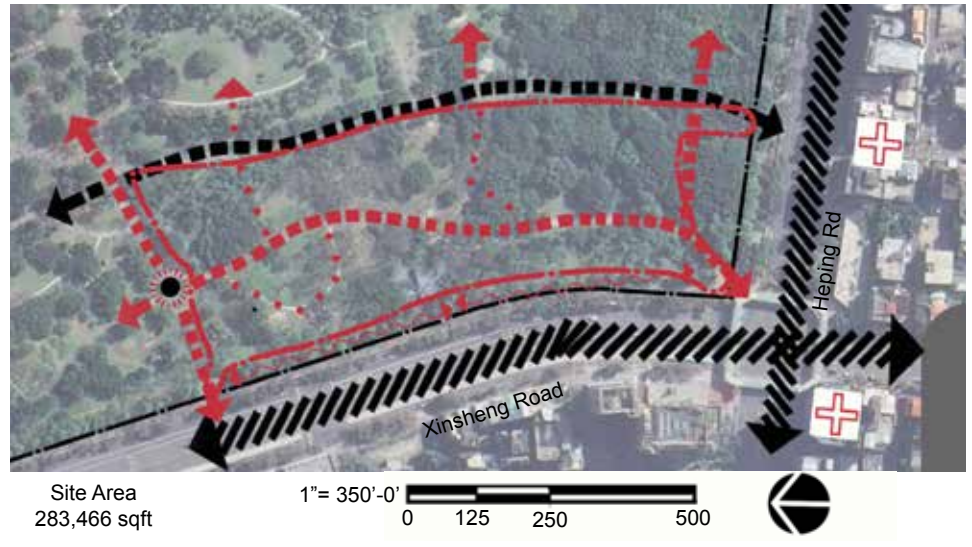
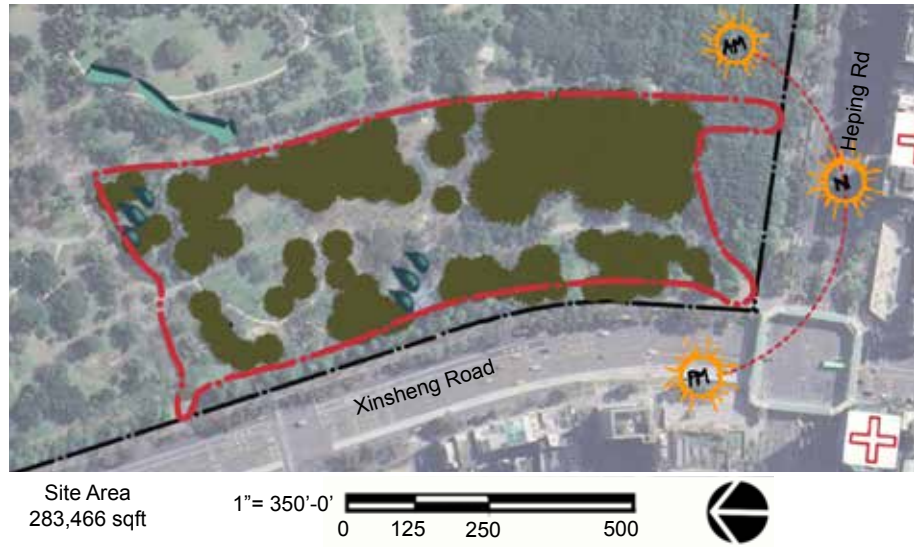
Overpass



Figure 46

Maternity Clinic

SITE SELECTED ANALYSIS



ENVIRONMENTAL FACTORS LEGEND

- Natural Water Features
- Prevailing Wind
- Tree Canopy
- Sun path
- Site Selected
- Park Boundary

CIRCULATION Legend

- Vehicular Circulation
- Primary Ped. Circulation
- Secondary Ped. Circulation
- Tertiary Ped. Circulation
- Running Trail / Plant Barrier
- Circular Courtyard

RESTROOMS, AMENITIES, AND PAVILION LOCATIONS

On-site Pavillion




Figure 47

Stationary Bicycle




Figure 50

Restroom




Figure 48

Reflexology Exercise




Figure 49

Restroom


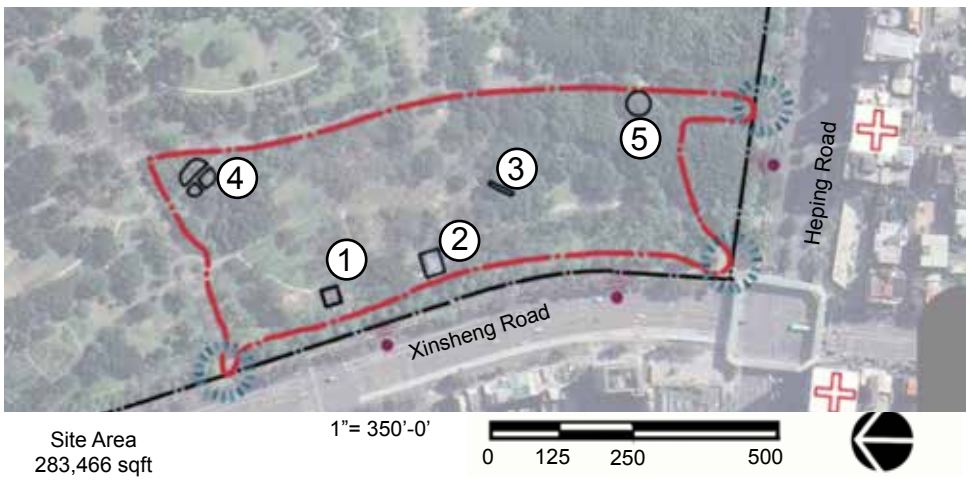


Figure 51



AMENITIES, ACCESS, AND NOISE Legend

- Entrance and Exits to Park
- Adjacent Clinics
- Noise
- Site Selected

CONSTRAINTS

#1 Grassy spaces on site are **limited** for programming. These are spaces that will need to be used for horticulture rehabilitation garden.

PROMOTING HEALING THROUGH NEW PROGRAMMING



Figure 52

#2 May be **challenging** to keep all the trees and current native plants if to include programming. Some may need to be taken to make the healing garden unified.

PROMOTE HEALING THROUGH PLANTS & SUSTAINABILITY



Figure 53

#3 Keep existing running trail, paths, pavilions, restrooms, and amenities to connect to healing garden.

PROMOTE HEALING THROUGH EXISTING PROGRAMMING, ACCESS, SAFETY



Figure 54



Figure 55

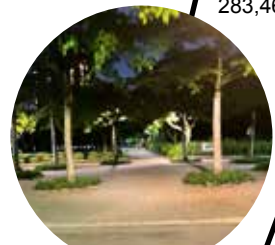


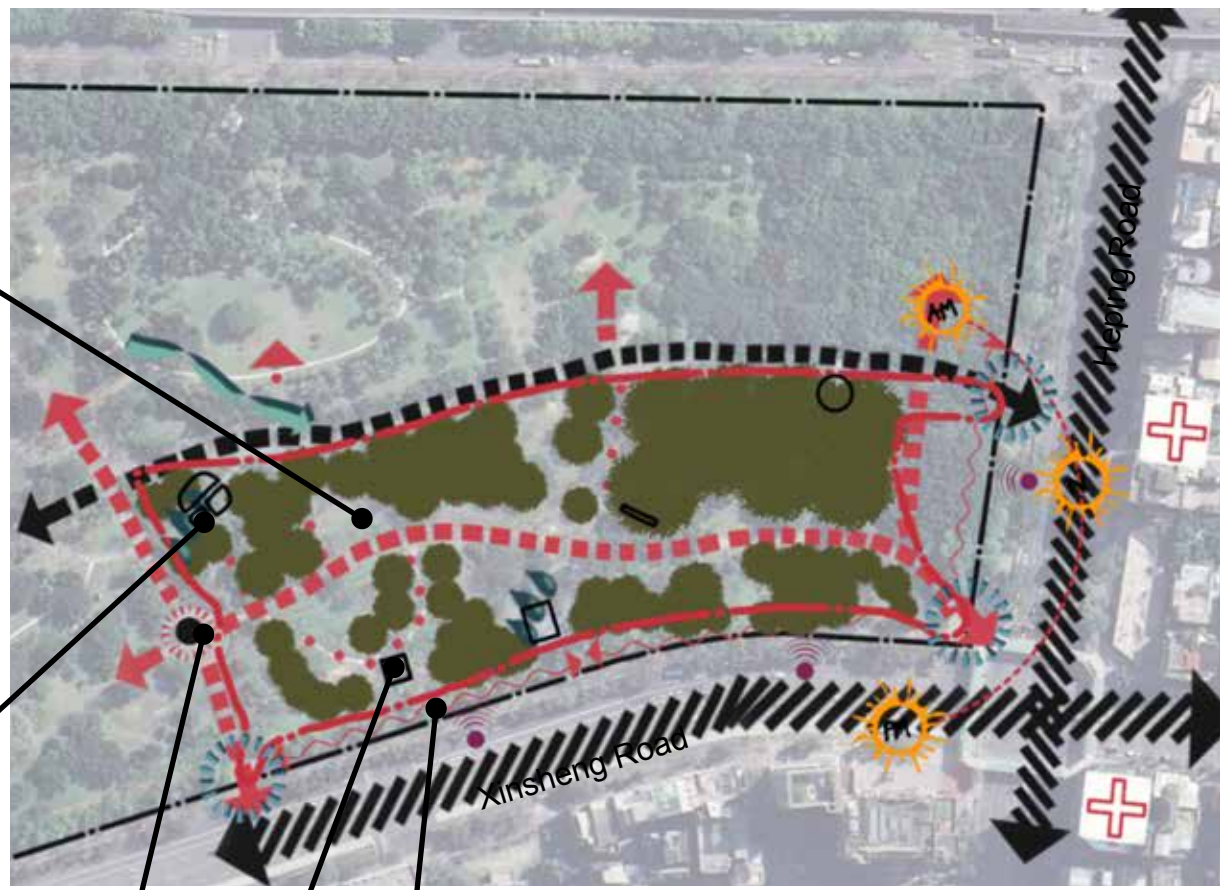
Figure 56



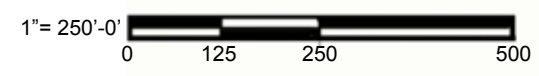
Figure 57



Figure 58



Site Area
283,466 sqft



OPPORTUNITIES

#1 Grassy open spaces on site are opportunities for designing healing spaces.

PROMOTING HEALING THROUGH AMENITIES, PLANTS, WATER FEATURES, COMMUNITY,



Figure 59

#2 Retaining the grooves of trees and current native plants for meditative areas.

PROMOTE HEALING THROUGH PLANTING AND INTIMATE GROUPS



Figure 60

#3 Keep existing paths, entrances, and information kiosks for **unity, safety, access**. Paths are ADA accessible is an **opportunity to use** the path

PROMOTE HEALING THROUGH ACCESS AND SAFETY



Figure 61

#4 Pavilions, restrooms, meeting areas, and amenities on **currently** site are opportunities to **connect** to healing amenities

PROMOTE HEALING THROUGH AMENITIES



Figure 62

#5 Addressing the patients from clinics adjacent to the park and from the neighborhoods

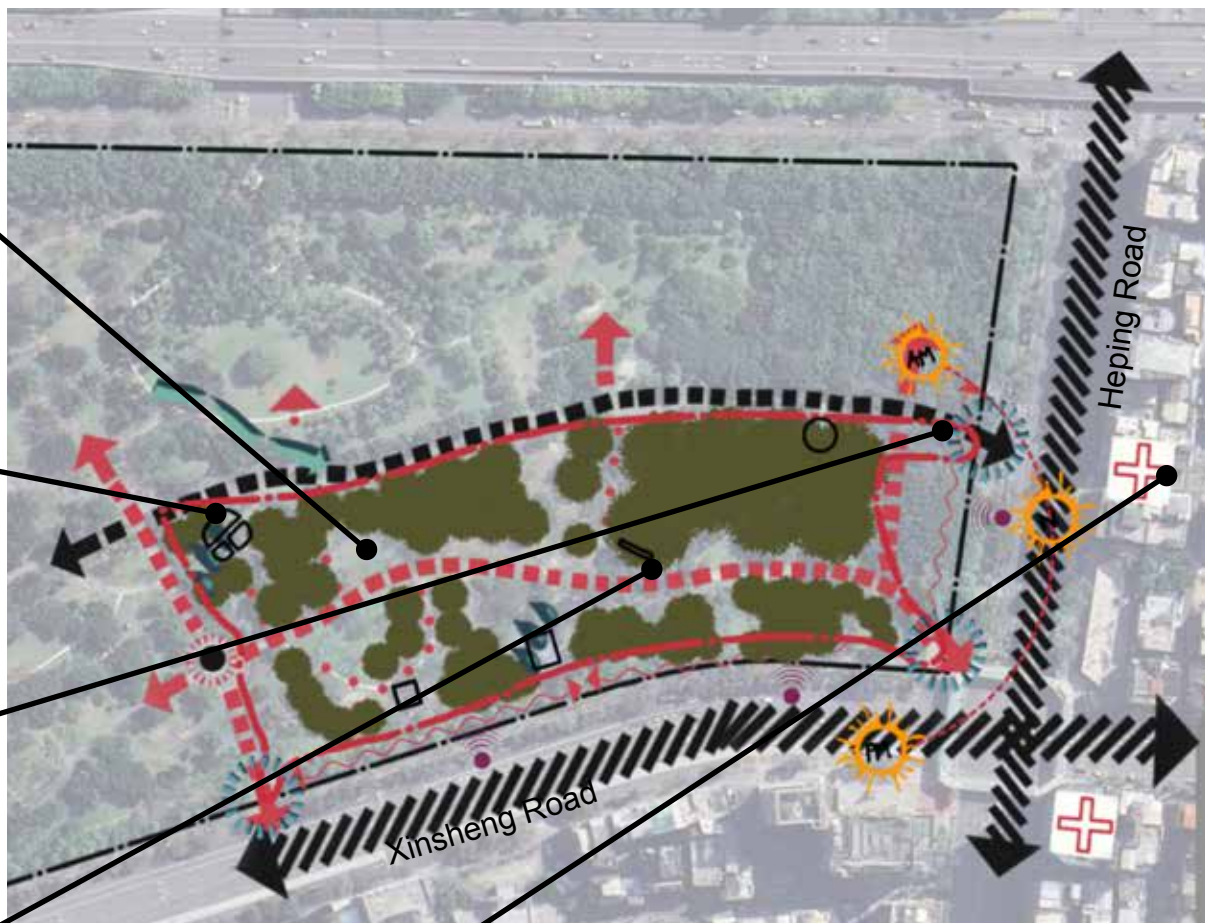
PROMOTE HEALING THROUGH AMENITIES



Figure 63



Figure 64



Site Area
283,466 sqft



FUNCTIONAL METAPHOR: ALTERNATIVE MEDICINE FOR HEART - MIND - MUSCLE

Alternative Medicine Definition

noun

any of a range of medical therapies that are not regarded as orthodox by the medical profession, such as herbalism, homeopathy, and acupuncture (Oxford Dictionary)

Mind

Tea Garden

fresh leaves for immediate consumption at nearby tables.

Meditation

Stimulating the mind in enclosed and open green areas

Music and Art Therapy

Stimulating the senses with sound and visuals

Puzzles, Games, and Mazes

Deep thinking in nature.

Heart

Horticulture Rehab Therapy

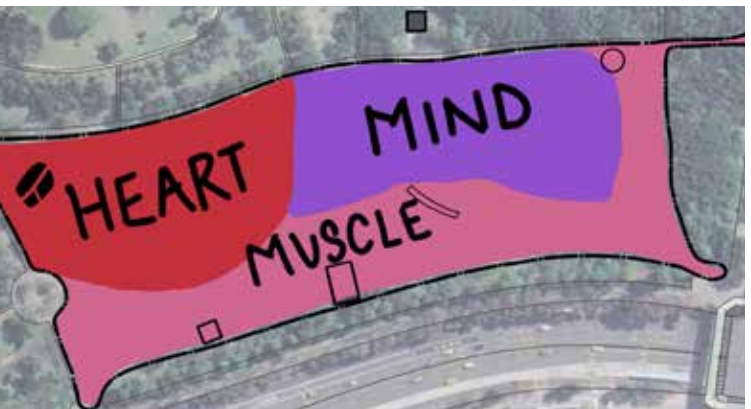
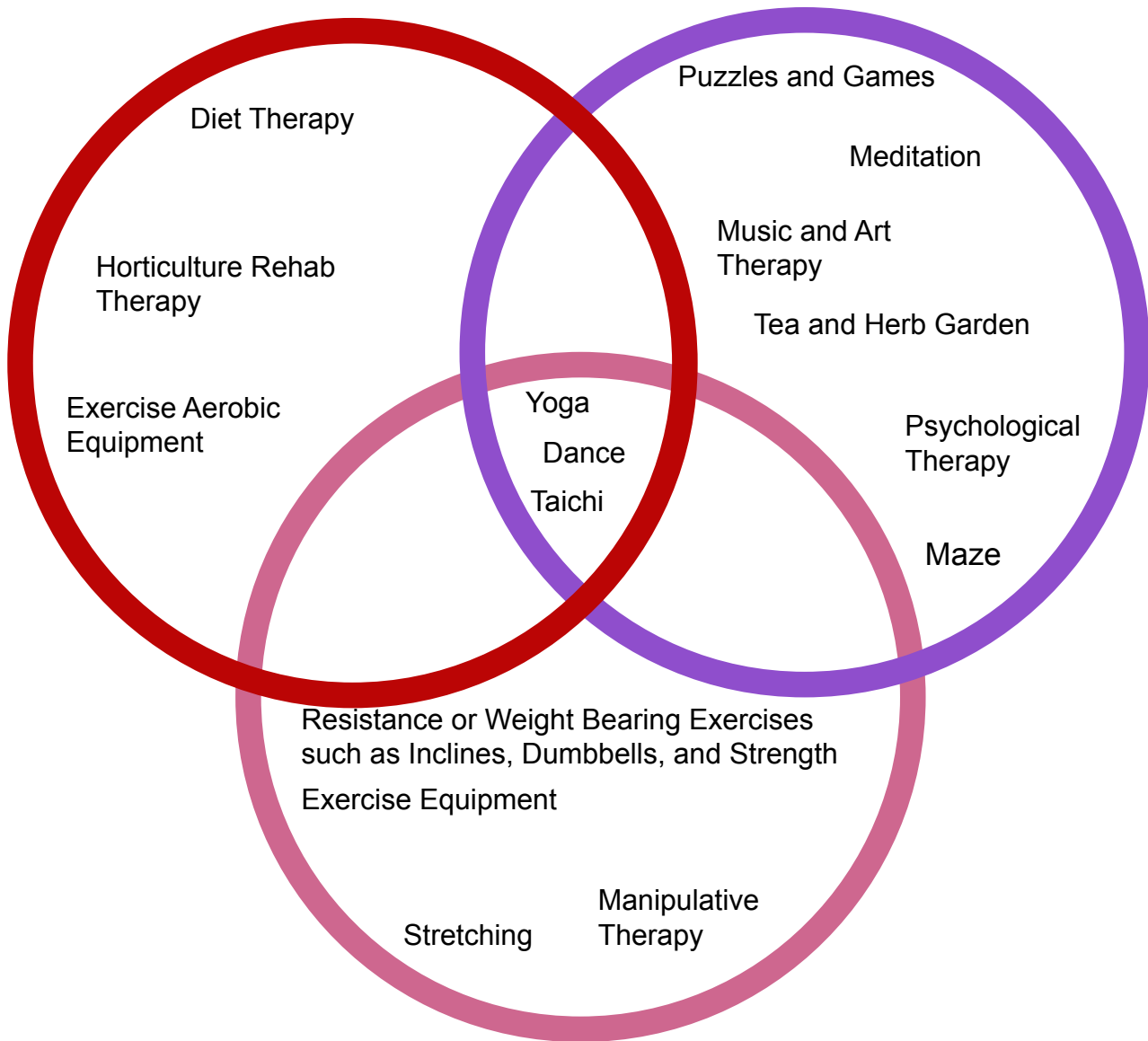
Large scale garden where gardening improves cardiovascular health.

Taichi

Traditional Chinese style of exercise in an open grassy space

Cardio Exercise Equipment

City Bike Pro, Arm Bike Pro, Sport Bike Pro, and Cross Trainer Pro by Kompan



Muscle

Manipulative Therapy

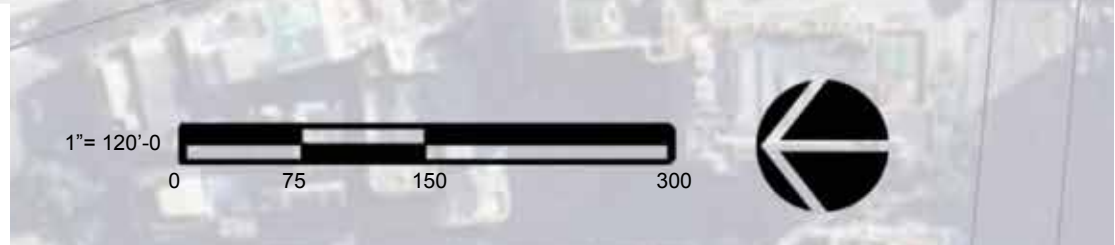
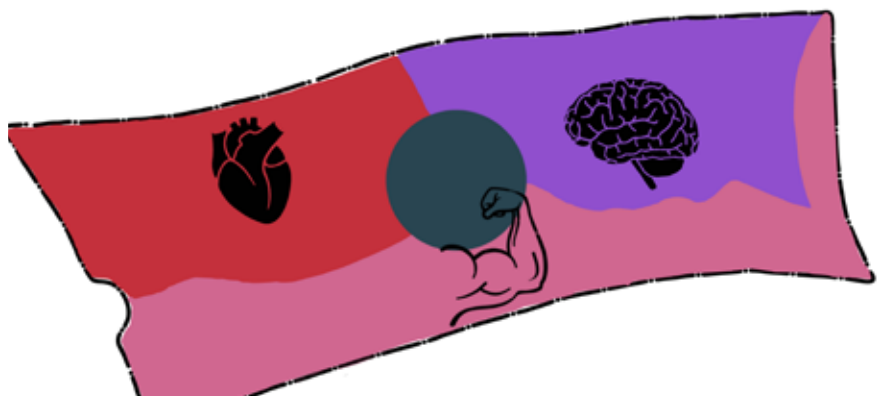
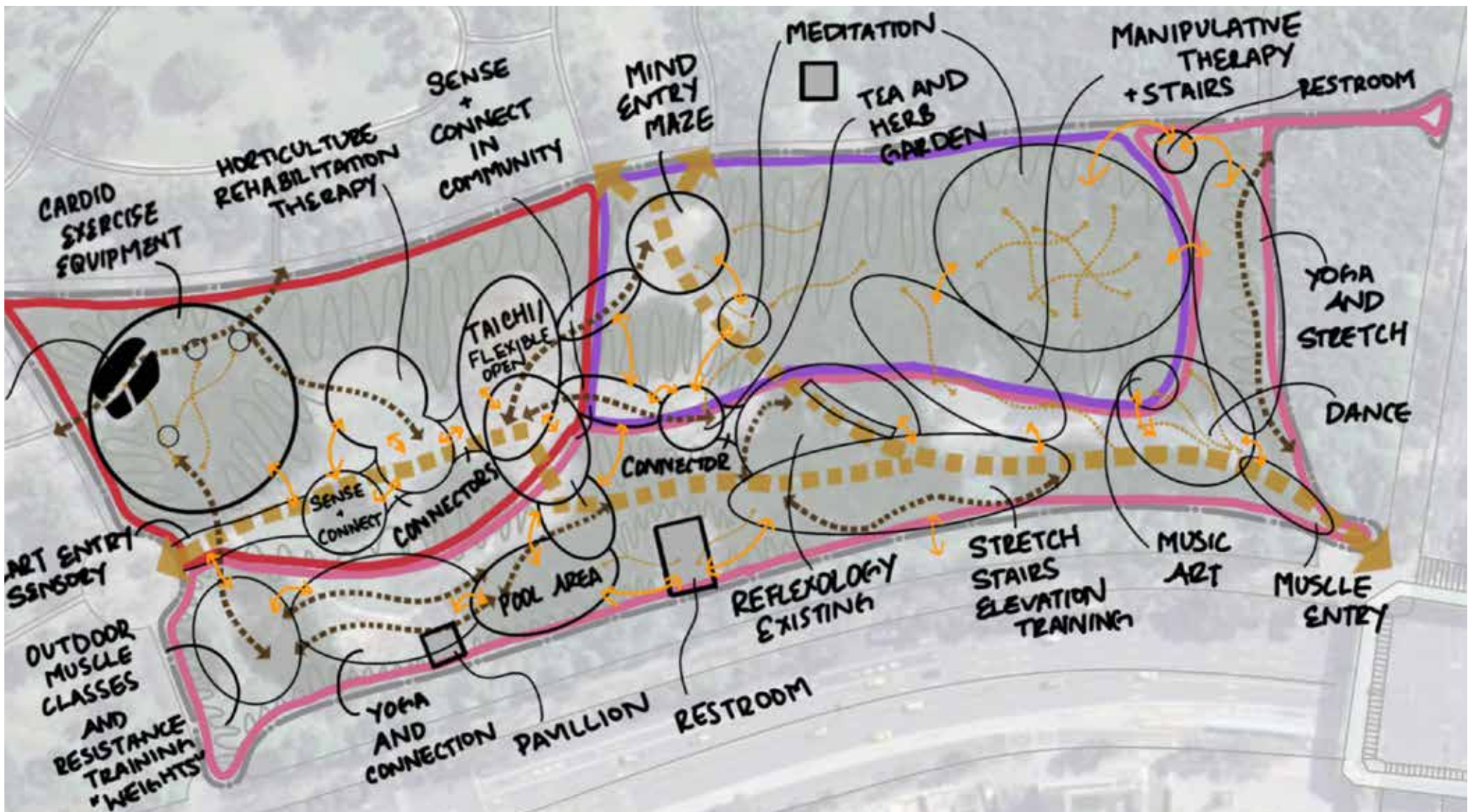
- Acupuncture
- Massage
- Moxibustion
- Reflexology
- Chiropractic

Resistance Training Machines

- Chest Press Pro
- Lower Back Bench Pro
- Sit Up Bench Pro
- Leg Press Pro
- Shoulder Press Pro
- Pull Down Pro
- Horizontal Row Pro

All by Kompan

FINAL CONCEPT: HEART - MIND - MUSCLE WITHIN ALTERNATIVE MEDICINE



INSPIRATION PATHWAY FORMS

NORMAL HEART RHYTHM



Figure 69

BRAIN WAVES

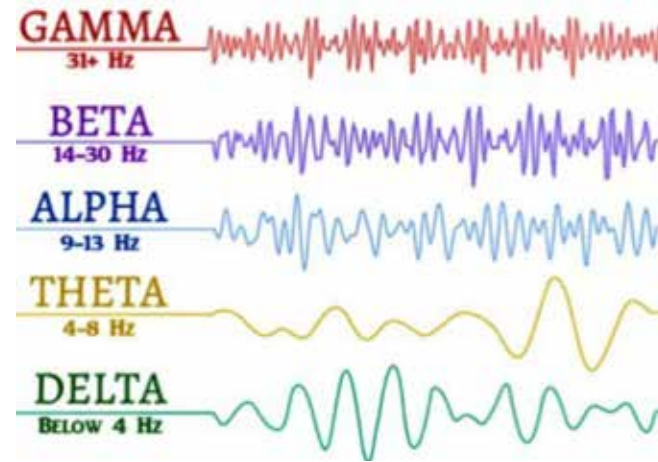


Figure 68

MUSCLE FORMS

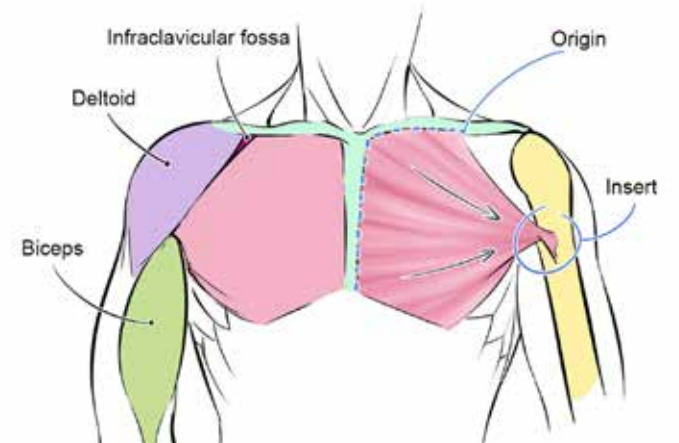
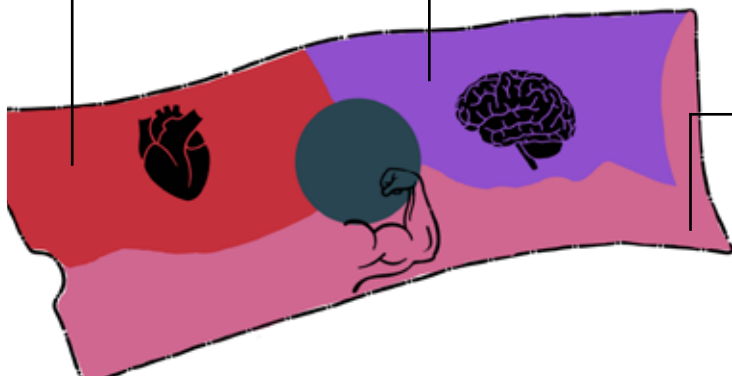


Figure 70

FUTURE PROGRAM ELEMENTS AND SIZES

HEART

Horticulture Rehabilitation Therapy

270 sf



Figure 71

Taichi

flexible size



Figure 72

Diet Therapy

space for cook/eat



Figure 73

Exercise Equipment

Up to 94 sf



Figure 74

All Areas

Sensory Areas

flexible size



Figure 86

MIND

Herb and Tea Garden

2 acres



Figure 75

Maze

600 sf/30 ft Diamtr



Figure 76

Puzzles and Games

25 sf (4 per table)



Figure 77

Music and Art Therapy

flexible size



Figure 78

Meditation

flexible size



Figure 79

MUSCLE

Yoga and Acrobatics

25 sf per person



Figure 80

Resistance Training

400 steps



Figure 81

Manipulative Therapy

1 Person 9'x 9'



Figure 82

Dance

600 - 800 sf (studio)



Figure 83

Strength Training

Up to 155 sqft



Figure 84

Stretching

flexible size



Figure 85

INSPIRATION



Figure 86

refreshing,
relaxing
experience
MIND



Figure 89



Figure 92



Figure 87



Figure 90

community
propelling
healing like
an engine
HEART



Figure 93



Figure 88



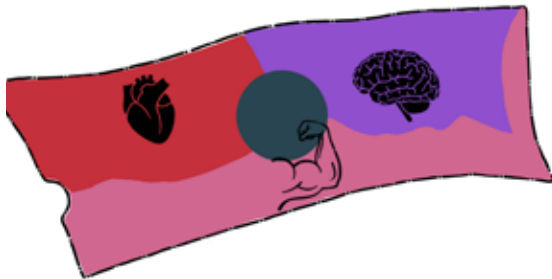
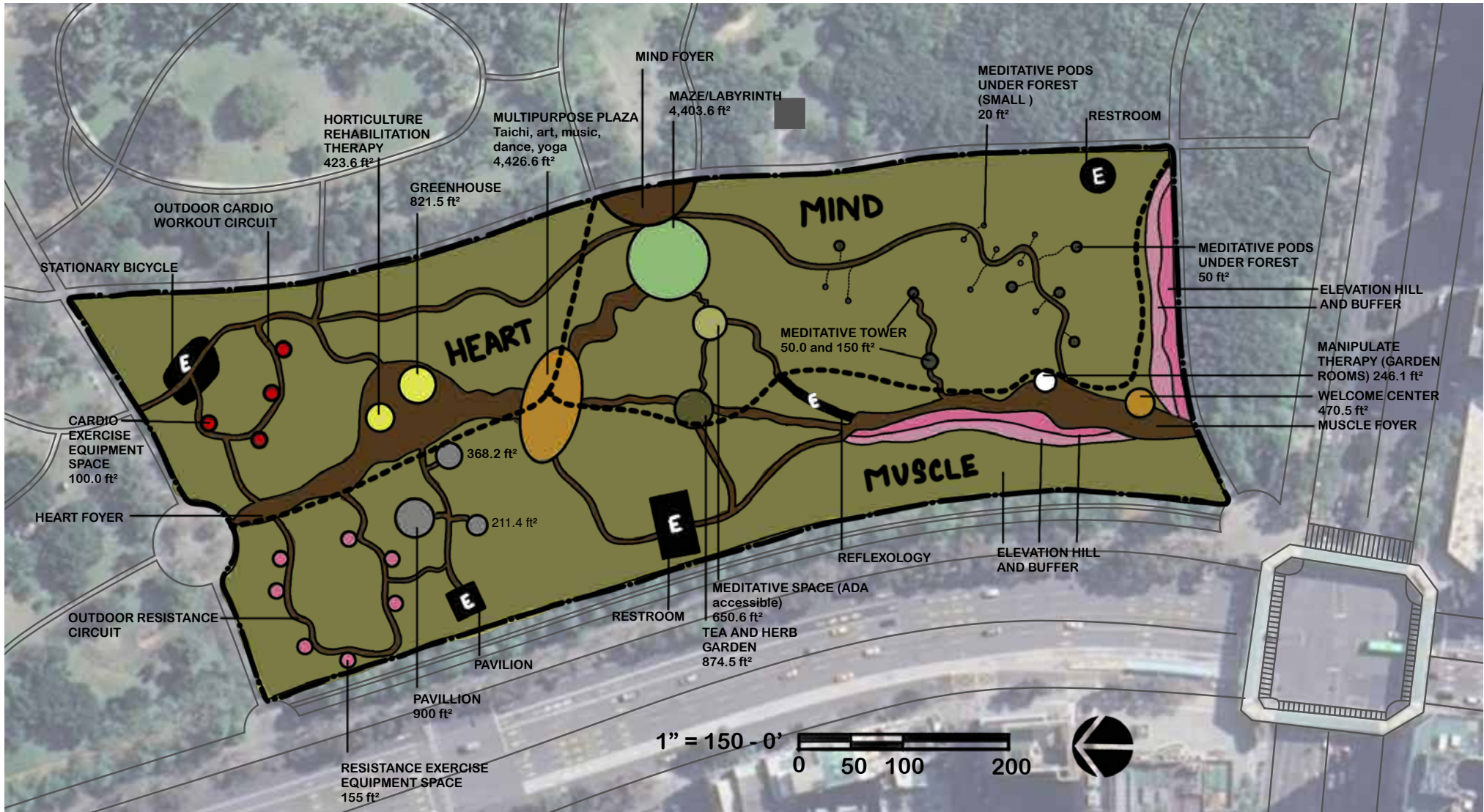
Figure 91



Figure 94

a place of
welcome into an
elevated, natural
experience
&
one-on-one
therapy
experience
MUSCLE

PRELIMINARY SITE PLAN



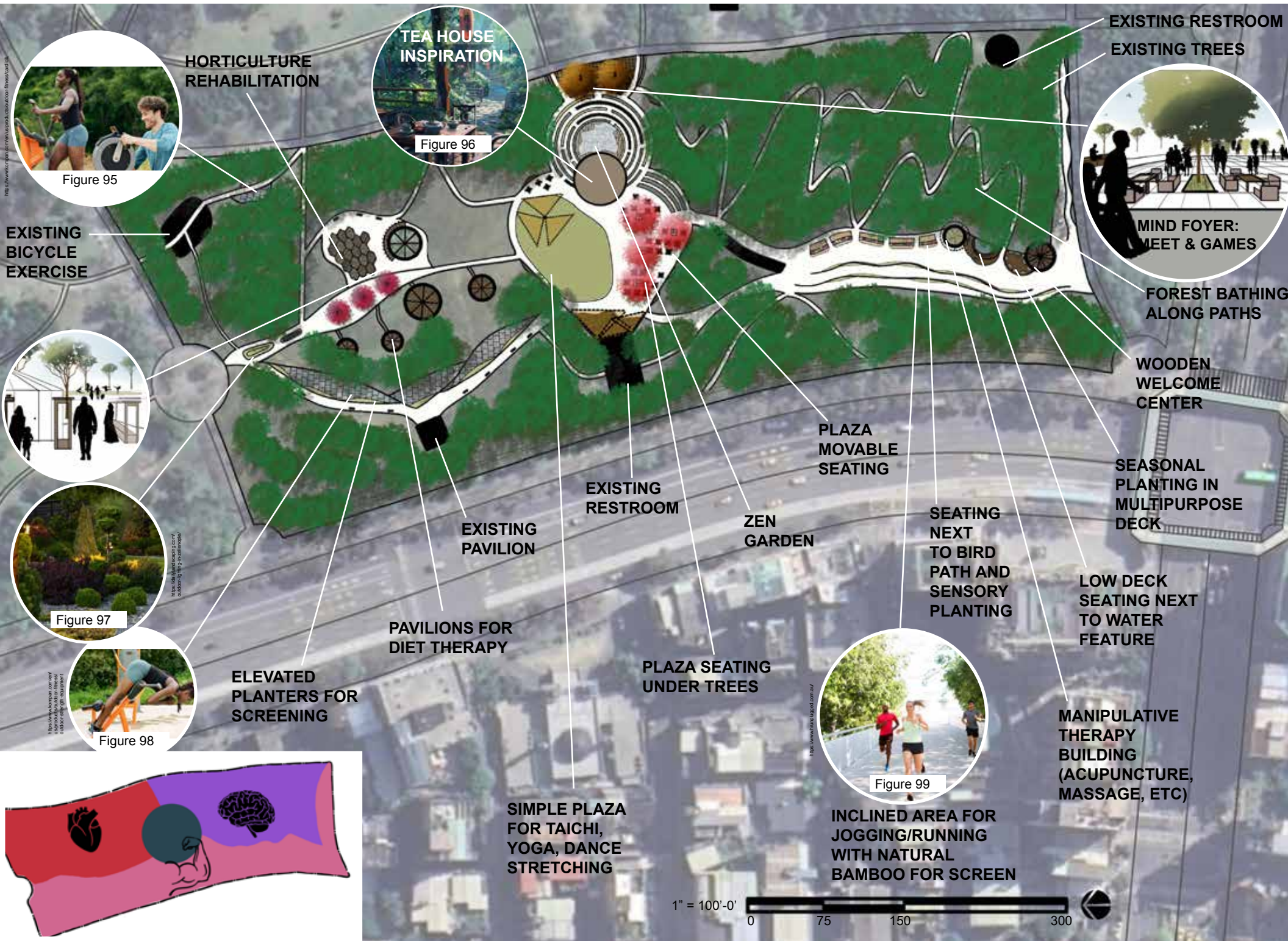
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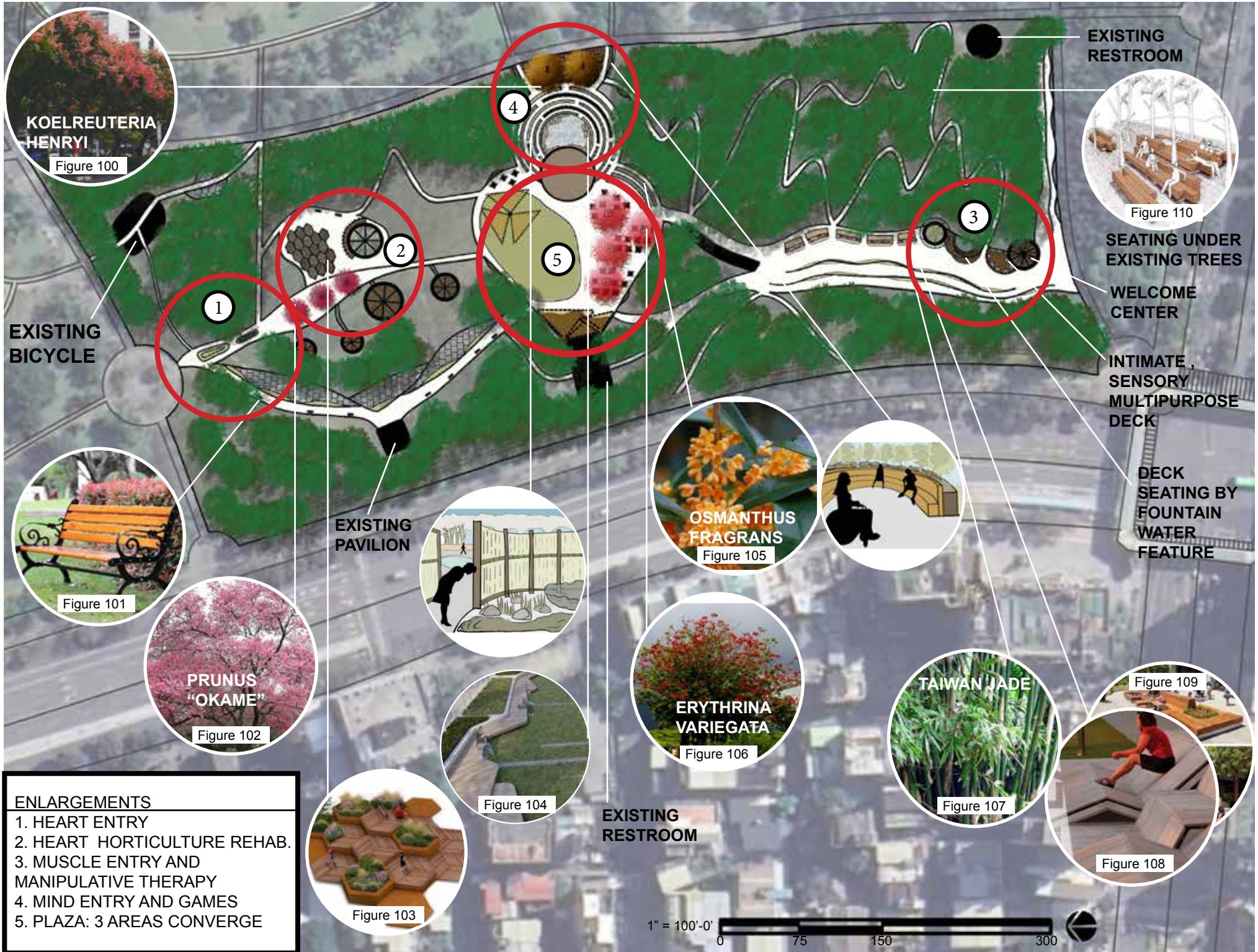
Existing amenities on site are kept such as stationary bicycle, reflexology, pavilion, and two restrooms are notated with an E and scaled in black. All others are proposed areas such as paths amenities within the site selected boundary. Furthermore at the multipurpose plaza is where all three areas converge.

Legend

- Boundary Between Three Zones
- E** Existing Structures to Keep

SITE PLAN: PROGRAMMING & PERSPECTIVE INSPIRATION



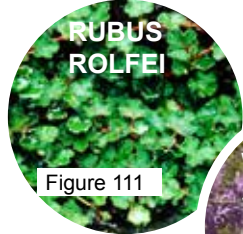


- ENLARGEMENTS**
1. HEART ENTRY
 2. HEART HORTICULTURE REHAB.
 3. MUSCLE ENTRY AND MANIPULATIVE THERAPY
 4. MIND ENTRY AND GAMES
 5. PLAZA: 3 AREAS CONVERGE



HEART ENLARGEMENT and PERSPECTIVE: ENTRY WAY

COLORFUL PLANTING
in RED BOX and in
PERSPECTIVE



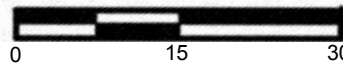
- ORNAMENTAL TREE WITH BENCH SEATING AS MEETING AREA
- WATER FEATURE: SEATING FOR MEETING
- COLORFUL SENSORY PLANTING IN RED BOX [ENLARGEMENT]
- DECORATED WOODEN POST "HEART"
- LIGHTING



- PATH TO HEART CIRCUIT
- ORNAMENTAL TREE WITH BENCH SEAT AS MEETING AREA
- WATER FEATURE WITH SEATING
- COLORFUL, LAYERED PLANTING AT ENTRANCE



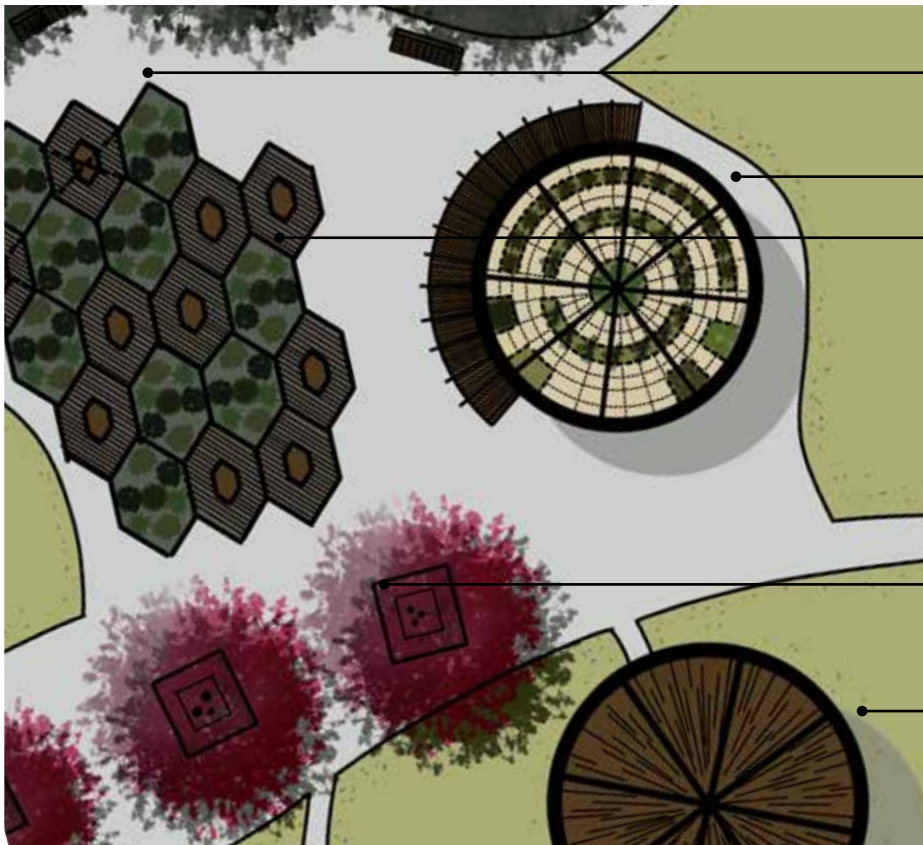
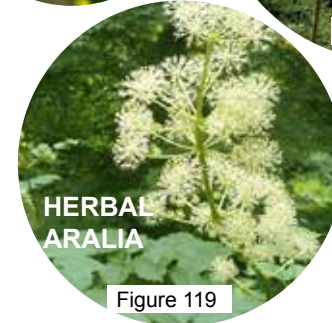
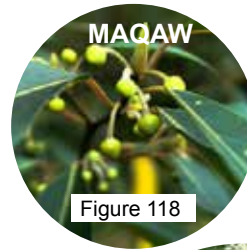
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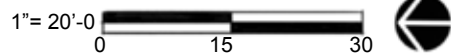
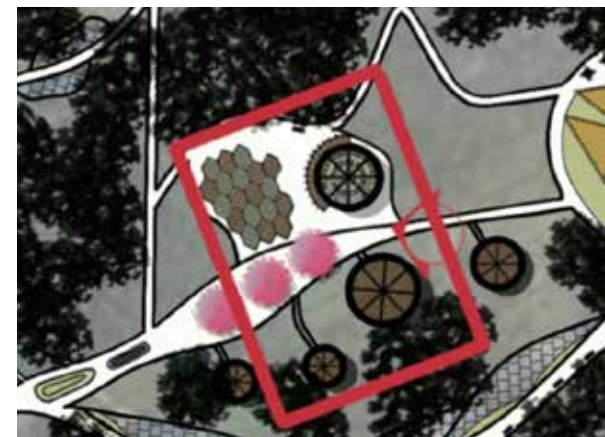
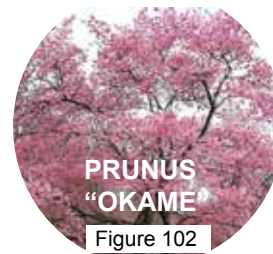
HEART ENLARGEMENT and PERSPECTIVE: HORTICULTURE REHABILITATION AND DIET THERAPY



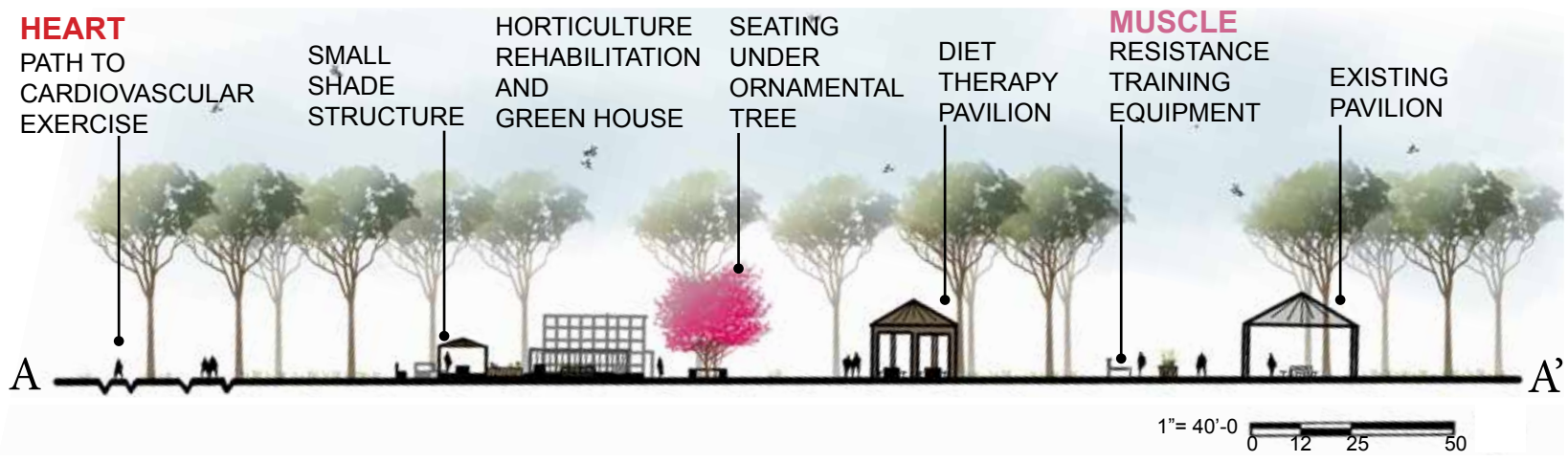
- HORTICULTURE REHABILITATION PLANTS
- GREENHOUSE HOUSING TAIWANESE INDIGENOUS EDIBLE PLANTS
- TRELLIS
- EDIBLE PLANTS
- SEATING UNDER TAIWAN CHERRY TREE



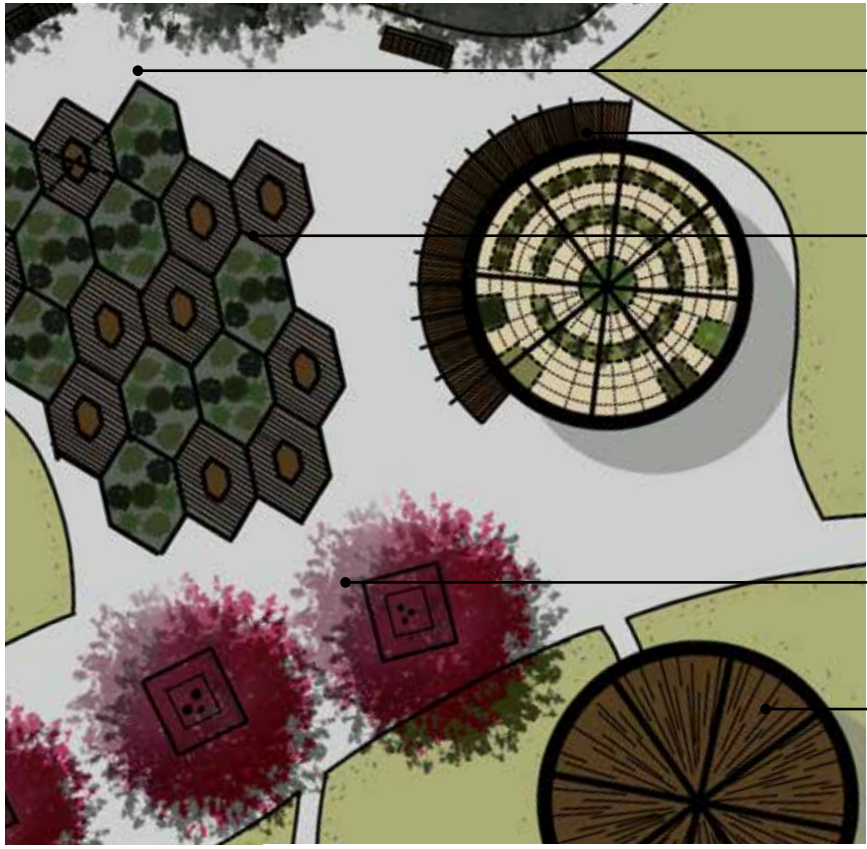
- PLANTING HEXAGON
- GREENHOUSE WITH EDIBLE PLANTS
- HEXAGON WITH CENTRAL TABLE
- SEATING UNDER TAIWAN CHERRY TREE
- DIET THERAPY PAVILION



HEART to MUSCLE TRANSITION



HEART



PLANTING HEXAGON

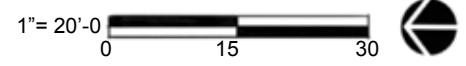
GREENHOUSE WITH EDIBLE PLANTS

HEXAGON WITH CENTRAL TABLE



SEATING UNDER TAIWAN CHERRY TREE

DIET THERAPY PAVILION



MUSCLE



Figure 98

RESISTANCE TRAINING EQUIPMENT

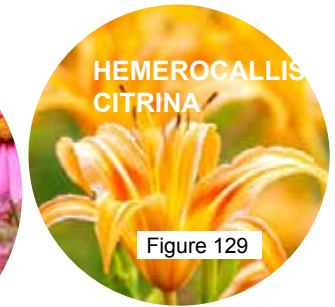
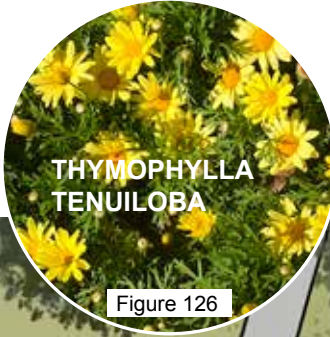
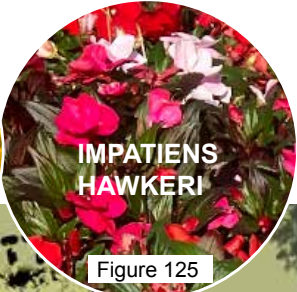


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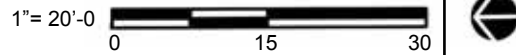
Figure 57

MUSCLE ENLARGEMENT and PERSPECTIVE: ENTRY AND JOGGING CIRCUIT

BIRD BATH AND SENSORY PLANTING NEXT TO SEATING



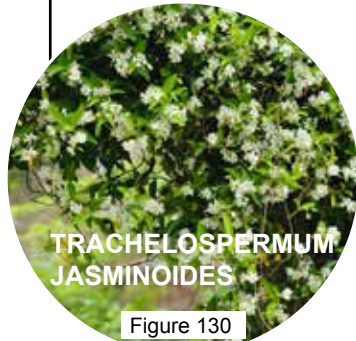
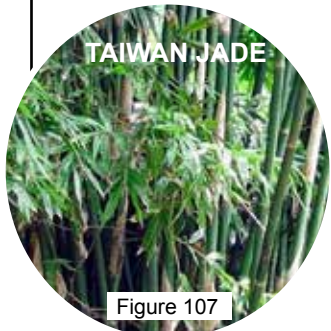
WELCOME CENTER
WATER FEATURE
DECK



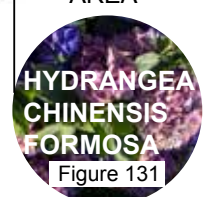
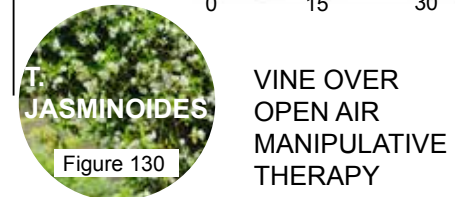
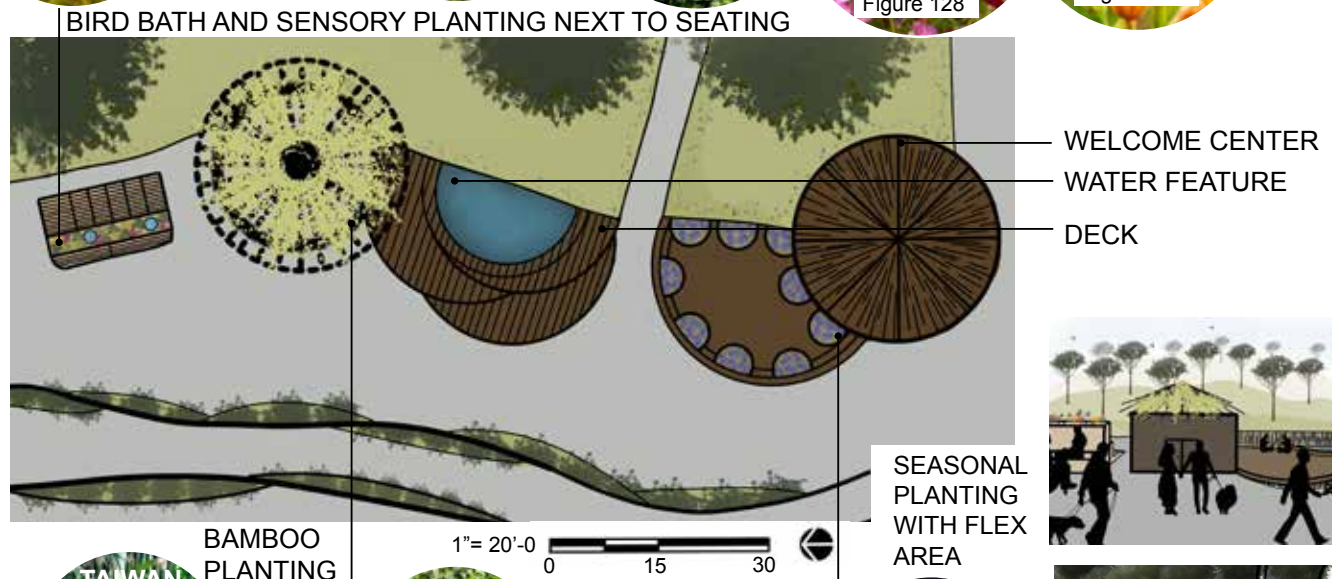
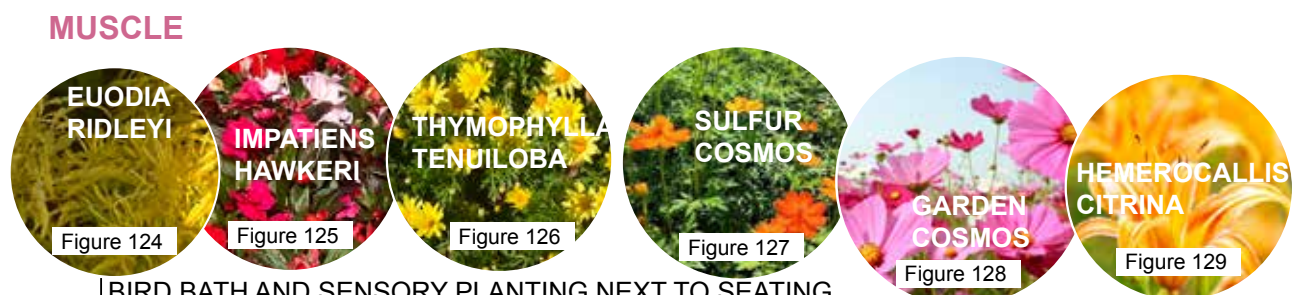
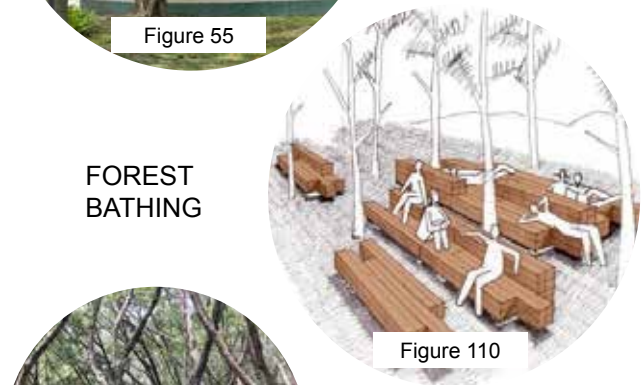
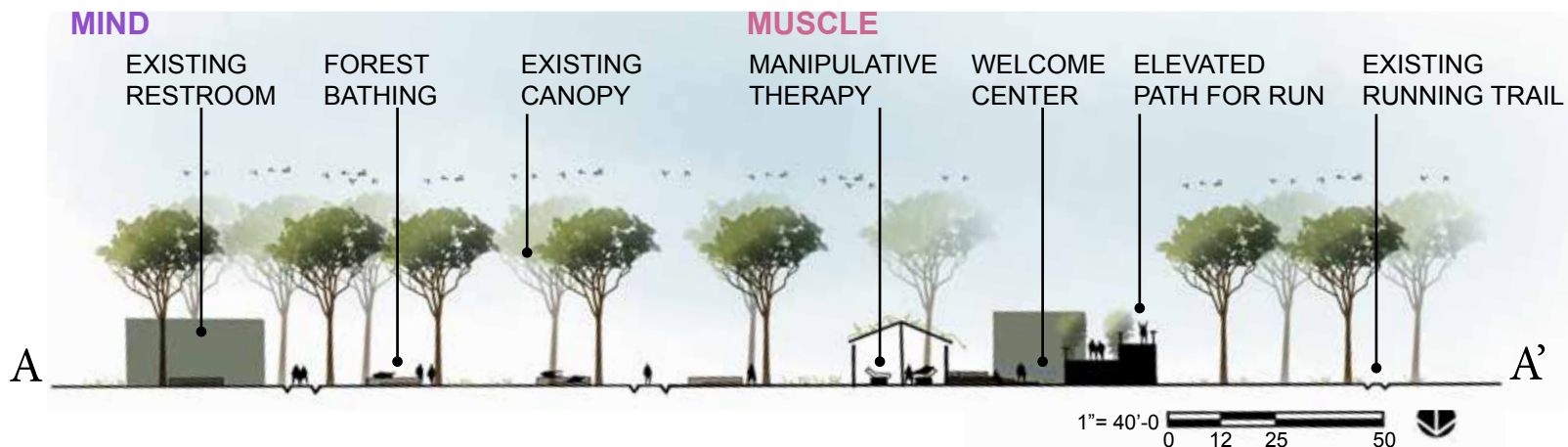
BAMBOO PLANTING

VINE OVER OPEN AIR
MANIPULATIVE THERAPY

SEASONAL
PLANTING
WITH FLEX
AREA



MUSCLE and MIND TRANSITION



MIND ENTRY ENLARGEMENT and PERSPECTIVE

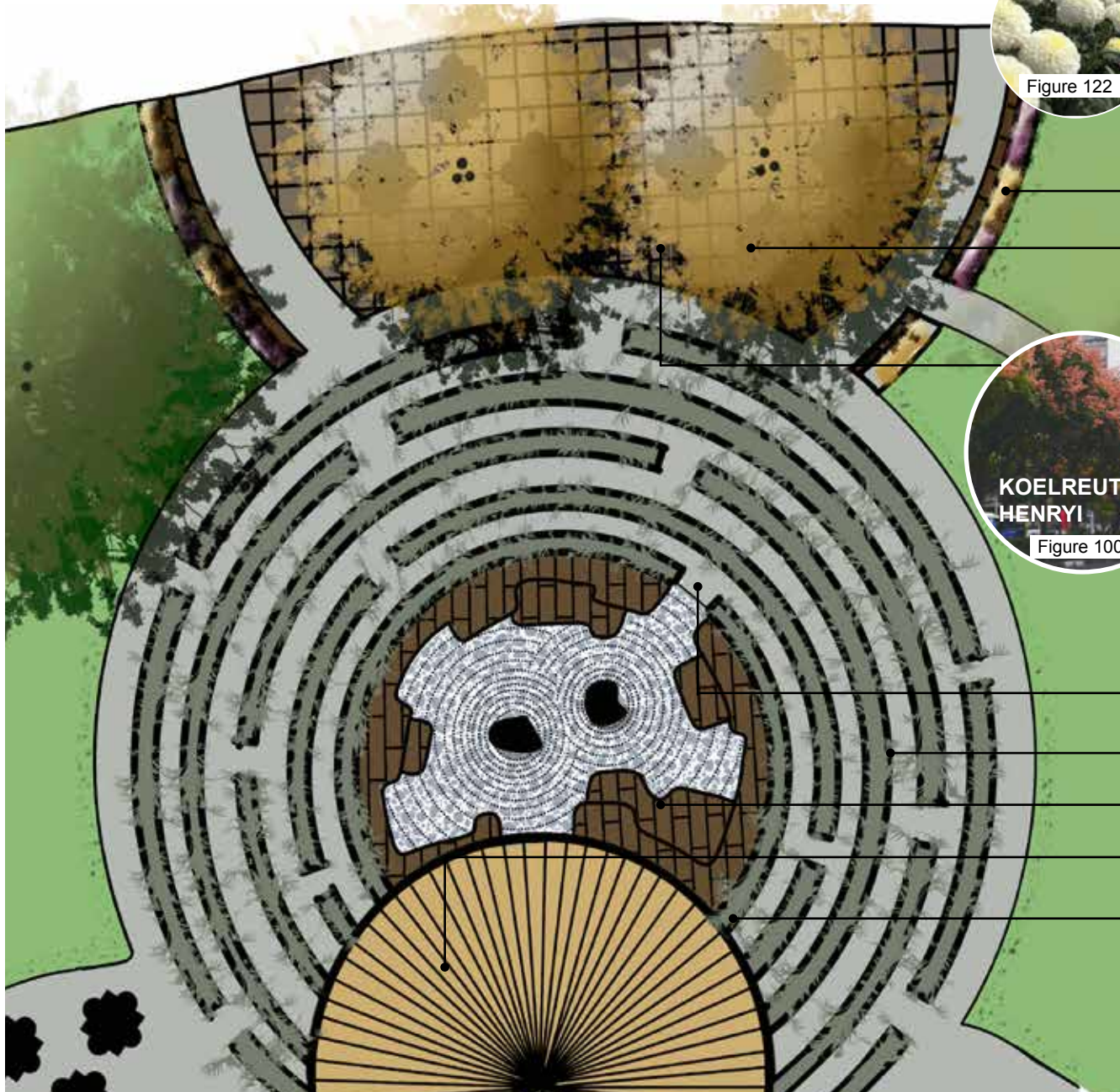


Figure 122

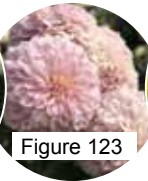


Figure 123



Figure 124

VARIETY OF COLORS OF CHRYSANTHEMUM MORIFOLIUM

SENSORY PLANTING NEXT TO SEATING

SEATING: COMMUNITY AND GAMES



KOELREUTERIA HENRYI

Figure 100



ENTRANCE TO ZEN GARDEN

BAMBOO MAZE

SEATING

TEA HOUSE

MOVING AROUND MAZE ELICITS SOUNDS OF LOCAL BIRDS; VARIETY OF BAMBOO FOR COLOR (FOR EXAMPLE PHYLLOSTACHYS NIGRA)



PHYLLOSTACHYS NIGRA

Figure 124

1" = 15'-0"



MIND TO PLAZA TRANSITION

MIND

COMMUNITY AND GAMES ENTRY

BAMBOO MAZE & ZEN GARDEN

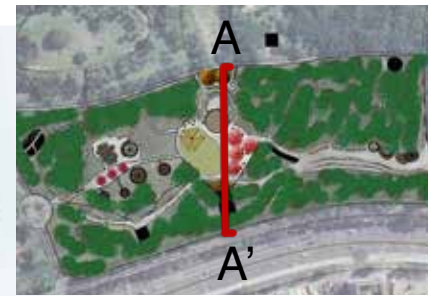
PLAZA

OSMANTHUS TEA GARDEN

COMMUNITY SEATING UNDER TREES

MULTIPURPOSE STAGE

EXISTING RESTROOMS



MIND



Figure 122



Figure 123



Figure 124

VARIETY OF COLORS OF CHRYSANTHEMUM MORIFOLIUM

SEATING: COMMUNITY & GAMES
SENSORY PLANTING NEXT TO SEATING

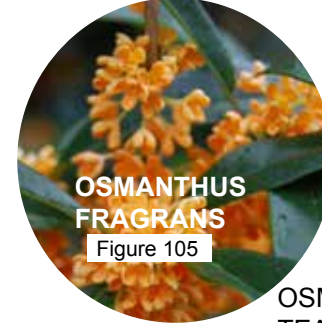


KOELREUTERIA HENRYI

Figure 100

BAMBOO MAZE
ENTRANCE TO ZEN GARDEN
SEATING
TEA HOUSE

PLAZA



OSMANTHUS FRAGRANS
Figure 105

OSMANTHUS TEA GARDEN

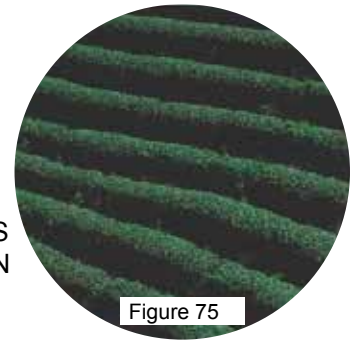


Figure 75

MULTIPURPOSE STAGE



COMMUNITY SEATING UNDER TREES

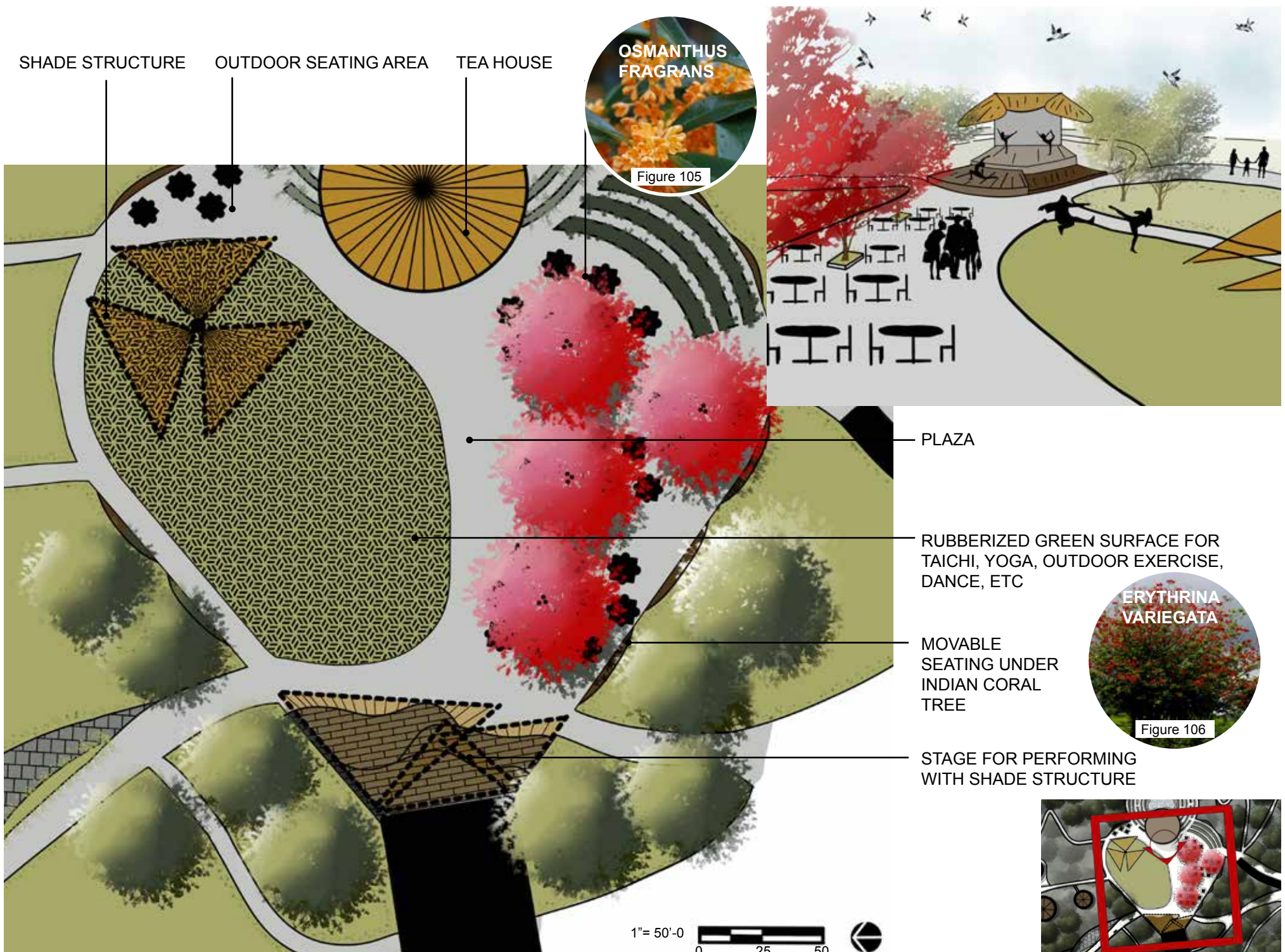
EXISTING RESTROOMS



Figure 48



WHERE HEART, MUSCLE, AND MIND CONVERGE: PLAZA



CONCLUSION: HOW DOES DESIGN REFLECT ACCOMPLISHING THE GOALS?



Figure 16

MIND

Serene, solitary areas for meditation.

Games at entrance for exercising the mind and community conversations.

Forest bathing in brain wave shaped paving while walking and sitting under trees.

Sensory planting in areas adjacent to seating.

Bamboo maze is for exploring and hearing the sounds of the wind rustle through.

Tea House to serve tea to relax the mind with both a smaller seating area in zen atmosphere and a community area in plaza for seating.

Osthmanthus tea area for interactive tea picking, fragrance, and visuals in proximity to tea house and community plaza for sensory effects



Figure 15

Community areas for gathering and interacting in plaza.

Horticulture rehabilitation therapy outdoors with an indoor greenhouse to engage cardiac muscles and harvest plants for healing for the heart and body.

Cardiovascular training with equipment adjacent to current stationary bicycle amenities.

Stage for exercising, but also drinking tea in plaza while watching performances.

A series of sensory experience (plants and water feature) at heart entrance for meeting at the heart of the healing garden.



Figure 14

Community areas for stretching, martial arts, dancing, yoga, and taichi.

Specified areas for muscle resistance training with various equipment adjacent to sensory planting.

Areas of elevation will connect to flat perimeter running track to stimulate muscles and create a new challenge

Small manipulative therapy building with an open air roof with lush vines for privacy and sensory effects (massage, acupuncture, and other therapies).

Retaining current reflexology exercise amenity for muscle and relaxation experience

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Figure 2: <https://www.travel.taipei/en/attraction/details/524>

Figure 3: Photo by Heather Smith

Figure 4: <https://www.travel.taipei/en/attraction/details/524>

Figure 5: <https://www.travel.taipei/en/attraction/details/524>

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Figure 8: Photo by Heather Smith

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