



Facilities Planning and Construction

Division of Administration & Finance

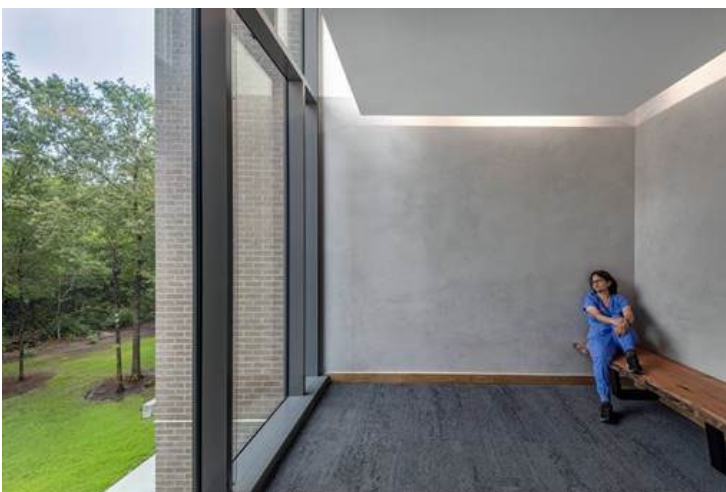
Design Guidelines for Spaces for Reflection, Mindfulness and Meditation

- Provide easy, open access. Do not include doors.
- Avoid direct views into the space. Maintain visual privacy from public areas.
- Provide window(s) and views to the outside, preferably views of nature, consistent with well-established research that documents the value of these connections for mental health
- Use high STC-rated partitions and sound-isolated HVAC ductwork to minimize cross-talk
- Include bench seating (built-in or freestanding). Do not use tables and chairs. As an example, the College of Medicine used wood harvested from the site.
- Use lighting as a design element. Light the walls, not the space. Avoid harsh overhead lighting.
- Provide carpet flooring
- Include open floor space
- Expected size–165sf to 250sf. This range is based on spaces constructed at the College of Medicine (two rooms) and the Law Center (one room). Much depends on location within a building and circulation access.
- Use the name "Reflection" on floor plans and room ID plaques.

Precedents:



Law Center – 239 SF



College of Medicine – 281 SF

