

Meditation And Yoga Center (The Architectural Approach In Line With The Nature).

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Abstract Nowadays, the speed of civilization and urbanism development is so much increased that it seems impossible to find peace and tranquility even in the calmest neighbors in urban areas. However, the suburb areas are somehow secured this anarchic urban development and can help the victims of this modern urban lifestyle, even if it is little. The major subjects of this project are the huge human communities, the megalopolises. Regarding to these issues, it is necessary to consider and design a place for restoration the tranquility for the aimless human community that has been taken away its origin and is completely dizzy. In this case despite of a rich experiences of calming and attentional reinforcement activities worldwide, unfortunately we do not have any legal and equipped center in our country. Paying attention to the psychology and mental issues is just limited to the asylums, so for solving the social problems, designing some centers consisting training use (music therapy, poetry therapy, painting therapy and ...) , cultural use, sport use, therapy use, meditation and For people, in which they can spend a part of their time, not only helps their mental health a lot, but also reduces a large amount of urban mental pressure and it will lead us to have less psychos and mental ills in the future. In this project we try to design a place in Tehran that is highly related to the nature and create this relation by using the mental activities that has natural construction themselves, in a way that both of architecture and activities of the complex would have a natural construction.

Keywords : meditishen, Youga

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