

ARCHITECTURE FOR WELL BEING

WHY . WHAT . HOW
OF BIOENERGETIC ARCHITECTURE

A Masterclass

facilitator

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'Architecture of Well Being'

INTRODUCING 9 PRECEPTS OF *BIOENERGETIC ARCHITECTURE*

A synopsis : what to expect from the Masterclass

Spurred by the pandemic, global consciousness is fast shifting towards the idea of 'HOLISTIC WELLBEING'.

Energetic well-being is a precursor to mental and physical wellbeing – this fact is still not well known and understood.

How our built environment coupled with simple 'life-hacks' can have a significant impact on our wellbeing – this is still a secret!

Can architecture and spaces we inhabit help achieve:

Higher productivity at work

Enhanced creativity and innovation

Enhanced focus & centered-ness

Greater sense of wellbeing

Better sleep & Higher energy levels ?

If yes....then How?

These are few ideas we will discuss scientifically

Bio-energetic Architecture is a multi-disciplinary approach to design spaces that facilitate 'health, happiness and harmony' in the lives of those who inhabit such 'conscious spaces'.

Through 9 Precepts of design, this discipline seamlessly integrates diverse domains like Building Biology, Shape science, Vedic Vaastu and more, with the process of habitat design.

This master class has been designed specially to create curiosity towards this new realm of design & Share with all simple yet powerful secrets of wellbeing !

CLICK HERE TO EXPLORE : www.bioenergetic-architecture.com

More about the Masterclass....

- **DURATION** : Usually session starts with an Audio Visual presentation followed with a short break and another interactive session with discussion on application in project etc. Overall duration : Approx. 60-90 min depending on audience interaction.
- **SCHEDULING**: Architecture offices & Studios often prefer to conduct this masterclass as a part of their initiative for 'on-going learning/ self-development' for their teams. It is recommended to schedule in first half of the day.
- **REQUIREMENTS**: Sessions just need an AV presentation facility and a comfortable space to accommodate all people. Preferred Minimum attendance -15 participants / Maximum – As much the space allows!
- **BOOK** : 'Architecture for Well being: 9 Precepts of Bio-energetic Architecture' – is one of it's kind book. Few copies will also be available at a special price for those who want to dive deeper in this subject.
- **MISSION** : Our mission is to promote 'HOLISTIC WELLBEING' so people can live there 'best versions' each day by enhancing their productivity and efficiency spontaneously.
 - *This masterclass is offered to schools, offices, design studios & colleges/institutions as a part of our mission to enhance Health Happiness and Harmony amongst people through design and lifestyle choices .*
 - *A curious and interactive audience excites us! We seek people who are be keen to live their best versions and learn something new with open mind and heart.*
 - *We truly believe all good things in this universe are for sharing and this idea drives our mission.*
- **CLICK BELOW FOR BOOKING A MASTER CLASS FOR YOUR TEAM :**

<https://forms.gle/sDD1cWnVdHYmZQhL6>

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Glimpses of 'Masterclass sessions' held pan India

@ Schools / Design studios & colleges / Institutions & Corporate offices
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