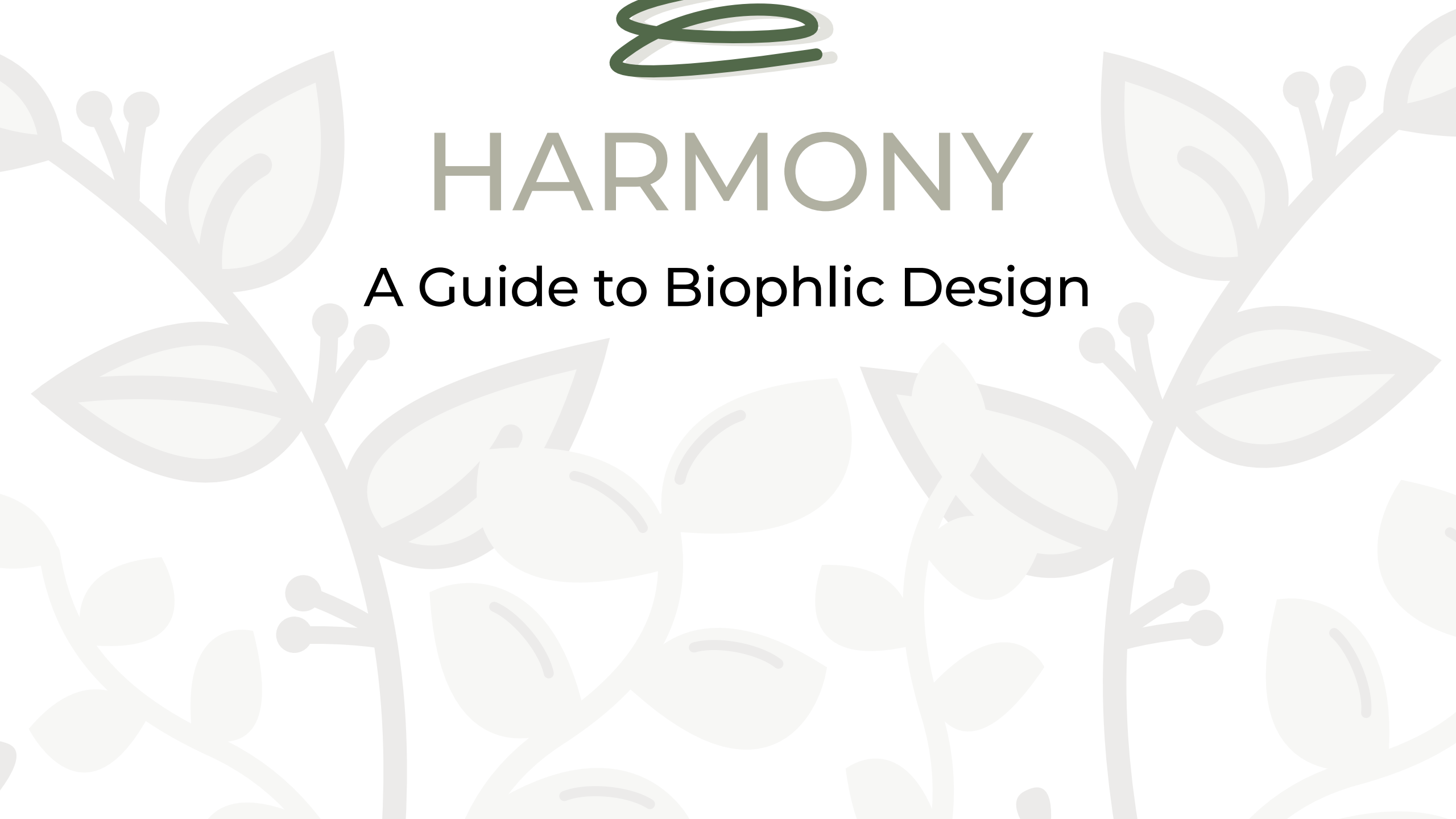




HARMONY

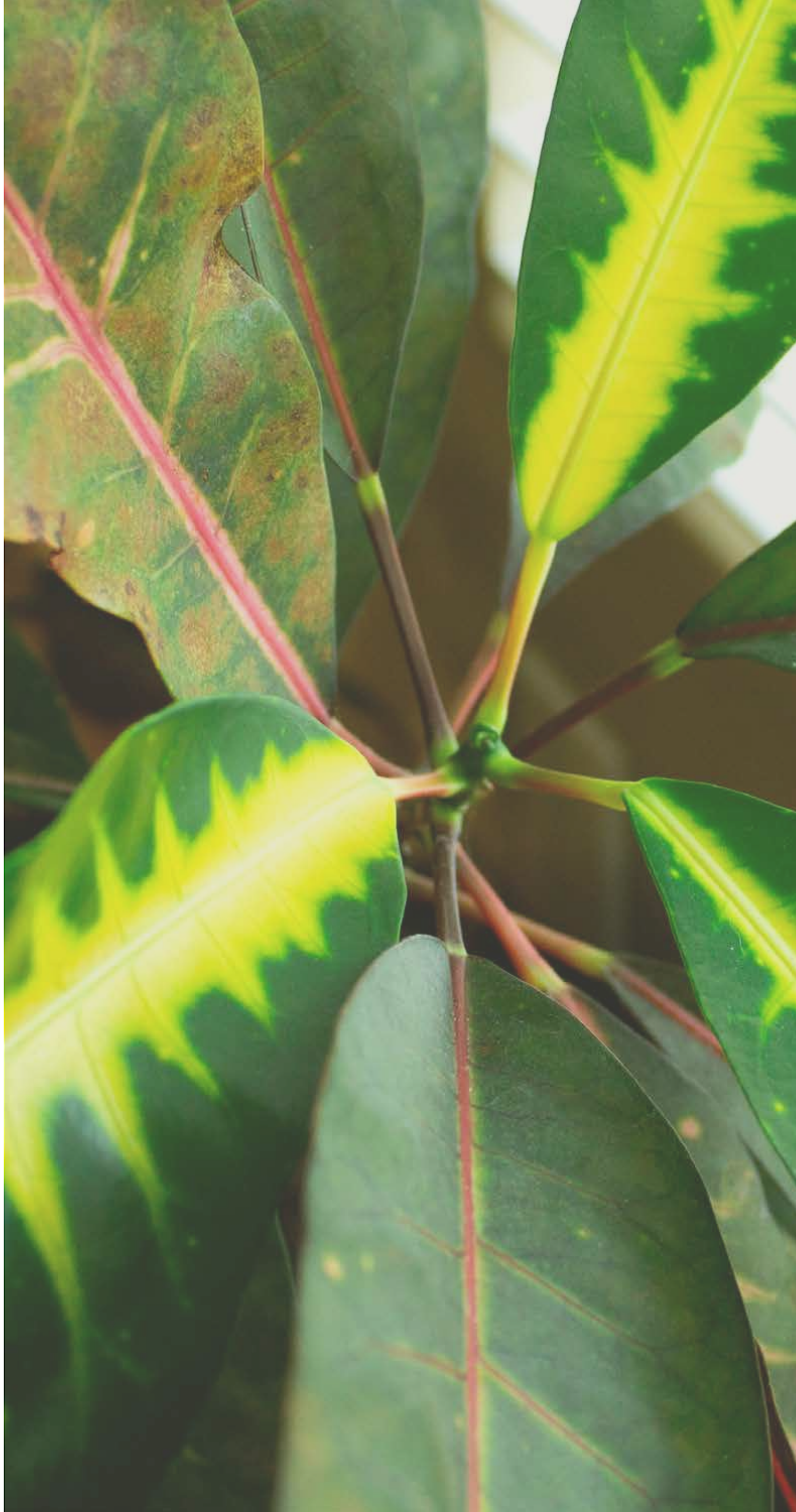
A Guide to Biophilic Design



about

HARMONY

Harmony is a Biophilic Design group focused on bringing the natural elements of the environment into your home and daily life. Harmony believes in using innovation, sustainability, and accessibility to create a peaceful and natural atmosphere within homes in large cities. Through increased exposure, education, and reconnection to one's natural environment we can create a balance between the natural and built environment.



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WHAT IS BIOPHILIC DESIGN?

Biophilia is the innate human tendency to interact with and be closely associated to nature and other forms of life within the natural world. This is something that lives within everyone but has been neglected as the man-made world has grown and is no longer dependent on direct contact with nature. Biophilic Design is a unique type of design that aims to integrate the natural environment with the built environment through direct and indirect experience with nature.



WHY IS BIOPHILIC DESIGN IMPORTANT?

Biophilic Design is important for a number of reasons that impact both mental and physical well-being of humans everywhere, especially those that live in inner cities with limited exposure to the natural environment in which they actually live. Surrounding yourself with stimuli from the natural environment creates an underlying positive response in one's daily life including reduced stress, mental restoration, and an improved overall well-being. The engagement between humans and the natural environment in which they live also creates an increased responsibility to protect it by being more sustainable and having empathy when actions are taken against nature.



BIOPHILIC ELEMENTS

Direct Experience with Nature

Elements of Biophilic Design that can be incorporated into a home and are considered a direct experience with nature include exposure to air, light, plants, water, and animals. A direct experience with nature is classified as something that is physically existing simultaneously within nature and an interior space, as well as any living natural being.

Examples of having a direct biophilic experience with nature include - having large windows within your home to let light and air fill the space, owning indoor plants to produce fresh oxygen, incorporating natural colors to an indoor space, or having an indoor running water feature allowing for the natural sounds of an outdoor system such as a river indoors.

Indirect Experience with Nature

Elements of Biophilic Design that can be incorporated into a home and are considered an indirect experience with nature include exposure to images, sounds, natural materials/colors, naturalistic shapes/forms, simulating light/air. An indirect experience with nature is anything that doesn't physically exist within nature but is derived from or inspired by some aspect of a natural environment.

Examples of having an indirect biophilic experience with nature include - photographs of nature in one's home, natural colors and tones within the rooms to represent a natural environment, overhead lighting to represent sunlight beaming down, or sounds that can be heard in nature playing aloud.





LIGHT & AIR

Utilize large windows that bring in natural sunlight and when able, keep them open to let airflow through the home. No large windows in your home? To get the same effect install overhead lighting and have large mirrors or light colored walls to brighten the space.

PLANTS

Having living plants and flowers that are seasonal and local to your area have many benefits. They can provide fresh oxygen to your home as well as bright natural colors and natural smells. Looking to save money on pricey plants? Create an herb garden right in your home for the same biophilic effects with a double benefit of providing fresh herbs for cooking.

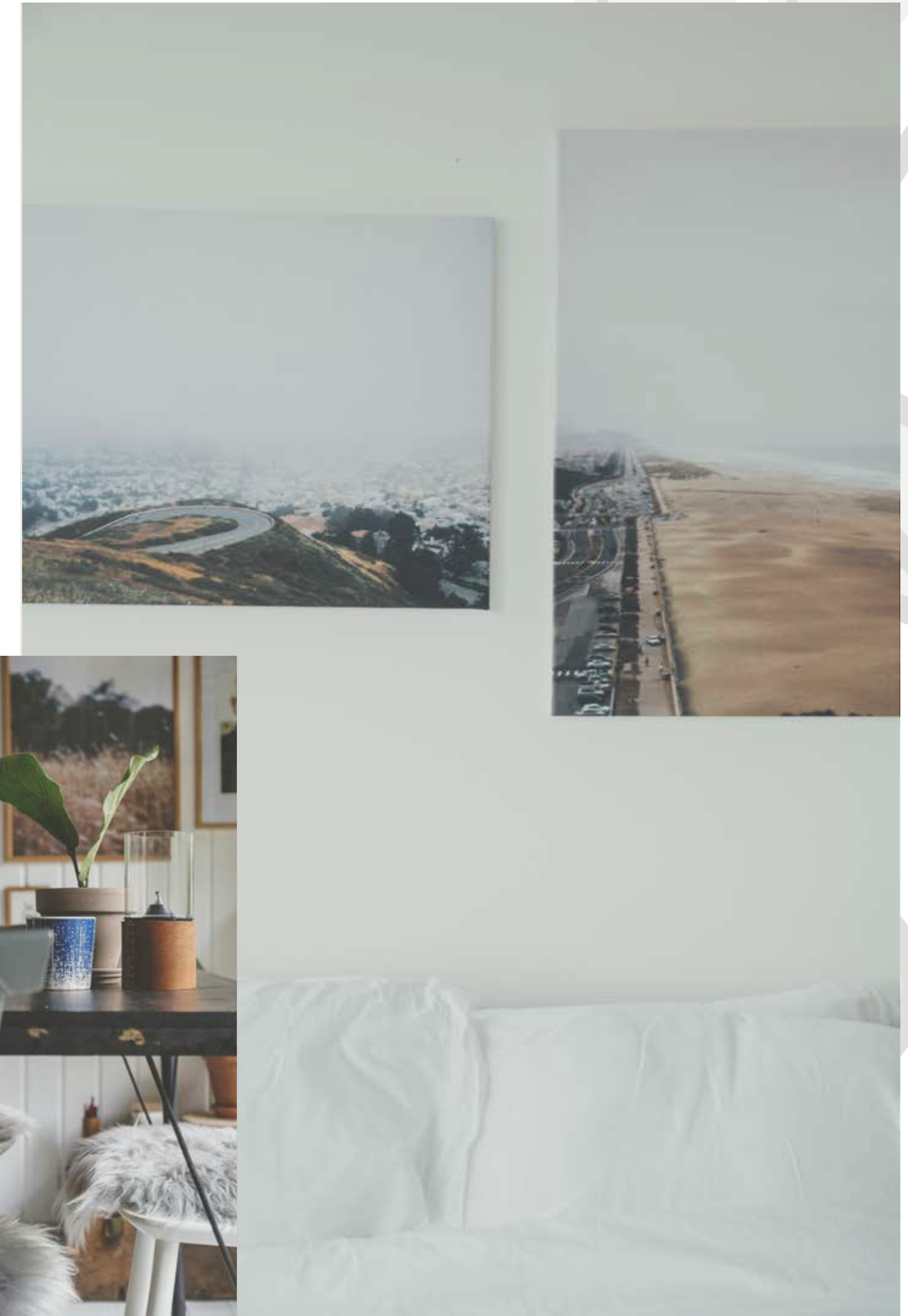


NATURAL COLORS

Filling your home with natural colors and earthy tones makes the space feel more closely related to the natural environment around you. Having these visual senses mentally relaxes the brain.



IMAGES



Having images of natural and natural elements from the environment around you will make you feel more connected from seeing visual images on a daily basis.