

Monday, August 12 | 12 PM



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## Physiological Basis Of The Impact Of Light In Design

Most design approaches demand that bodies simply fit into what is provided without consideration for their anatomical, physiological, and sensory needs. In contrast, Body Conscious Design encourages designers to think first about what bodies need to function optimally and to design the environment accordingly. Body Conscious Design attends to the biomechanics of bodies and also the psychological and cultural feelings and beliefs that a person brings to understanding their body in relationship to their environments. Together, the experiences of the body-mind-environment are the primary criteria for generating and evaluating design.

Over many years, I have developed a list of working principles that transmit the foundational teachings of Body Conscious Design.

1. Body Conscious Design promotes whole person health and well-being
2. Body Conscious Design requires somatic education for designers and users
3. Body Conscious Design encourages bodily movement and a variety of postures
4. Body Conscious Design includes all of the senses
5. Body Conscious Design accommodates a variety in human shapes, sizes, and abilities
6. Body Conscious Design embraces and insists on choices
7. Body Conscious Design can be subtle or obvious
8. Body Conscious Design confronts and even defies design and social conventions
9. Body Conscious Design takes influence from and contributes to both historical and new developments in research, technology, and design
10. Body Conscious Design accepts and celebrates any new aesthetic consequences of truly accommodating bodies

Designers and planners can look to these principles as an important frame of reference as they evaluate existing designs and create new ones in all life settings: private, work, social, and public.