

Session 3

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Abstract

The concept of embodiment in architecture invites us to reflect on the embodied relationship between body, mind, and environment. Through a multisensory experience that deeply connects the body with space, architecture has the capacity to trigger intense emotions, generating the formation of unique bodily memories and authentic experiences that shape our being.

Based on this principle or possibility that architecture can serve as a tool for health, my work focuses on a design rooted in three fundamental emotions or values that could promote well-being: recognition of others, bodily awareness, and balance, as guiding principles for an architecture that benefits the interaction between the body and space.

RECOGNITION as an essential predisposition to build trust, foster collaboration, and improve emotional well-being. BODILY AWARENESS in relation to posture and the benefits of proper physical alignment. And BALANCE, crucial in an experience centered on the body and the pursuit of stability and orientation.

In my work, I have explored two tools to address this challenge:

First, the conscious and delicate treatment of the interior ceiling, valuing this facade as an element that can actively promote a sense of well-being, evoking its symbolic and aesthetic dimensions as a fertile ground for exploration.

The challenge is to promote recognition, bodily awareness, and balance through a careful approach to this sixth facade, articulating the treatment of light, material, and composition. The relationship with height can be addressed through scale, lighting, and the integration of an exterior reality to work on aspects of depth, shadows, and atmospheres that allow for connection with deeper dimensions of reflection and RECOGNITION. BODILY AWARENESS is encouraged by the simple act of looking upward, which also has a profound impact on the brain, stimulating areas related to emotional regulation, attention, well-being, spatial perception, and creativity. And BALANCE, as the composition of this facade also enhances the readability of space, contributing to rhythm and proportion, stimulating peripheral vision and proprioception.

Second, I am interested in the use of wood in the composition of this facade. In addition to all the technical properties associated with this noble, flexible, and resilient material, the ability to highlight the joints in wooden structures can generate reflections, both conscious and unconscious, on subtle aspects such as collaboration, identification with one's own physical form, and the balance between tradition and modernity.

These methods, combining crafts and technology reflect an ecological and efficient approach that unconsciously connects us with systems of collaboration present in our bodies, in nature, and in the healthy interaction between the two, situating our bodies and experiences in a broader context of relationship and interaction with others.