



## Session 1

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### *"Designing Spaces That Heal: A Journey Through Biophilic Design and the Neuroscience of Connection"*

As humans spend an increasing 90% of their time indoors, the growing disconnect from nature significantly impacts mental, physical, and emotional well-being. Biophilic design offers a transformative response, weaving the principles of nature into the built environment. Backed by neuroscience and sustainability, this design methodology reduces stress, enhances productivity, and fosters creativity—benefiting both individuals and communities.

This presentation takes you on a journey through the process of biophilic design, from planting the initial vision to measuring success through post-occupancy evaluations. It highlights the role of stakeholder engagement, co-creation workshops, and site-specific insights in crafting spaces that honor ecological, cultural, and human contexts. By incorporating dynamic light, natural materials, and multi-sensory experiences, biophilic design creates environments that heal and inspire.

Featuring real-world examples such as Khoo Teck Puat Hospital, the High Line, and the Amazon Spheres, attendees will uncover the tangible benefits of biophilic spaces. They will also explore how neuroscience underpins this approach, demonstrating its impact on reducing cortisol levels and improving cognitive performance.

This presentation concludes by advocating for the integration of biophilic principles to create a healthier, more connected world. Join us on this journey to discover how biophilic design transcends aesthetics to nurture both people and the planet, paving the way for a future where architecture and nature thrive in harmony.

