Enjoy Nature

ANIMA MUNDI

BIOPHILIC PARK

Benefits of Biophilia

Biophilia: the human innate tendency to seek connections with nature & other forms of life

WELL-BEING Increase
- Relaxation
- Anti stress
- Brain wave patterns improve
- Decreased Anxiety

HEALTH
- Improves immune system
- Decreases Blood pressure & Pulse rate
- Better sleep

HAPPINESS Increase
- Emotional & Mood Regulation
- More Workforce
- Circadian Balance

Educational Biophilic Center

Biophilic Design Features

1. Natural Materials
   - Timber - Natural Stone - Cork
2. Natural Light & Space
   - Spatial variability, inside - outside spaces
   - Natural ventilation, wind
3. Water elements / Water plays
4. Natural colours
5. Plants - interior / exterior
6. Natural Shapes & Forms
   - Botanical motifs - Biomimicry, etc.
7. Natural Patterns & Processes
8. Place-based relationships
   - Geographical / Cultural
   - Connection to place
   - Historic connection to place, etc.
9. Evolved human-nature relationship
   - Prospect and refuge
   - Order and complexity, etc.
Reconnect with Nature for Wellbeing, Optimal Health and Happiness: 10 Benefits of Biophilia Revealed!

The Anima Mundi Educational Biophilic Park represents:
- Innovative public biophilic park design
- Re-connecting human beings with Nature and the natural elements
- Variety of Biophilic design elements and Nature-based solutions (NBS)
- Biomimicry design for the educational biophilic center building
- Urban forest benefitting City Life

The Anima Mundi Educational Biophilic Center for:
- Improving multi-generation knowledge
- Acceptance and curiosity for Nature and environmental technologies
- Dissemination of Biophilia concepts, integrated in buildings & cities
- Specialized seminars and conferences, topic library
- Nature-based solutions for climate adaptation and mitigation

Cross Section