

## MEDITATION CENTER (HOT SPRING HEALING)

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### Abstract

There are a variety of geographical and natural features in Saudi Arabia which, unfortunately, lack the care needed. One of the natural features is the hot springs in Saudi Arabia, where people travel around the globe to have such experience and treatment in hot springs. Thus, this work presents the development of Hot Spring Healing Meditation Center at Saudi Arabia. In this work, four case studies were analysed. Based on the analysed case studies, for the meditation center, the estimated gross floor area is 8891 m<sup>2</sup>. In addition, the center is comprised of few zones, which are meditation, naturopathy, wellness and accommodation. Moreover, for this work, two sites were proposed for developing the meditation center. Both sites were subjected to site evaluation analysis in order to determine the most suitable site. The results of the site evaluation analysis showed that site 1 exhibited the highest score of 113 and was selected as the development site. In terms of architecture, the design concept of this meditation center is based on the biophilic design of incorporating the natural environment and the center. The meditation center is expected to be the main attraction for meditation and hot spring healing centers in the region and it will contribute to the economy of Saudi Arabia in terms of tourism.

**Keywords**-- Meditation, center, hot spring, Saudi Arabia

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### INTRODUCTION

Meditation is an act of soothing the body, refreshing the mind and awakening the mindfulness of the soul fosters a depth of understanding and perception that also promotes a greater appreciation of others and ourselves [1]. Meditation's benefits include improving a person's physical, emotional, psychological, and spiritual conditions [2]. Furthermore, the positive effects of meditation includes higher level of energy, lower blood pressure, increased exercise tolerance, better concatenation, decreased stress, and improved mental stability [3]. The common method of meditation are concentrative, reflective and generative [3].

Meditation in Islam is essential for cultivating the spiritual ability that truly benefits religion forms and rituals [4]. The blessed Prophet Mohammad was simply sitting in a cave known as Ghar Hira on Jabal Nur in long periods of quietness and surrender seeking the truth and the presence of the eternal lord of creation [5]. Islam is a profound journey of religious growth that eventually culminates in God-consciousness, harmony, and peacefulness [6]. In addition, Islamic spiritual-based renaissance is essential to advance the mankind in a culture of spirituality, knowledge, awareness, and lucidity [6].

Saudi Arabia is one of the meditations practicing Islamic nation [7]. Moreover, there are more than 15 hot springs in Saudi Arabia with varying deep temperatures that are used for body revitalization and meditation [8]. Hot springs known for their attraction and healing aspects, besides the energy they have, are a source of geothermal energy that is good for the individual [8]. However, these hot springs are not well developed or engaged in the country and it seems that this rich local environment is neglected and not maintained [8,9].

Thus, by enhancing and developing the natural features of these hot springs, the country would benefit greatly from tourism, the economy and the well-being of its people. Therefore, this work presents the development of Hot Spring Healing Meditation Center at Saudi Arabia.

### CASE STUDIES

This work has analysed four case studies. The details of each case study is presented as follow:

- Ming-Tang Hot Spring Resort
- Thermal Springs Pools Poça da Dona Beija
- Termas Geométricas Hot Springs Complex
- Windhover Contemplative Center

#### Ming-Tang Hot Spring Resort

Ming-Tang Hot Spring Resort is located at Bazhou City, Hebei Province, China (Figure 1). It was designed by architect CT Design and Cooperation Team. This resort has an area of 13000 m<sup>2</sup>. The architecture concept of this resort is integration with nature. The building structure is linear form and has integrated with the surrounding environment. The resort building is constructed with 3 loops, which are themed as the hill top, forest and the low land. In the first loop of the resort, there is a lobby, café, spa, indoor and outdoor swimming pool. This space is surrounded by water and has a hot spring setting. In the second loop, there is a restaurant and flower zone. This space has a Sakura courtyard and is surrounded by flower. In the third loop, there is guest room area which is surrounded by bamboo forest. The space distribution of this resort is comprised of hot spring (15%), guest rooms (60%), public area (10%) and services (15%).



Figure 1. Ming-Tang Hot Spring Resort

**Thermal Springs Pools Poça da Dona Beija**

Thermal Springs Pools Poça da Dona Beija is located at Furnas, S.Miguel, Açores, Portugal. It was designed by architect M. Arquitectos. This site has an area of 15400 m<sup>2</sup>. The building is designed to blend with its natural surrounding. The walls of the building is build using wood. The interior is constructed of wood-clad and the carpentry in the stone of the crytomeria. This place consists of three pools and a foot bath. These pools were constructed according the existing environment topography and is linked by footbridge. The space distribution of this site is comprised of thermal spring pools (64%), entrance (18%), and services (18%).



**Figure 2.** Thermal Springs Pools Poça da Dona Beija

**Termas Geométricas Hot Springs Complex**

Termas Geométricas Hot Springs Complex is located at Los Ríos Region, Chile (Figure 3). This complex was designed by architect Germandel Sol. This complex has an area of 1280 m<sup>2</sup>. This complex is comprised of 17 thermal pools. In addition, a wide roof, planted with wild grass, covers the entire secluded area by the open fire. The complex is build with integration to its surrounding environment with strong primitive geometric elements. Hot springs water is delivered to the pools by wooden ducts that flow under the walkway and warm it, maintaining it always to be clean and secure. Furthermore, there is a pavilion designed of local wood, with private bathrooms, lockers, and a patio to relax next to every pool. The space distribution of this complex is comprised of hot spring pool (70%), services (20%) and restaurant (10%).



**Figure 3.** Termas Geométricas Hot Springs Complex

**Windhover Contemplative Center**

Windhover Contemplative Center is located at Stanford University, Northern California, United States of America (Figure 4). It was designed by architect Aidlin Darling Design. This site has an area of 4000 ft<sup>2</sup>. This center is located within the main area of the campus. The space is created by using bamboo trees, dark wood and thick-rammed earth walls. Chairs and sofas were placed strategically to allow guests to rest and enjoy the surrounding environment. Furthermore, there is water fountain and outdoor pools as well for relaxation and meditation purposes. In addition, there is courtyard with various trees and natural surroundings. The space distribution of this center is

comprised of meditation area (15%), gallery (35%), reflective pool (30%), courtyard (13%) and services (7%).



**Figure 4.** Windhover Contemplative Center

**PROGRAM ASSUMPTION AND SPACE DETAILS**

For the Hot Spring Healing Meditation Center, the estimated gross floor area is 8891 m<sup>2</sup>. In addition, based on Table 1, the center is comprised of few zones, which are meditation, naturopathy, wellness and accommodation. The details for each zone and its measurement is shown in Table 1.

**Table 1.** Space details

| Zone          | Gross Area (m <sup>2</sup> ) | Floor |
|---------------|------------------------------|-------|
| Meditation    | 1381                         |       |
| Naturopathy   | 1773                         |       |
| Wellness      | 1724                         |       |
| Accommodation | 4013                         |       |
| Total         | 8891                         |       |

**PROPOSED SITE**

**Proposed site: Site 1**

For site 1 (Figure 5), this site is located at Al-Ain Al-Harrah, al-Laith, Mecca, Saudi Arabia. This site has an area of 20000 m<sup>2</sup>.

**Proposed site: Site 2**

For site 2 (Figure 6), this site is located at Al-Ain al-Harrah, Jazan, Saudi Arabia. This site has an area of 20000 m<sup>2</sup>.



**Figure 5.** Site 1



**Figure 6.** Site 2

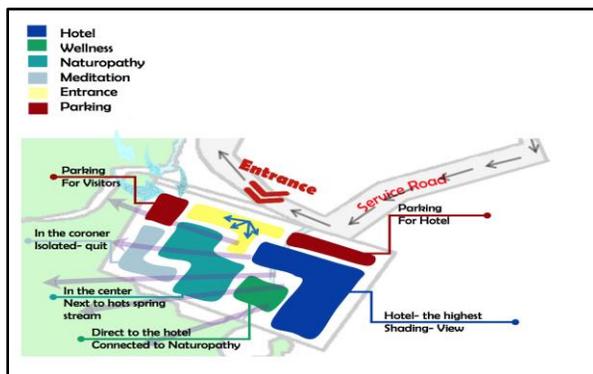
**SITE EVALUATION AND ANALYSIS**

In this work, two sites were proposed for the development of Hot Spring Healing Meditation Center. Thus, to select the best site, site evaluation analysis was done. Site evaluation analysis was done based on few criteria's, which are capacity, topography, climate, accessibility, utilities, security and safety, noise level, view, natural integration and surroundings/land use. In addition, weighting factors (WF) were used for evaluation, where 1 = not very important, 2 = somewhat important, 3 = important, 4= very important and 5= essential. Table 2 shows the site evaluation analysis result. Based on Table 2, site 1 exhibited the highest score of 113, compared to site 2 with score of 110. Thus, site 1 was selected as the proposed development site.

**Table 2.** Site evaluation

| Criteria                | Weighting factors (WF) | Site 1 | Site 2 |
|-------------------------|------------------------|--------|--------|
| Capacity                | 3                      | 12     | 9      |
| Topography              | 3                      | 12     | 12     |
| Climate                 | 2                      | 6      | 8      |
| Accessibility           | 3                      | 6      | 6      |
| Utilities               | 4                      | 12     | 12     |
| Security and safety     | 2                      | 6      | 6      |
| Noise level             | 4                      | 16     | 12     |
| View                    | 4                      | 16     | 16     |
| Natural integration     | 5                      | 15     | 20     |
| Surroundings / land use | 3                      | 12     | 9      |
| Total                   | -                      | 113    | 110    |

The site can be reached from the town of Al-Laith through the main road that passes through the town of Ghameega and then 40 km to the east. The site is easy to reach and the roads are paved and accessible. Since the site is located in rural areas, there is no traffic congestion. As a site in rural areas, the Al-Ain Al-Harrah hot spring is the main landmark. The project could then be the landmark of that area. Most of the surrounding area is vacant land. In addition, the topography of the site appears to be high and large in contour. The climate of AL-Laith is a tropical desert climate and a semi-desert climate with an annual temperature of more than 25 ° C. The warmest month is June and July (35.5 ° C), and the coldest month is January (10 ° C). In terms of humidity, the driest month is June, with 2 mm of rain. In December, the precipitation reaches its peak, with an average of 21 mm. In terms of wind, the maximum wind speed is between January and April, it reaches 20mph, and the minimum wind speed with +5 mph is around December. The site zoning is shown in Figure 7.



**Figure 7.** Site zoning

**PROJECT DESIGN**

In this work, the Hot Spring Healing Meditation Center will combined between two types of building, which are recreation and health, and tourism place. The project consist of flowing four main zones, which are meditation center, naturopathy zone, wellness zone and accommodation. Mediation activities can be carried out indoor or outdoor.

The indoor practice can be performed in the hall. The wellness area of the project will include a fitness gym and some parts of the physical therapy. A fitness center usually includes a multitude of functions, both wet and dry, including fitness gyms, studios and swimming pools. In addition, although the main program is divided into four seemingly separate zones, they are all interconnected and interrelated. The wellness zone in directly connected with the hotel. In addition, there is a direct link between the wellness zone and naturopathy due to shared physical therapy facilities.

Likewise, naturopathy and meditation zones have direct connection to the outdoor area. In addition, all hotel users may have access to different zones, but their zones are partly private to other users. In terms of architecture, the design concept of this meditation center is based on biophilic design incorporated into the building and environment. The building is designed with stacking technique with unique rectangular shaped blocks. Furthermore, the building is incorporated with vertical circulation structure system. The design of the building is shown in Figure 8 to Figure 10, respectively.



**Figure 8.** Top view of Hot Spring Healing Meditation Center.



**Figure 9.** Main elevation of Hot Spring Healing Meditation Center.



**Figure 10.** Aerial view Hot Spring Healing Meditation Center

## CONCLUSION

In this work, the development of Hot Spring Healing Meditation Center is presented. In this work, the estimated the estimated gross floor area for the center is 8891 m<sup>2</sup>. In addition, the center is comprised of few zones, which are meditation, naturopathy, wellness and accommodation. The development of this center is expected to be the main point of tourist attraction, where people can practice and appreciate the healing of nature. In addition, the center can contribute to the economy of Saudi Arabia in terms of tourism and will also produce a health community.

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