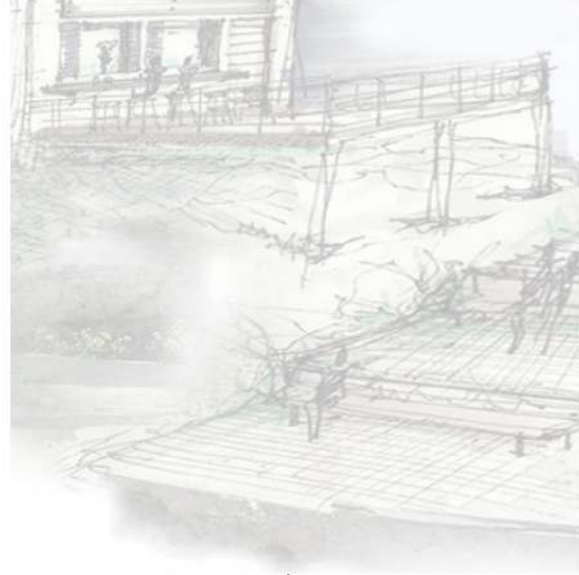


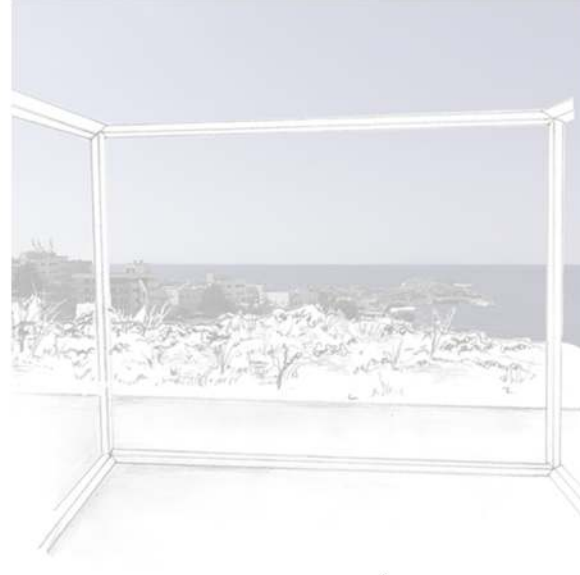
UNVEILING BIODIVERSE ANFEH



COASTAL WALKERS



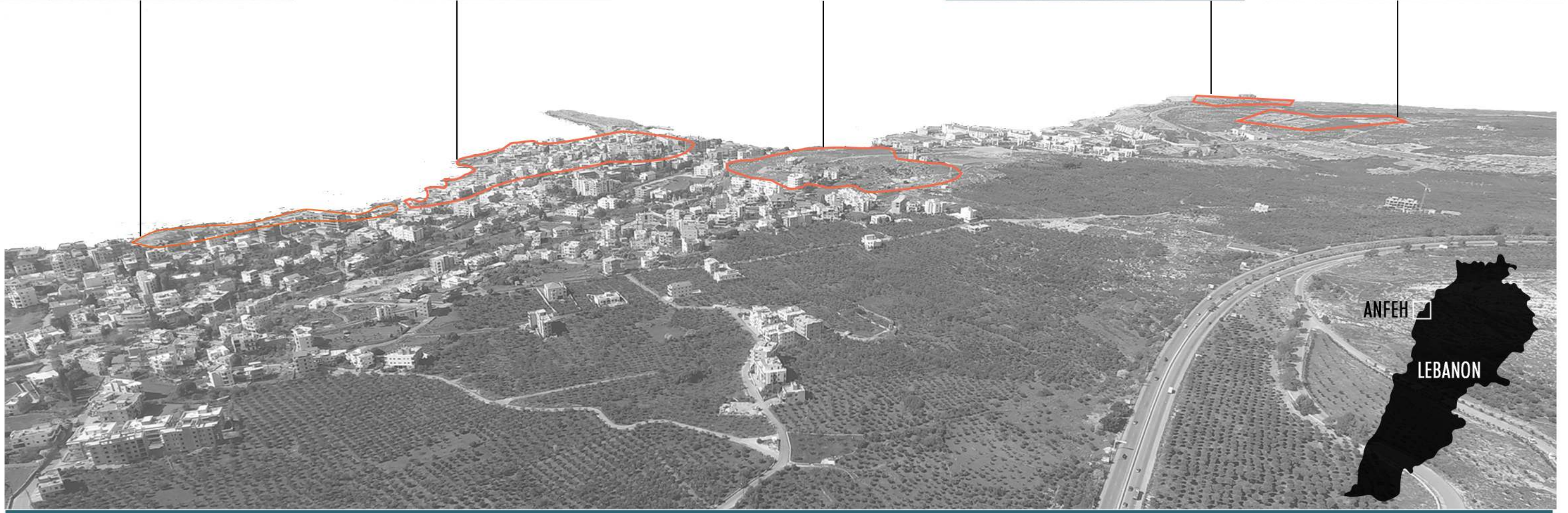
BEYOND THE SENSES: CONNECTING YOUR INNER AND OUTER LANDSCAPE



MEDITOSPHERE: TRANQUILITY, THERAPY, MEDITATION



EVOLUTIONARY DEGRADATION



Country / City **LEBANON / BEIRUT**

University / School **AMERICAN UNIVERSITY OF BEIRUT**

Academic year **YEAR 3**

Title of the project **MEDITOSPHERE: TRANQUILITY, THERAPY, MEDITATION**

Authors **CARL SALWAN**





# PERFORMATIVE NATURE

Barcelona International Landscape Architecture Biennial

September 2018 **Barcelona**

SCHOOL PRIZE

**X International Landscape Architecture Biennial**

Máster d'Arquitectura del Paisatge -DUOT - UPC  
ETSAB- Escola Tècnica Superior  
d'Arquitectura de Barcelona  
Avenida Diagonal, 649 piso 5  
08028 Barcelona-Spain

## TECHNICAL DOSSIER

Title of the project "Meditosphere" - Tranquility, Therapy, Meditation  
Authors Carl Salwan  
Title of the course LDEM 204 - Cultural Landscape Design  
Academic year Second Year in B.A of Landscape Architecture  
Teaching Staff Dr. Maria Gabriella Trovato and Dr. Nahida Khalil  
Department/Section/Program of belonging Departement of Landscape Architecture.  
University/School American University of Beirut

Written statement, short description of the project in English, no more than 250 words

Located in Anfeh, a small coastal village in North-Lebanon. The salt marshes are emblematic of the area since the community used to extract salt from them before the Civil War, until they started losing profit when the government started importing salt from Egypt at a lower price. At the proximity of the Covent of Our Lady "El Natour", this project aims to bring back and rehabilitate the cultural aspect of Anfeh. The project aims to include the community. It is an Outdoor Meditation and Therapeutic Retreat in which the visitor can enjoy a variety of relaxation and meditation techniques that include the iconic salt once present and produced in the area. The visitor will enter the area in a golf kart to prevent noise from an automobile and then will choose the program based on the kind of meditation and therapy while entering a path of medicinal plants. Every kind of therapy and meditation will include the salt marshes that were once in use and are now threatened to be destroyed in order to create a resort. The community will provide the products that are also sold there. As for paving, all aggregate stones used are present in the area and so sustainability is a main point including the preservation of the cultural aspect of Anfeh.

For further information

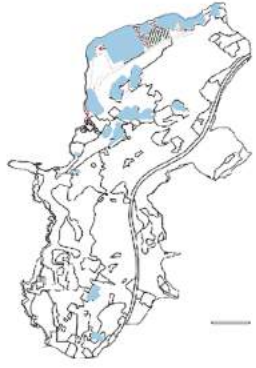
**Máster d'Arquitectura del Paisatge -DUOT - UPC**

T: + 34 93 401 64 11 / +34 93 552 0842

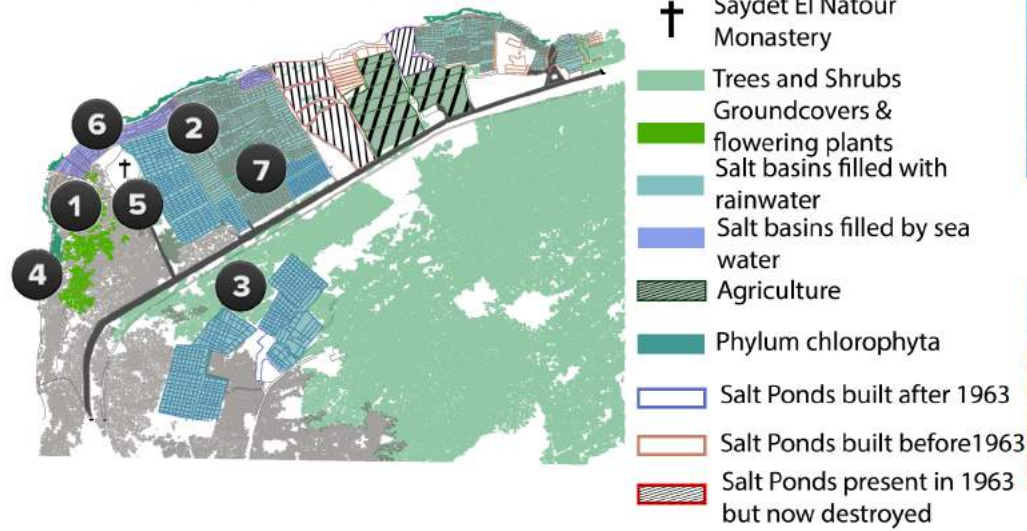
Contact via email at: [biennial.paisatge@upc.edu](mailto:biennial.paisatge@upc.edu)

Consult the web page <http://landscape.coac.net/>

## LOCATION OF ANFEH IN LEBANON AND PROJECT



## HISTORY OF DEIR EL NATOUR AND SALT BASINS AND CHARACTERISTICS



## THREATS OF THE AREA



Anfeh's historical and cultural salt pans are threatened to be destroyed.



Real estate companies are going to build a Resort instead.



Dunlin is a migratory bird threatened by hunting



Sea Poppies



Hawfinch Bird: threatened by hunting.

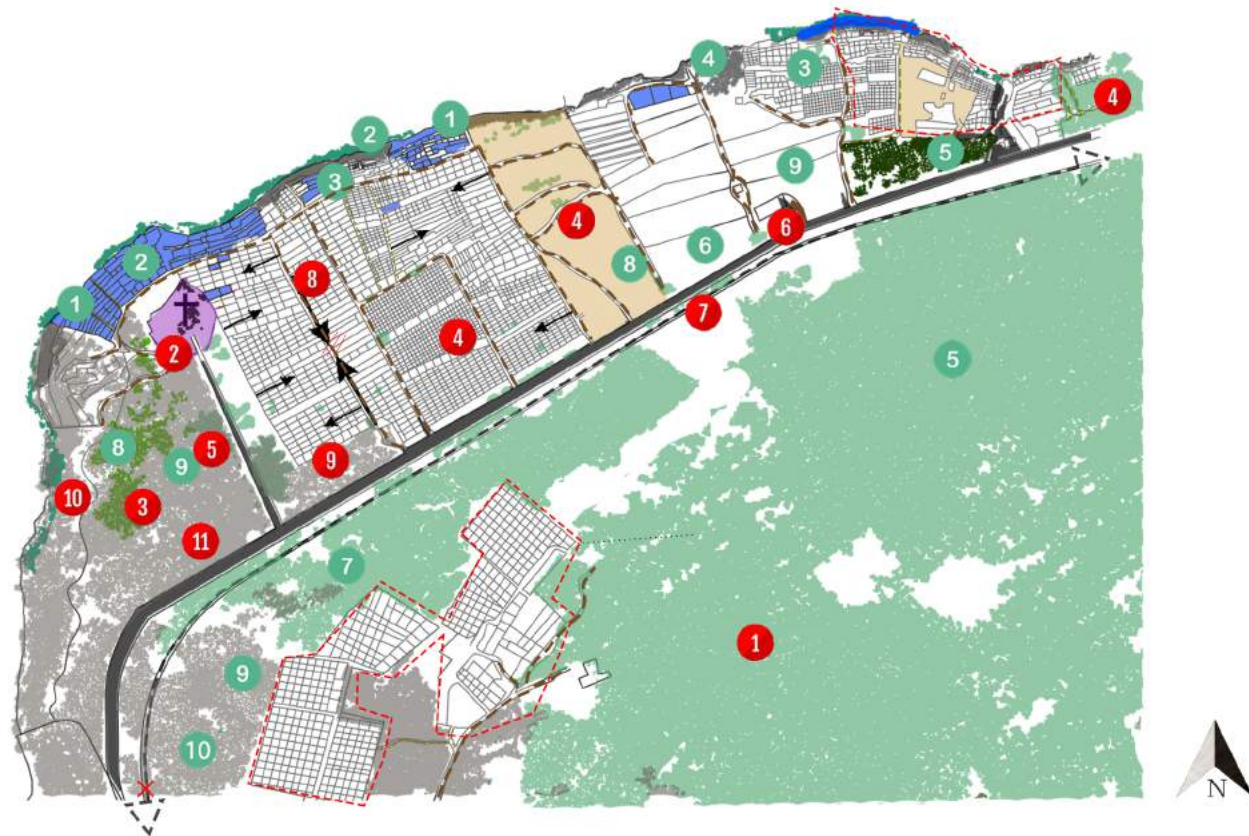


Water Pippit is a bird that feeds on small fish, also threatened.

## VIEWS OF THE AREA



## ANALYSIS



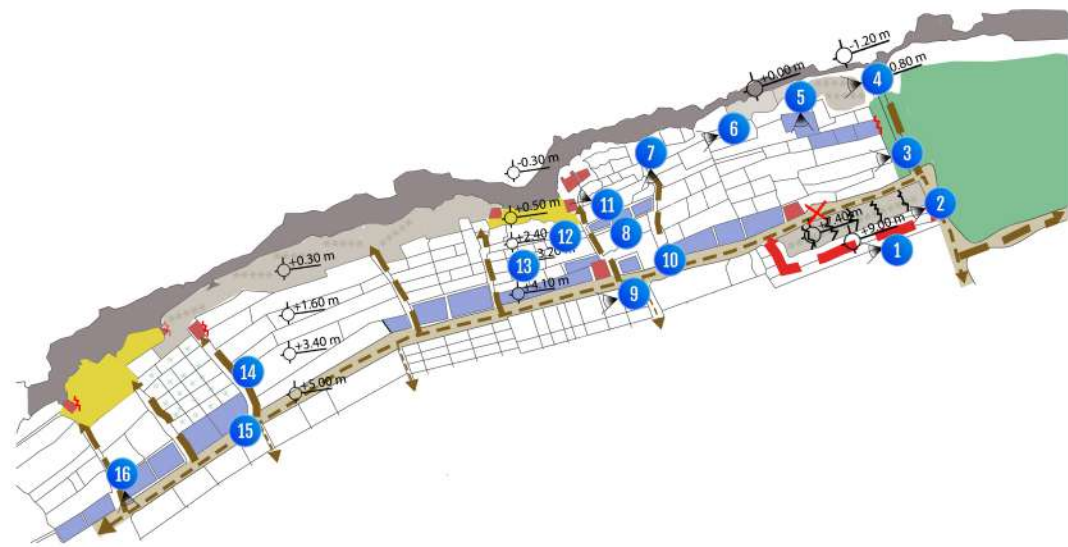
- 1 Olea europaea
- 2 Washingtonia robusta
- 3 Cyclamen persicum
- 4 Pistacia lentiscus
- 5 Eucalyptus camaldulensis
- 6 Ficus nitida
- 7 Quercus calliprinos
- 8 Scolymus hispanicus
- 9 Anthemis palestina
- 10 Phylum chlorophyta
- 11 Corydthymus capitatus
- 1 Frogs
- 2 Tadpoles
- 3 Dunlin (wintering)
- 4 Water pipit (migrating)
- 5 Hawfinch Birds
- 6 Hare
- 7 Turtle
- 8 Cricket
- 9 Bee
- 10 Butterfly
- Rocks visible on soil
- Rocky Coast
- Sea water directly accesses salt basins
- Neglected and abandoned

## STRATEGY

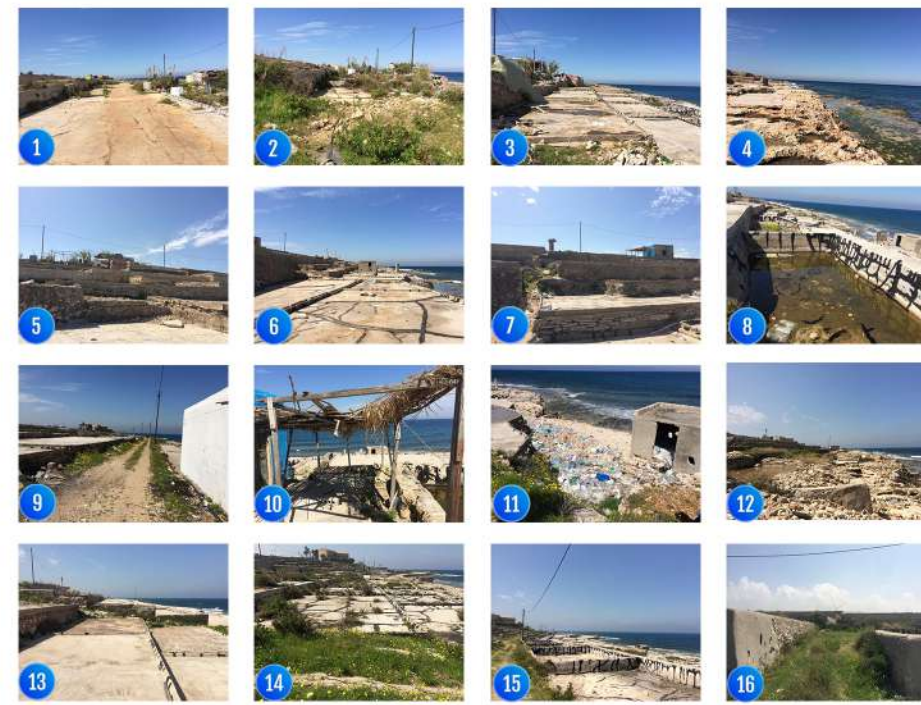


- Main Access
- Swimming Access
- Reflexology Path
- Relation Between Church and area
- Railway
- Agriculture
- Healing Gardens
- Bird Watching
- Painting Area
- Meditative maze
- Salt Therapy
- Scrub & Oil therapy
- Yoga Area
- Salt Art
- Sunset View Area
- Campfire and Tents
- Cars & Bus Parking
- Buggy Parking
- Train Station
- Meditative Floating Structure
- Saydet El Natour Monastery

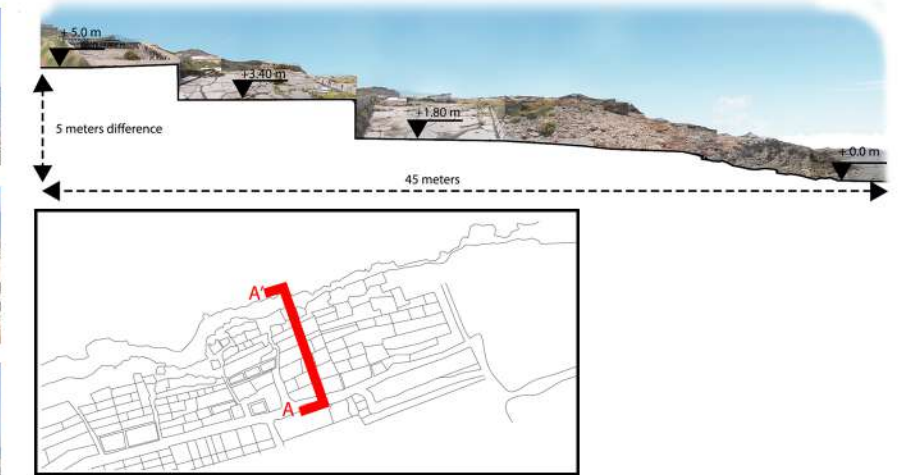
# INVENTORY & ANALYSIS



- Wild vegetation
- Partly Agricultural
- Deep Salt Marshes
- Aggregate Pebbles floor
- Built Structures
- Broken down Salt Marshes
- Dirt Floor (Soil)
- Main Access
- Alternate Path
- Blocked Path



# SECTION



# MASTER PLAN



### Spa Activities:

- 4 Path Between Salt Marshes
- 5 Salt Therapy (Scrub)
- 15 Reflexology Path
- 16 Scrub and Oil Therapy
- 18 Massage Therapy Area
- 20 Sitting Area/ Lazy Area
- 21 Kundalini Yoga
- 22 Vinyasa Yoga
- 23 Bikram Yoga
- 24 Aquatic Yoga

### Water Activities:

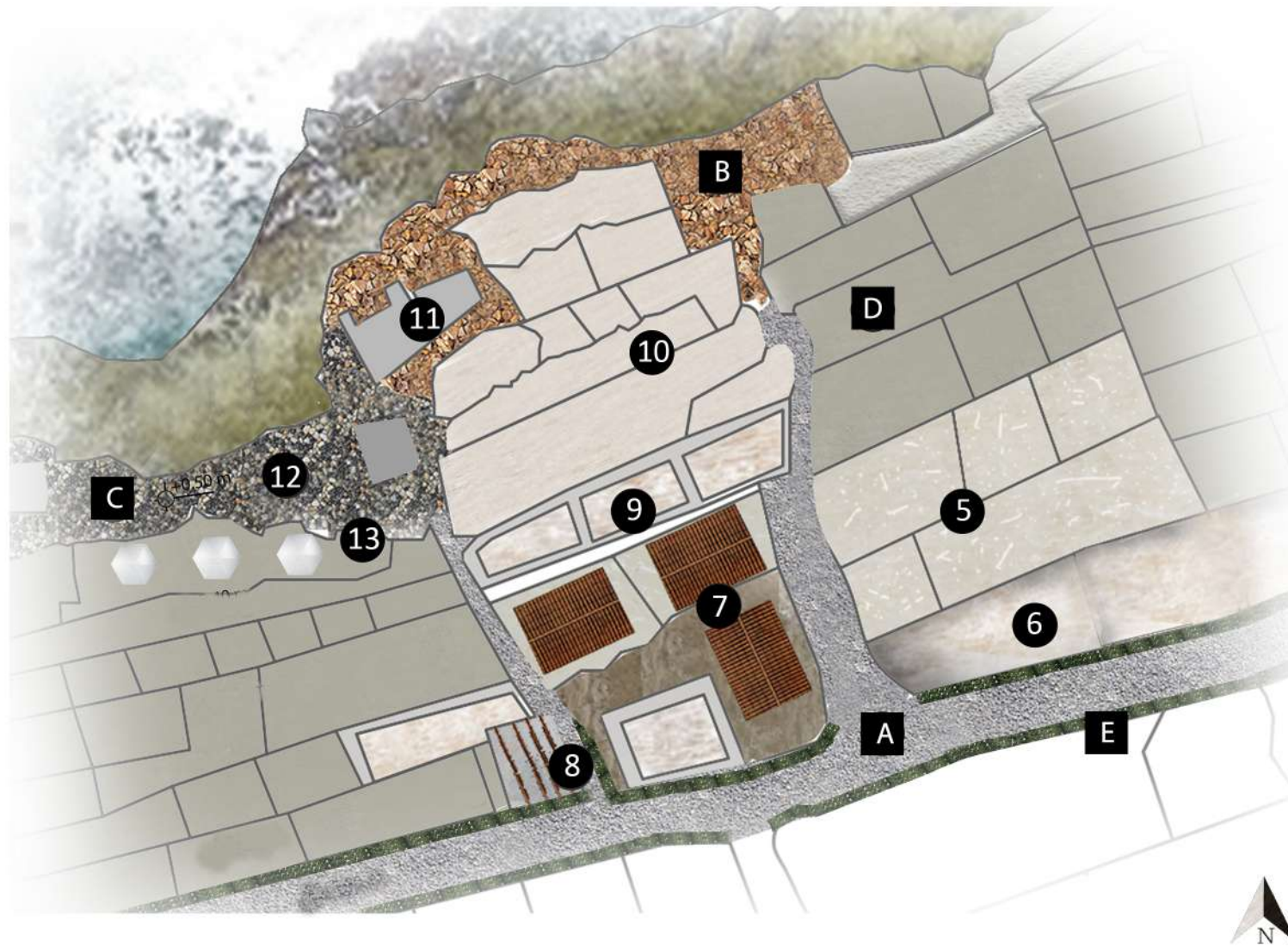
- 2 Aquatic Pool Exercise
- 3 Beach Therapy Exercise
- 6 Pool For Intense Swimming
- 9 Meditation Pool (Relaxation)
- 10 Shallow Salt Water Meditation Area
- 12 Beach Access
- 13 Access To "Salt Marsh" Deck
- 14 Relaxing Pool

### Structures:

- Main entrance coming by buggy from main entrance space
- 0 The "Vegitative" path introducing and exhibiting native flora. From medicinal plants to herbs used in the foods and beverages and therapy.
- 1 Demountable structure for arrival, registration, selection of programs and Lockers
- 7 Wooden Structures For Salt Therapy
- 8 Kiosk To Buy Local Product
- 11 Refreshment (Local)
- 17 Showers
- 19 Kiosk To Buy Local Massage and Scrub Products



# TOP VIEW: FURTHER INTO DETAILS



## FUNCTIONS

- 5 Salt Scrub
- 6 Neutral Salt Water Swimming Pool
- 7 Enclosed Salt Therapy through inhalation (Wooden Demountable Structure)
- 8 Kiosk For Local Salt Products Sales
- 9 Meditation Pool (Relaxation)
- 10 Shallow Salt-Water Meditation Area
- 11 Kiosks For Local Beverages Supply (Herbal)
- 12 Quiet Beach Access
- 13 Salt Marsh "Deck"

