



Brookside Gardens Stroll for Wellness

University of Maryland
Landscape Architecture Program
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LARC 489Z Stroll for Wellness Students

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Brookside Gardens, Montgomery County Department of Parks and PALS

Our thanks to those who dedicated their time and knowledge to help us understand and appreciate the benefits of nature as a healing agent on the way to wellness.

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Course Description

“To immerse yourself in its natural beauty and serenity and reflect upon and emotionally integrate experiences and feelings that may be troubling you.”

Henry David Thoreau, Walking

Project Title: Stroll for Wellness at Brookside Gardens.

- This project could be a template for ways to develop this type of facility in other parks – what are the basic programmatic requirements and site selection criteria (bus stop, etc.).
- Special programs and self-guided Strolls for Wellness

Description: The positive benefits of exposure to nature and green spaces related to wellness are well-documented. A structured walk in a garden setting in combination with reflective journaling may result in profound outcomes for people suffering from PTSD (post-traumatic stress disorder), depression, and other types of trauma – all of which are becoming more prevalent in our current society. The Morikami Japanese Gardens in Florida and Bloedel Reserve in Washington State both have developed programs of this type, which have proven to be invaluable and life-changing to community members suffering from the effects of trauma. A therapeutic walking program promotes well-being and resilience in the face of adversity. With the large population of veterans residing in Maryland communities, plus countless local medical providers serving clients suffering from a diversity of challenges, Brookside Gardens is perfectly located and poised to serve these populations in an effort to improve wellness outcomes for a broad range of Maryland and regional residents.



Course Components

Historic Precedents:

The idea of nature as a healing agent reaches deep into our cultural history. From the ancient Greeks to present times, humans have engaged with nature in a variety of ways as they sought higher truths and profound connections with the universe. Some of the topics explore include: The Art of the Japanese Garden; Meaning in Chinese Gardens; The “circuit” in the English Landscape Garden; Forest Bathing; and Social forces at play: Olmsted, Vaux and the value of the view in the picturesque landscape.

Readings:

How to Walk, Thich Nhat Hanh. Parallax Press, Berkeley, 2015

Walking, Henry David Thoreau (1817-1862)

Various articles (PDF and web sites) by Marni Barnes, Clare Cooper Marcus, Terry Hartig, Robin C. Moore, Deborah L. McBride, Naomi Alena Sachs, Martha M. Tyson, Roger S. Ulrich, John C. Zeisel.

Introduction

A Brief History of Brookside Gardens

Wellness Garden at Brookside

Garden Elements

Western Pond

The Labyrinth

The Island

Reflections at Water's Edge

Reflection Terrace

Serenity Hills

Appendix





Introduction

The positive benefits of exposure to nature and green spaces related to wellness are well-documented. A structured walk in a garden or park setting, in combination with reflective journaling, has proven to be invaluable and life-changing to community members suffering from the adverse effects of stress and trauma suffering from grief, depression, Post-Traumatic Stress Disorder (PTSD), and other types of trauma, all of which are becoming more prevalent in our society.

The Morikami Japanese Gardens in Florida, the Bloedel Reserve in Washington, and other publicly accessible gardens have developed these types of guided wellness programs. These are often referred to as prescribed or suggested “strolls” that are mapped for improving mindful, active, and engaged contact with nature. A therapeutic walking program promotes well-being and resilience in the face of adversity.

With the large population of veterans in Maryland communities, plus countless local medical providers serving clients suffering from a diverse challenges, Brookside Gardens is located and poised to serve these populations and improve wellness outcomes for a range of Maryland and regional residents.



As Brookside Gardens is poised to expand on health and wellness programming, it has sought the assistance of the University of Maryland’s Partnership for Action Learning in Sustainability (PALS). PALS assists local governments while offering valuable real-world problem-solving experience for graduate and undergraduate students.

In spring 2018, the Landscape Architecture Program collaborated with PALS and Brookside Gardens to create a Special Topics Course (LARC 489Z) that offered research and technical support for the proposed “Stroll for Wellness” program.

There are many populations near the Gardens who might benefit from guided wellness programming, including those suffering from trauma, depression or chronic illness. A growing body of research has documented nature’s healing effects and Brookside Gardens offers a safe, inspirational setting where visitors can immerse themselves in nature with the kinetic experience of moving through garden spaces, a resource that can spark creativity and introspection.



Bloedel Reserve Stroll for Well Being <http://bloedelreserve.org/experience/>



A Brief History of Brookside Gardens

Brookside Gardens opened on July 13, 1969, after four years of planning and construction by the Maryland National Capital Park and Planning Commission. It was developed as a display garden in Wheaton Regional Park on a site formerly owned by Stadler Nursery.

The gardens were designed to inspire visitors by displaying plants that were readily attainable and suitable for the region. Both formal and informal areas were divided into smaller, intimate “rooms” defined by walls, shrubs, or trees. Color contrast was used in building materials as well as plants for dramatic effects.

A new phase of development began in 1972. New gardens were installed over several years, including the Fragrance Garden, the Rose Garden, and the Gude Garden (dedicated by Congressman Gilbert Gude to his father, nurseryman, Adolph Gude) with its popular Japanese Tea House. The Aquatic Garden was added later. The Azalea Walk created space for new shade garden plants while providing vistas over the Aquatic Garden’s ponds.

On October 1, 2004, the Reflection Terrace was dedicated to the victims of the 2002 sniper shootings in Montgomery County.



A Brief History of Brookside Gardens

In 2006, staff and volunteers installed the Gude Garden labyrinth for meditation and enjoyment. In 2009, the County Planning Board approved a 15-phase master plan for the Gardens, developed by staff in cooperation with landscape architecture firm EDAW, Inc., as well as volunteers and visitors. Today, Brookside Gardens encompasses 54 acres, with 32 acres of cultivated gardens. There are 29 career staff, 50 part-time staff, and more than 1,000 volunteers. Over 400,000 people visit Brookside Gardens every year.

Photo by Allison Fields





A Wellness Garden at Brookside

The Gude Garden *Stroll for Wellness* guide will identify points at which to pause, reflect, and experience a sense of ease. The special places along the walk are themed: awareness, trust, possibility, joy, and fulfillment.

They are designed to elicit reflection on one's life and to address a participant's emotional progression on personal issues. Like the Morikami guidebook, The Gude Garden *Stroll for Wellness* guide will include space for participants to record their thoughts. Participants will perform the walk as individuals, each proceeding each at their own pace, visiting the Garden when it is convenient for them.

In the future, the guide will be available to purchase in the Visitor Center gift shop and will be advertised to members, visitors, and community groups throughout the County, via flyers, web sites, and email newsletters. The advertisement will acquaint participants with how the program works and a brief statement of the scientific research underpinning it. Maps will show the Garden route through with programmed stops. Additionally, Brookside Gardens may decide to occasionally hold instructor-led tours of the *Stroll for Wellness*, with discussions about benefits participants may experience by faithfully keeping a journal and completing the program.

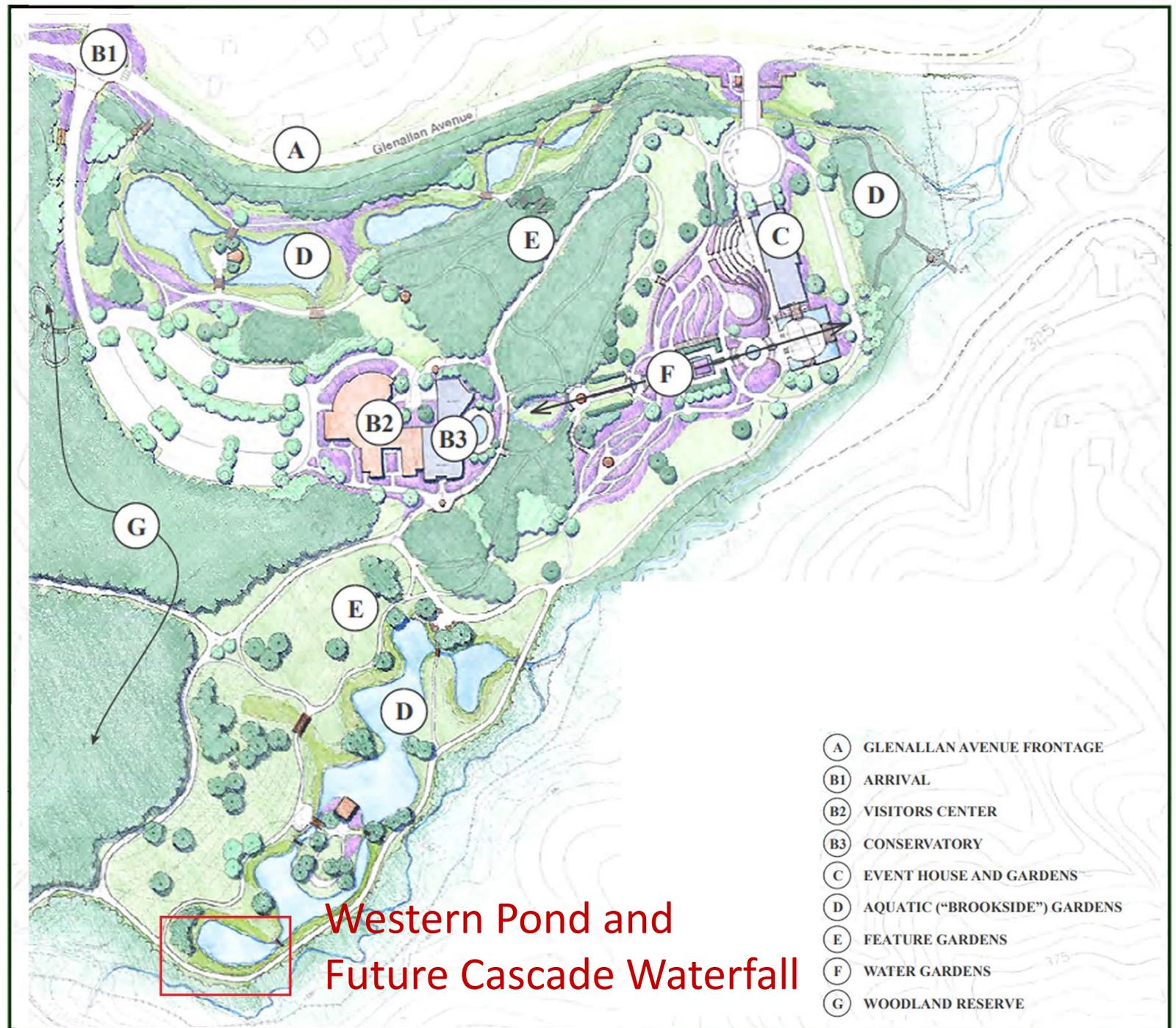
Western Pond (Future Cascade Waterfall)

Sherry Russell

“When I let go of what I am, I become what I might be.”

Lao Tzu

Site Plan



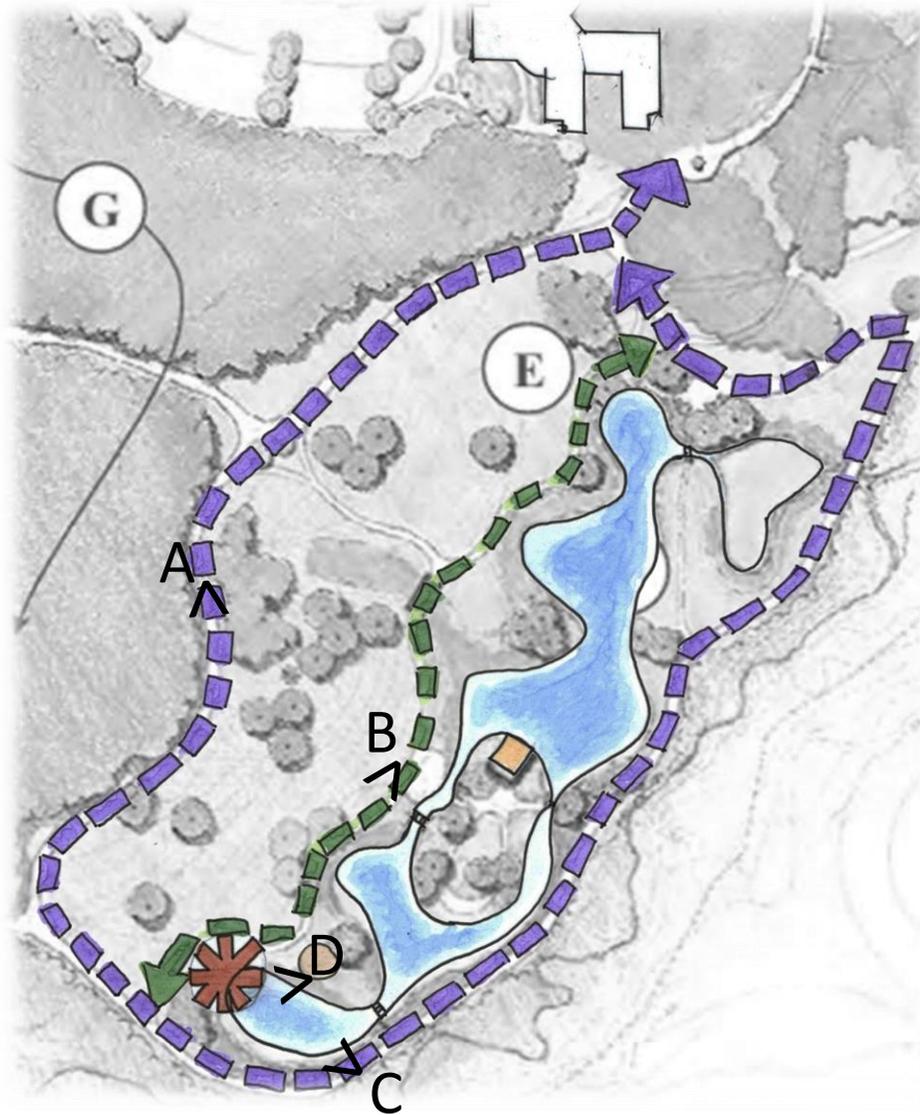
Western Pond and
Future Cascade Waterfall

Views to and from the Space

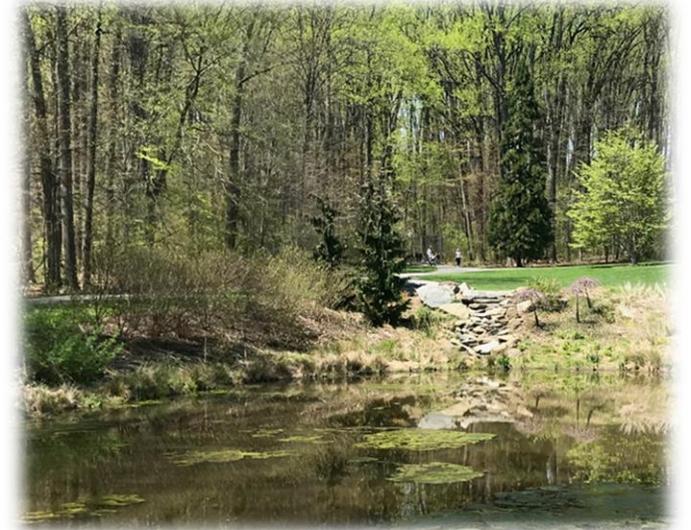
Northern Path View (A)



Grass Path View (B)



Southern Path View (C)

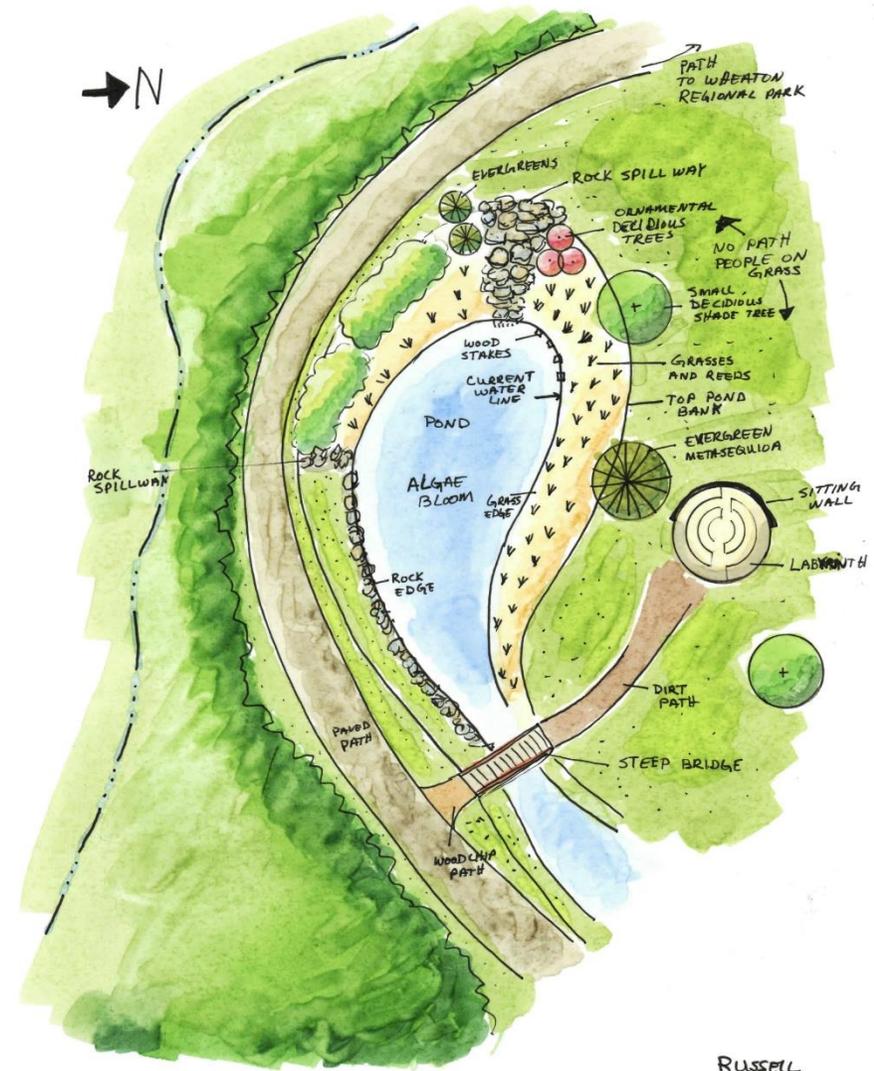


Labyrinth Area View (B)



Existing Conditions and Impressions

- Source of the pond and a natural destination because it sits along paved and grass paths
- View the rocks from a distance and drawn to them to discover more about them and their purpose
- Rocks have interesting shapes, sizes, and calming colors
- Drawn to the water and its edge, searching for life in the water and how the water touches the shoreline
- Attractive trees, shrubs, grasses, and reeds along the banks
- While at the labyrinth, drawn to the water's edge and again back to the spillway rocks



How to Prepare for the Stroll

“A journey of a thousand miles begins with one step.” Lao Tzu

- Breathe naturally and fully, deeply filling your lungs with each inhalation.
- Allow your eyes to focus softly ahead of you.
- Try to maintain a soft body and breathing awareness as you walk naturally and easily.

Taken from “Mindful Walking Practice: How to Get Started.”
Adam Brady of the Chopra Center (chopra.com)

How to Experience the Stroll

- Listen for the sound of water in the distance
 - Where does it come from?
- Discover its source and focus on it
 - What types of patterns do you see in the water as it cascades over the falls?
 - What colors do you see in the water?
 - How does the water rejoin the pond?
- Notice how hypnotic and calming the sound is
- Breathe deeply and just be
- Search for and read the verse-inscribed in a stone and reflect upon it

Water cascading down

Makes patterns and mists

Flowing streams of dreams

Bringing mystery and comfort

How the Stroll could be Improved

- Create a waterfall with the rock spillway—Cascade Falls

Before



After



How the Stroll could be Improved

Challenges and Opportunities

- Little sense of mystery—the area is open from great distances
 - Add plant material to increase sense of space and much needed separation from the Labyrinth
- Utilitarian feel and little sense of place
 - Create a destination and a reason to visit this area
 - Focus on aesthetics as complementary to utility—stormwater management and artful design
- Underutilized location
 - Pursue multiple uses of the space
 - Maximize on the site's universal accessibility
 - Create a viewing platform off the paved path
 - Add a path on the pond's north side and a second viewing platform

How the Stroll could be Improved

Challenges and Opportunities (cont.)

- Pond water quality
 - Add pond aeration via the waterfall
 - Add water movement as it circulates through the waterfalls
- Inconsistent treatment of the pond banks
 - Combine rocks with reeds and grasses tucked into crevices
 - Extend the bank treatments around the whole pond
- Build on existing conditions and materials
 - Utilize pond bank height, a nearly six-foot elevation change, for a waterfall
 - Add to existing rocks by reusing rock from other areas of the garden where possible
 - Add evergreen plants to provide four-season interest and improved garden structure to supplement existing deciduous plant material

How the Stroll could be Improved

- Perspective from the new path with waterfall viewing platform

Before



After



How the Stroll could be Improved

Wide-angle view of the pond with the waterfall and pond edge with improvements



Inspirations Images for the Design Proposal

Borrowed scenery



Japanese Garden Elements. Japan-guide.com

Mixture of plant materials



Ninnaji Temple, Kyoto, Japan

Liberal use of multi-shaped rock



Nijojo Castle in Kyoto, Japan

Waterfall



Portland Japanese Garden

Multiple Path Waterfalls



Frederik Meijer Gardens and Sculpture Park

Inspirational Quote on Rock



Frederik Meijer Gardens and Sculpture Park

Reflecting on the Experience

- Enjoy the new-found physical relaxation and clear mind from the stroll
- Focus on lingering memories of the sites and sounds of the water

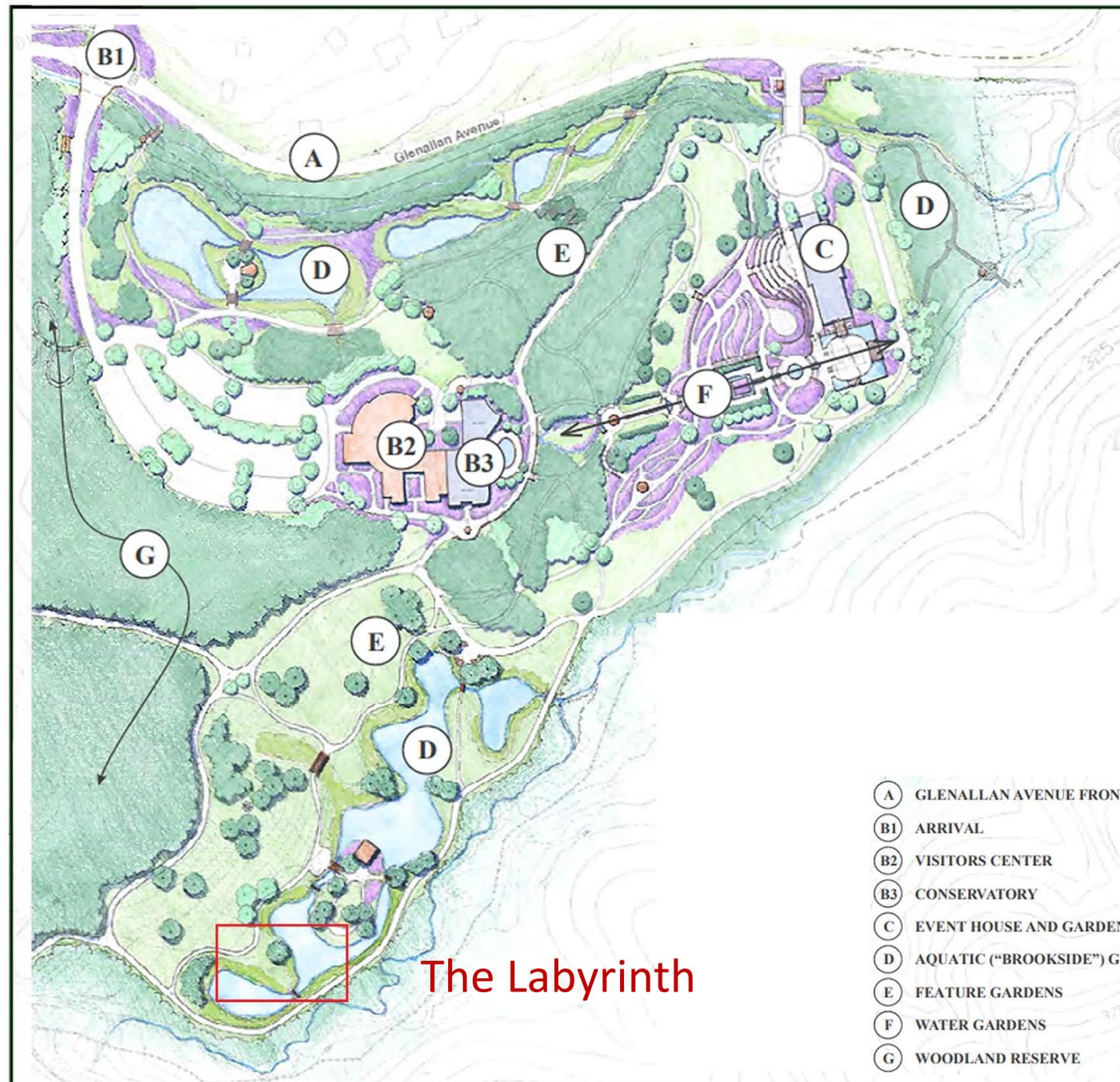
The Labyrinth

Catherine Garcia

Rachel Greenhawk

Lotoia Simpson

Site Plan



Personal Reflections...

My personal reflection when entering a labyrinth is a playful but serious quiet place to travel or sit near. I always enjoyed mazes and crossword puzzles in my younger days.

Brookside's labyrinth reminded me of those brain teasing activities. The labyrinth's location at the site had a few additional features that I appreciate. Since, it is near a large pond, it gave me a thrill of curiosity because of the wildlife in and around the pond. I also appreciated the retaining wall and large boulder that function as seating, climbing, and yoga areas. I would love to allow that feeling to be shared with other visitors of all walks of life.

Lotoia Simpson
University of Maryland

Personal Reflections...

Walking into the labyrinth left something to be desired. This space has so much potential to be a prominent healing space at Brookside Gardens but is too open in its current state. Creating a place of refuge would make me feel more at ease and I think visitors may feel the same.

The silent meditation and clarity achieved through walking a labyrinth is such an empowering experience, the physical characteristics of the space should coincide with the experience.

Rachel Greenhawk
University of Maryland



Entertainment

Villa Pisani Labyrinth
Stra, Italy



Artistry

The Dali-rama,
Sunderland, MA



Devotional/ Meditation

Yoga Nazareth at
College, NY

What is the purpose of Labyrinths?

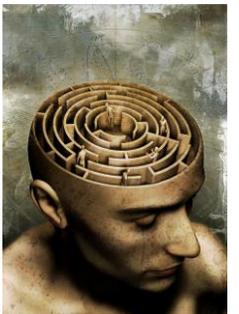
“Labyrinths are chiefly for entertainment (especially mazes with their challenge to the ingenuity of the traveler to discover the successful path leading to the goal).”

“Other labyrinths are artistic because of the elaborately beautiful patterns they make. Contemporary maze labyrinths are sometimes formed so that their paths and borders outline a picture visible only if looked at from high above.”

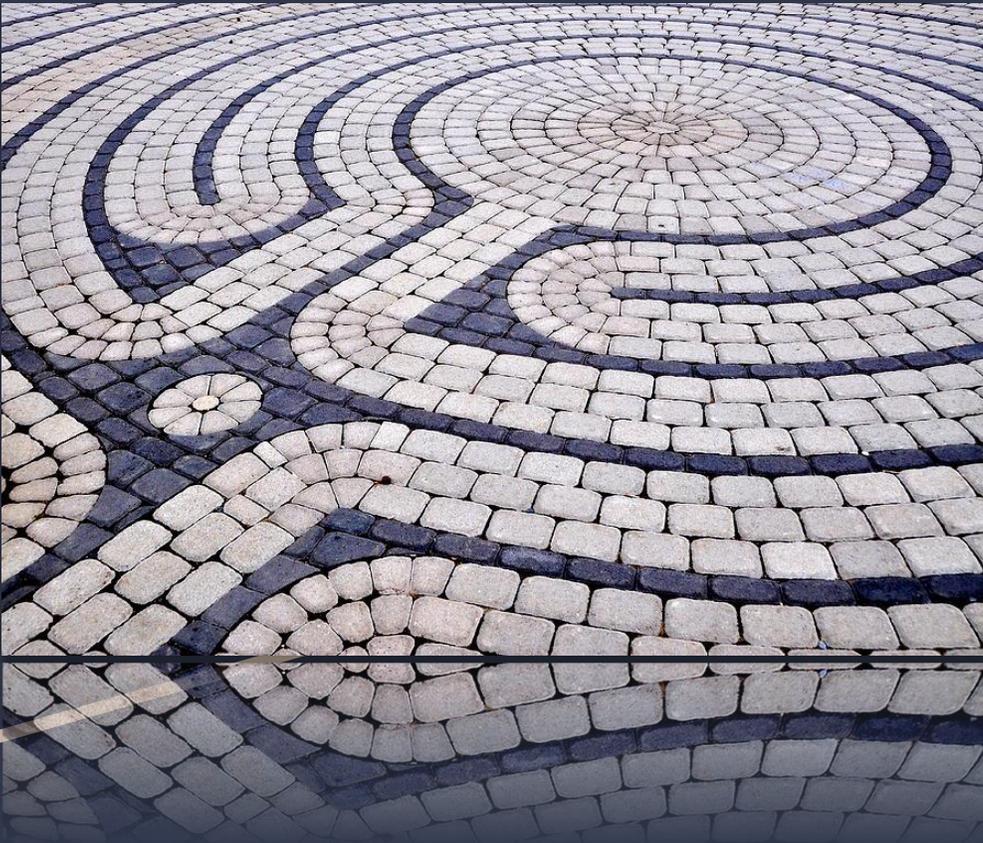
“In the Middle Ages, walking a cathedral labyrinth was a substitute for going on a pilgrimage to Jerusalem. Not everyone could make the long and arduous journey to the Holy Land, so walking a labyrinth in a church was a devotional activity.”

“Today meandering labyrinths are often used as walking meditations, to focus the mind and put the walker in tune with the greater reality metaphorically represented by the labyrinth.”

www.theosophical.org



Suggestions for Walking the Labyrinth



“Before you start your walk you may want to pause and take a few moments to quiet your mind and release the thoughts and feelings that are distractions from everyday life, so that you can focus and be present in the moment.”

Brookside Gardens

Problems/Opportunities



Goal: Enhance the functionality of a space that cultivates mindfulness, reflection, peacefulness, and empowerment.

Site Analysis:

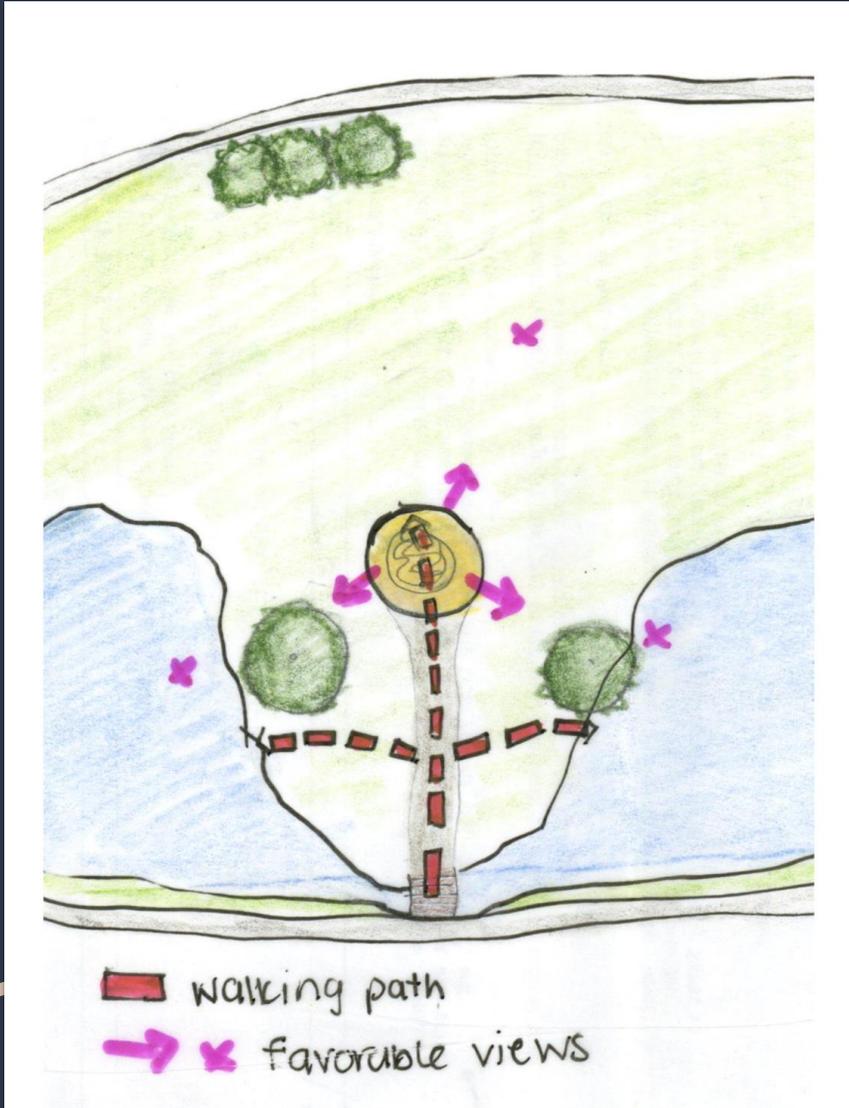
Problems

1. Rock seating lacks stability
2. Rock seating gets hot in summer heat
3. Path and bridge are not ADA
4. Lack of seating for multiple views
5. The rock seating does not portray a Japanese garden aesthetic
6. Nearby pond creates unsightly algae

Opportunities

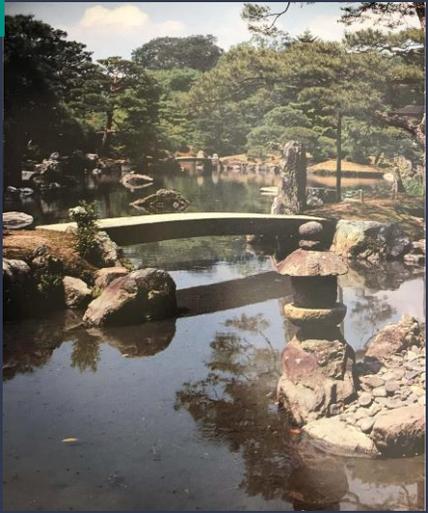
1. Replace with stable rocks/benches
2. Include shade trees close to labyrinth
3. Create smooth path with compacted gravel
4. Add rocks/ benches for multiple viewing areas
5. Add rockeries and Japanese planting style
6. Expand pond area by removing land (reduces algae build up and allows for ADA pathway)

Circulation and Views



Inspiration

1



2



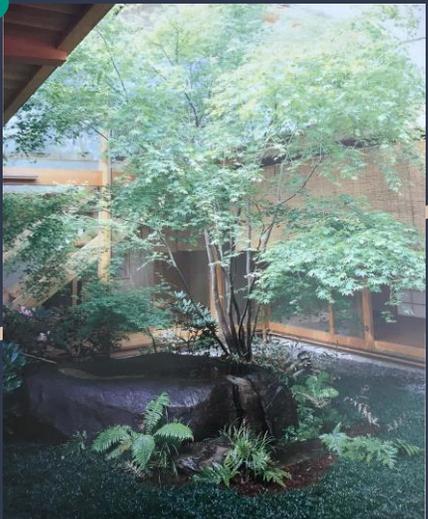
1 Bridge: Shokintei Tea House Katsura, Kyoto, Japan

2 Bridge: Portland Japanese Garden, Portland, Oregon

3 Rock seating underneath Japanese maple: Architect Yokouchi Toshihito

4 Combination of lake, hills, pathway and trees: Shokintei Tea House Katsura, Kyoto, Japan

3



4



Zig-Zag Bridge Perspective

People from all walks of life will be able to cross the beautiful flowing pond and take in the surrounding landscape before entering the renovation compacted gravel path to the labyrinth.



“The Zig-Zag Bridge is a metaphor for trust when you cannot clearly see the way ahead. You must trust that the bridge will lead in the direction you want to go. There are many zig-zags in life where we cannot see exactly where we are going. Trust is the important these times -trust in the universe, trust in those you love, trust in yourself -to lead you in the right direction.”

*-Stroll for Well-Being
Garden Walks at The Morikami Museum*



Labyrinth Perspective

This design encloses the space, provides shade from mid-day sun, and frames desirable views, while creating a space of tranquility and personal reflection.



Leaving the Labyrinth



“When you reach the center, be still and aware of what thoughts or feelings you may have. Stay as long as you wish. Using the same path, the journey out from the center can be seen as a return to one’s life. Reflect on any insights with a sense of empowerment and refreshed spirit.”

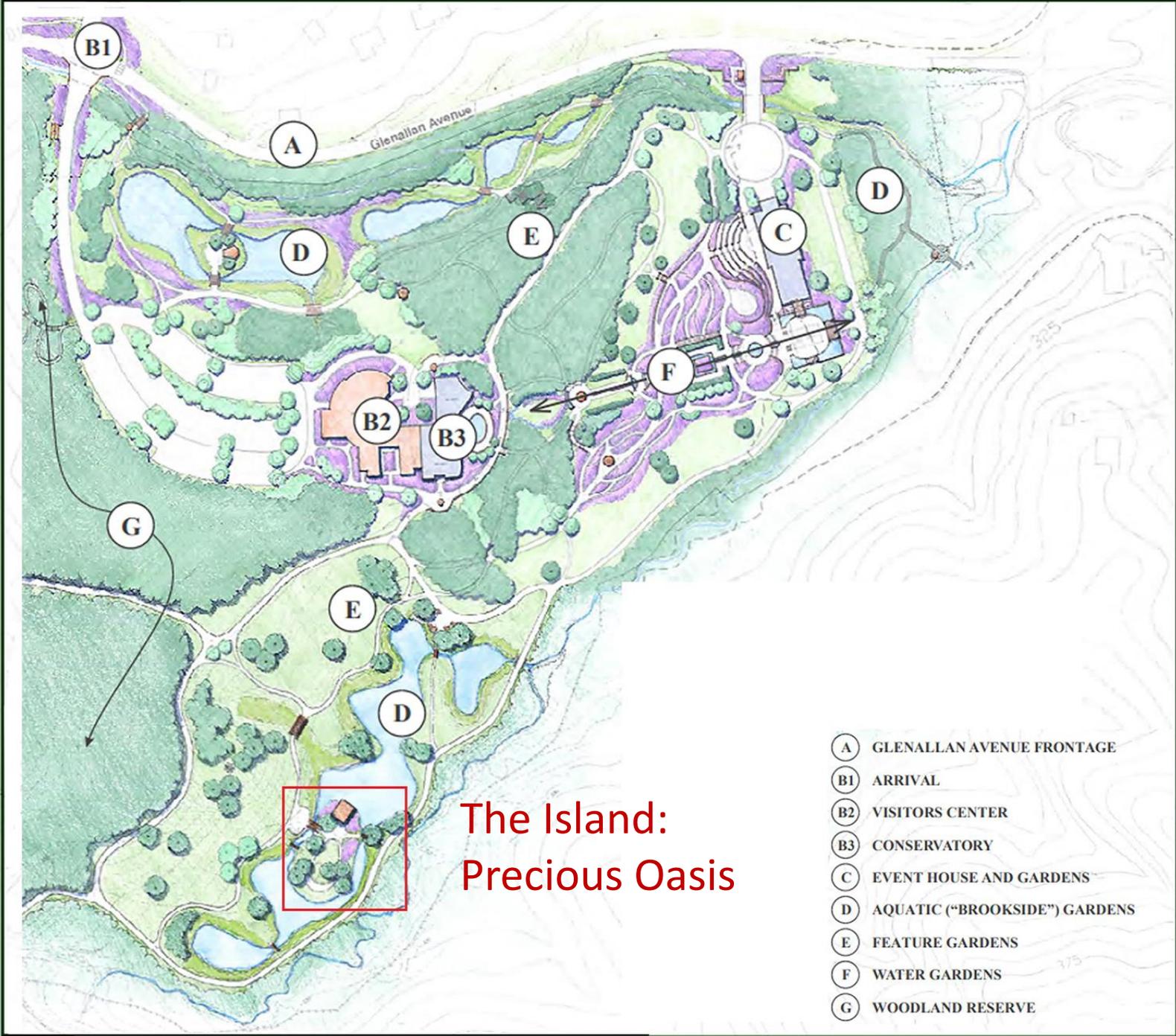
Brookside Gardens



The Island: Precious Oasis

Maria Espinoza
Robert Rodado
Xiaoxuan Ren

Site Plan





Calmness



Stillness



**Sense of
Adventure**

Existing Conditions

Impressions

The island provided a sense of calmness and enclosure for me. While I was on the island, it felt like I had escaped the world and the noise around me. As I walked the island's paths, I felt connected to myself.

I heard the birds chirping, I felt the sun on my skin, and I sat down...I took a deep breath and felt at that moment renewed and at peace. I would like to share this experience with others.

Maria

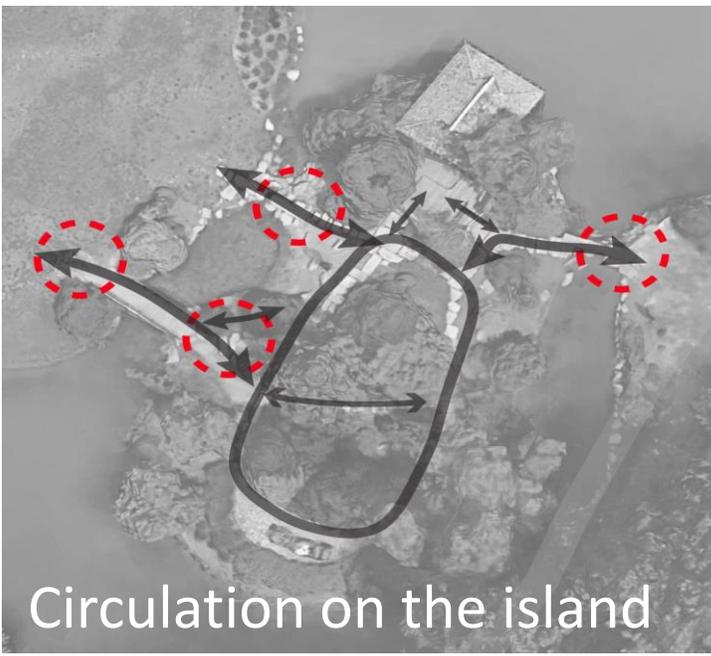
Impressions

As I approached the house, I felt an awe, as if I was walking into an oil painting. The rocky pathway drew my attention to my every step and slowed me down. Yes! I was a little afraid, but at the moment I entered the small house, the fantastic views allowed me to look everywhere.

Rob

The traditional Japanese architectural style and the vegetation on the island made me want to explore more. It is familiar yet different from Chinese-style gardens. And it is a perfect place to calm down, relax, and be aware of things that are happening on the island and in nature.

Xiaoxuan



Circulation on the island



Calmness

Stillness



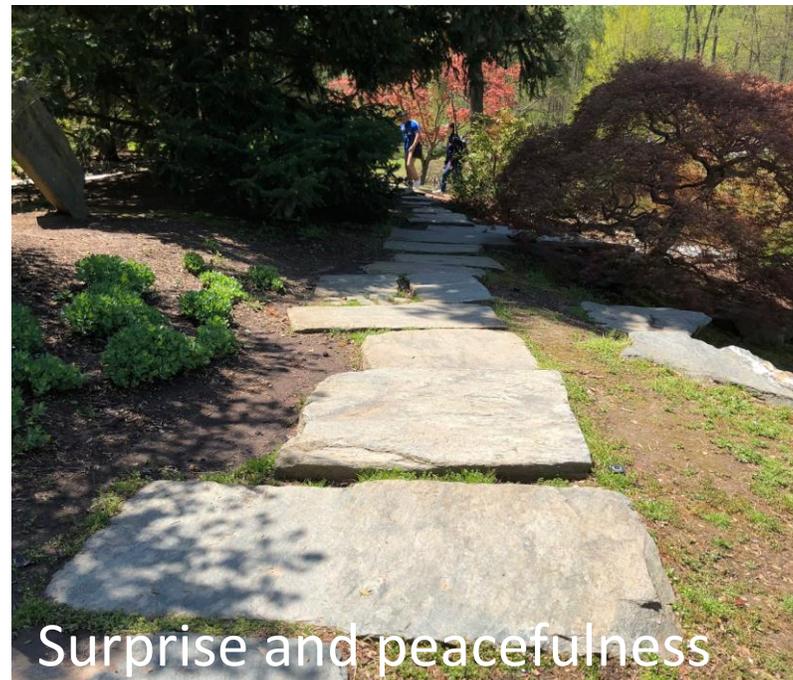
Sense of adventure

Sense of fear



Slow down and think about your walking

Uneven stone pavers



Surprise and peacefulness

The Island has the potential to be a sanctuary for all visitors.

The uneven pavers can become ADA accessible with small changes like new materials or resetting the existing stones.

Photo: Maria Espinoza

Experiencing the Island from different Views

View from future path



The rolling landscape provides different experiences. It makes you feel exposed, so the island feels like an oasis of solitude.

Photo: Maria Espinoza

Looking back: main path



Spring buds change how the tea house looks; it becomes more mysterious.

Close view from main path



Winter gives the island a different look; it becomes a refuge from the bitter cold.

Feelings: Calm, Curiosity, and Surprise

Views to the Island



Beautiful reflections



Awaken the need to explore,
discover, and be amazed



Invite you to connect with
water

Views from the Tea House

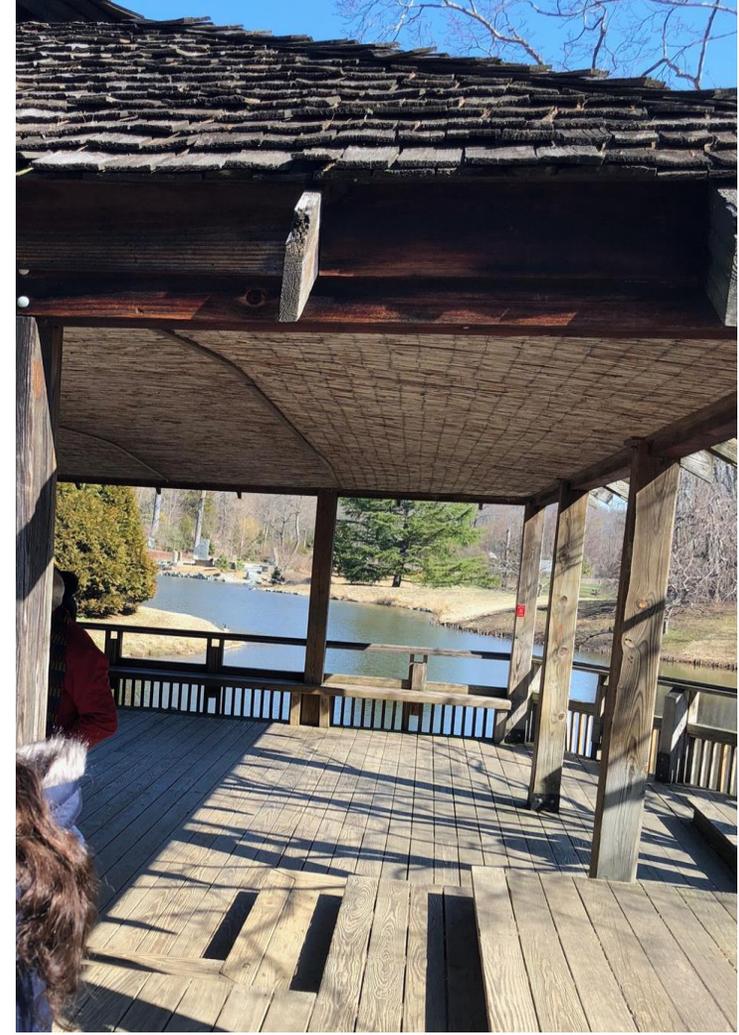
Photos: Maria Espinoza, Xiaoxuan Ren



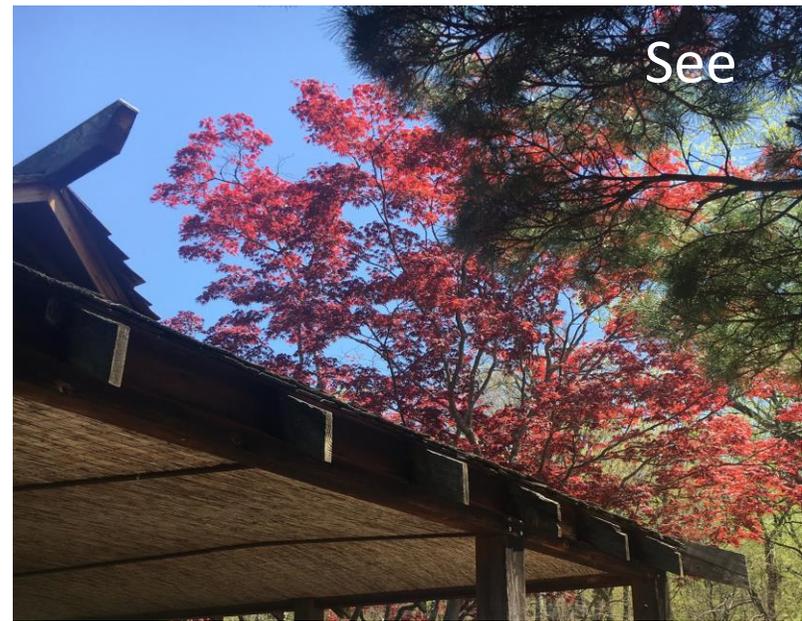
Views from the Tea House



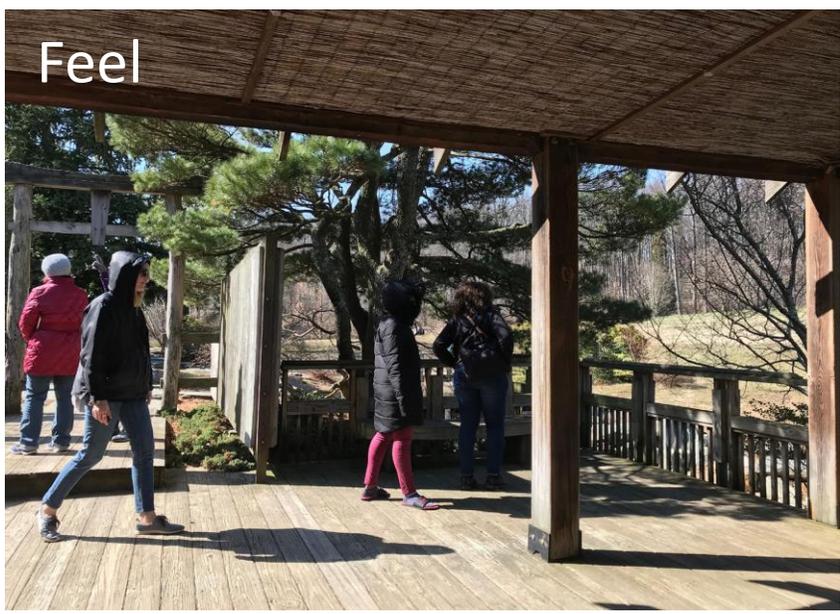
Listen



From the Tea House you can see and connect with the water



See



Feel

Views From the other end of the Island

“Eyes on the other side”



How to prepare for the Stroll

Switch on your senses: become aware of smells, feelings, and what you see.

Think about your footsteps: become aware of how you walk, how your feet touch the ground the sensations you feel. What is the quality of your steps—short or long, are you tense or relaxed, how does that affect your walking?

What you hear and see: prepare yourself to listen and see what is around you. Become aware of your surrounding notice small things—people walking by, a leaf blowing in the wind, or the sounds around you.

What to Expect from the Stroll

Stepping on the Island: surprises



Surrounded by water and Tea House views



Relaxing at the Island's south end



To observe, contemplate, and be aware

Listen to the sound of water

How the Stroll could be Improved

Existing Tea House



Views from the Tea House are more amazing as you get close to the water. On the lower level, visitors can fully enjoy the views and the water's edge.

Renovated Tea House



Lower the height of the top deck so that it will be level and extend a section to the water's edge

Adding more texture with bamboo fences to enhance the experience.



Bamboo Wall

Image: San Antonio Botanical Garden, Kenninji Style Bamboo Fence

Tea House Recommendations

The Tea House experience could be improved by allowing all people to enjoy the views and people watch.

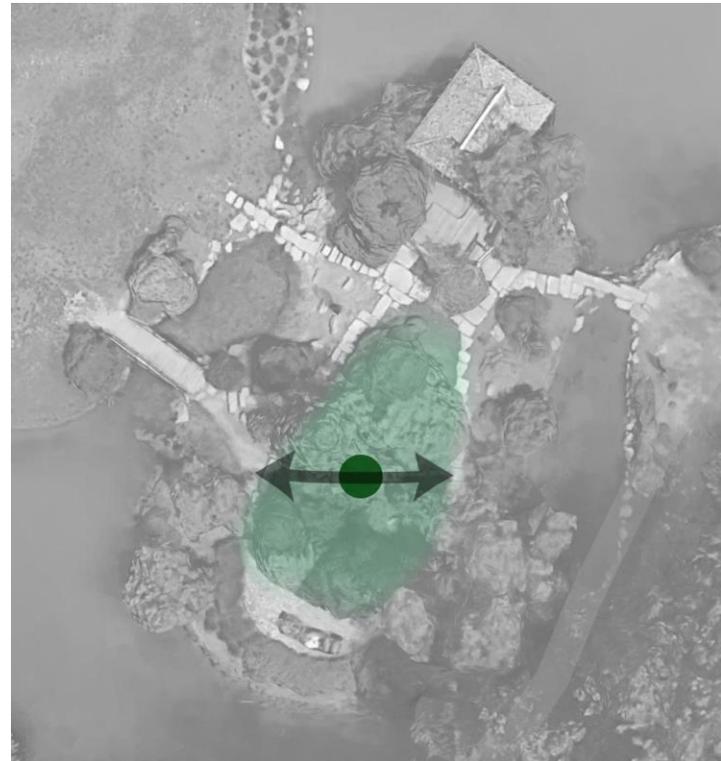
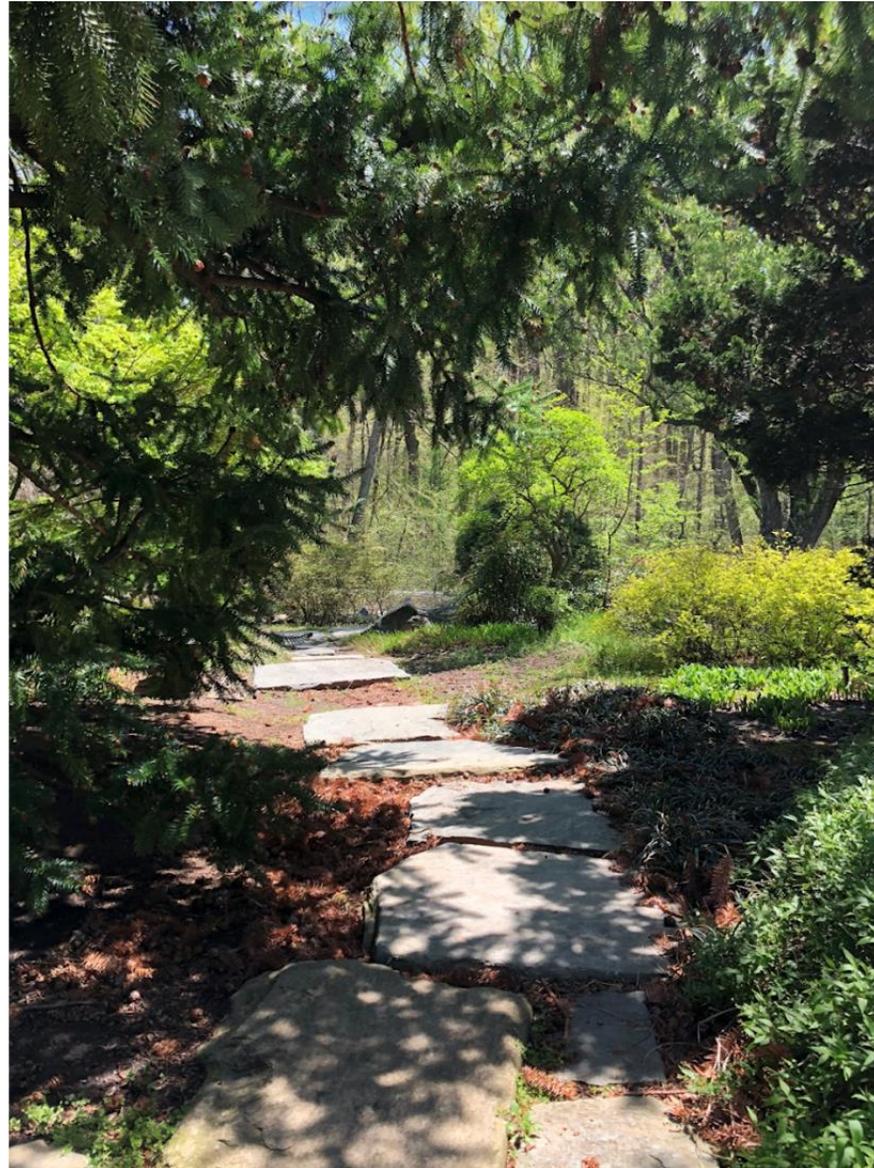
We propose changing the wall materials to bamboo, which will give the house a more natural feeling so that people will feel like they are in nature.

Mid-Island Experience

sense of surprise

sense of isolation

Feelings of peace and enclosure.

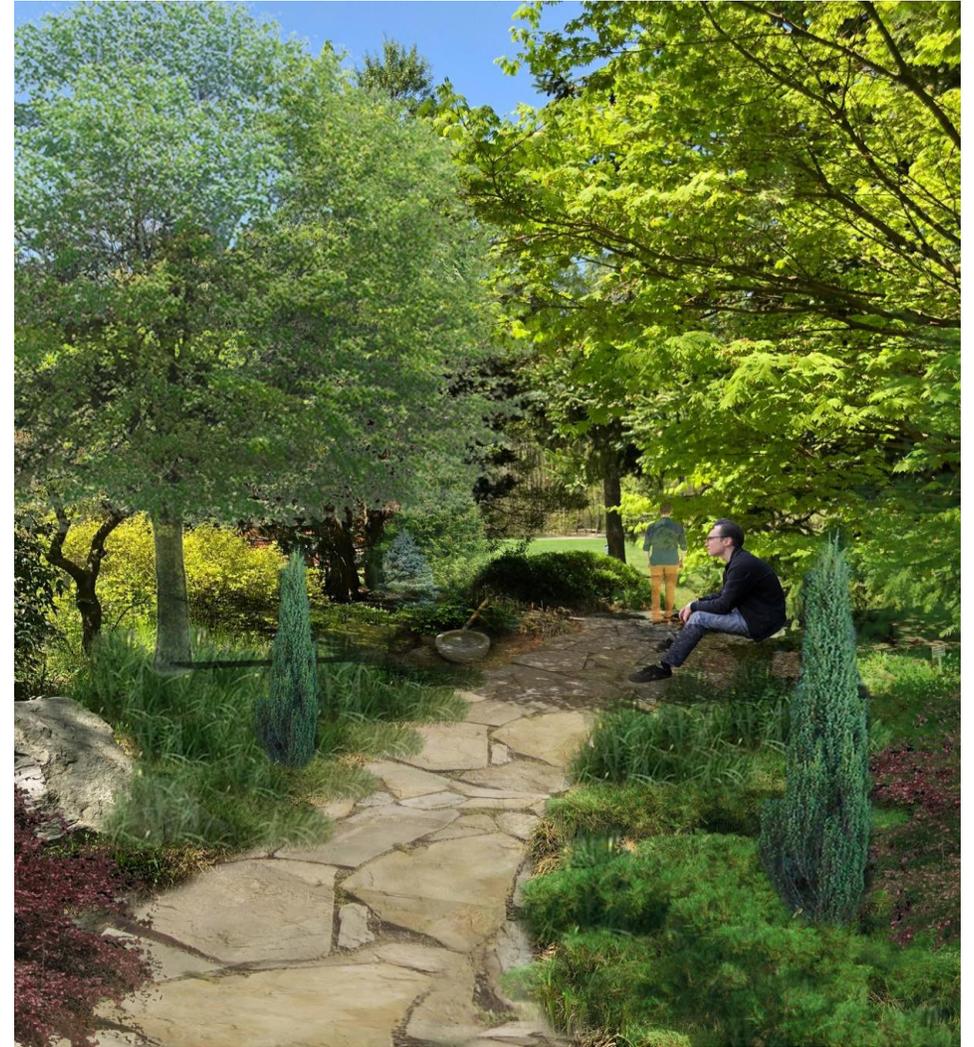


Hear the Birds and the Water

before



after



Mid-Island Recommendations

Increase the sense of enclosure, isolation, and surprise by:

Adding more plantings along the pathway to create a feeling of enclosure and create a private walk.

Planting a shade tree on the path's right side to make it more comfortable and invite people to sit down and enjoy the sounds of nature.

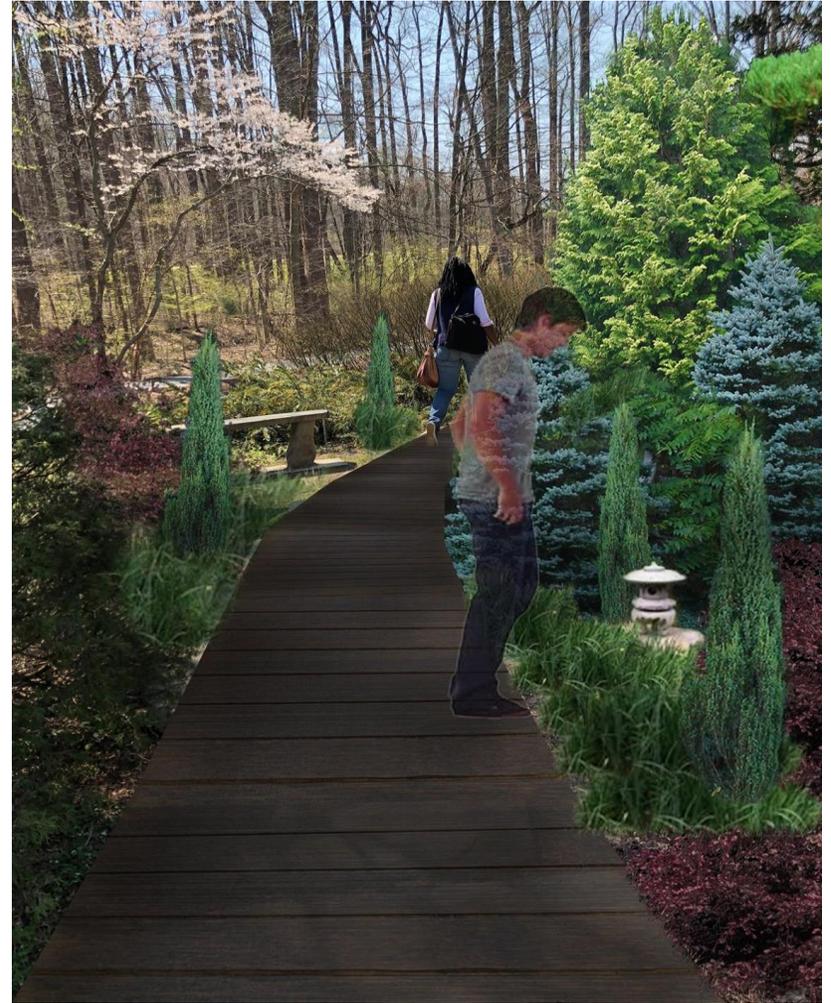
Adding a bamboo water feature to encourage sitting and meditation.

Renovate Path to Create a Sense of Peace

Before: difficult terrain



After: ADA path, more planting



Inspiration

Calming, cleansing sound of water



Image
<https://www.pinterest.com/pin/513691901229341352/>



Image : https://www.pinterest.co.uk/offsite/?token=353-315&url=http%3A%2F%2Fbayimages.net%2Fview-photos%2Fstone-basin-bamboo-fountain-28161.html&pin=229824387213088299&client_tracking_params=CwABA-AAADDY1MTA2NDQwNDE2MgA~0

ADA paths



Image : <https://www.coolgarden.me/japanese-gardening-the-magic-of-japanese-gardens-961/>

Layered, enclosing vegetation



The West Side: Placefulness, Before



Sunny spot



Uneven pavers



Stunning views

After



Level the stone pavers, plant a shade tree, relocate stone vases to the entrances

Reflecting on the Experience

Awareness

Serene

Enjoyment

Beautiful Island
leading us to peacefulness
stop!
listen and feel

Reflection at the Water's Edge

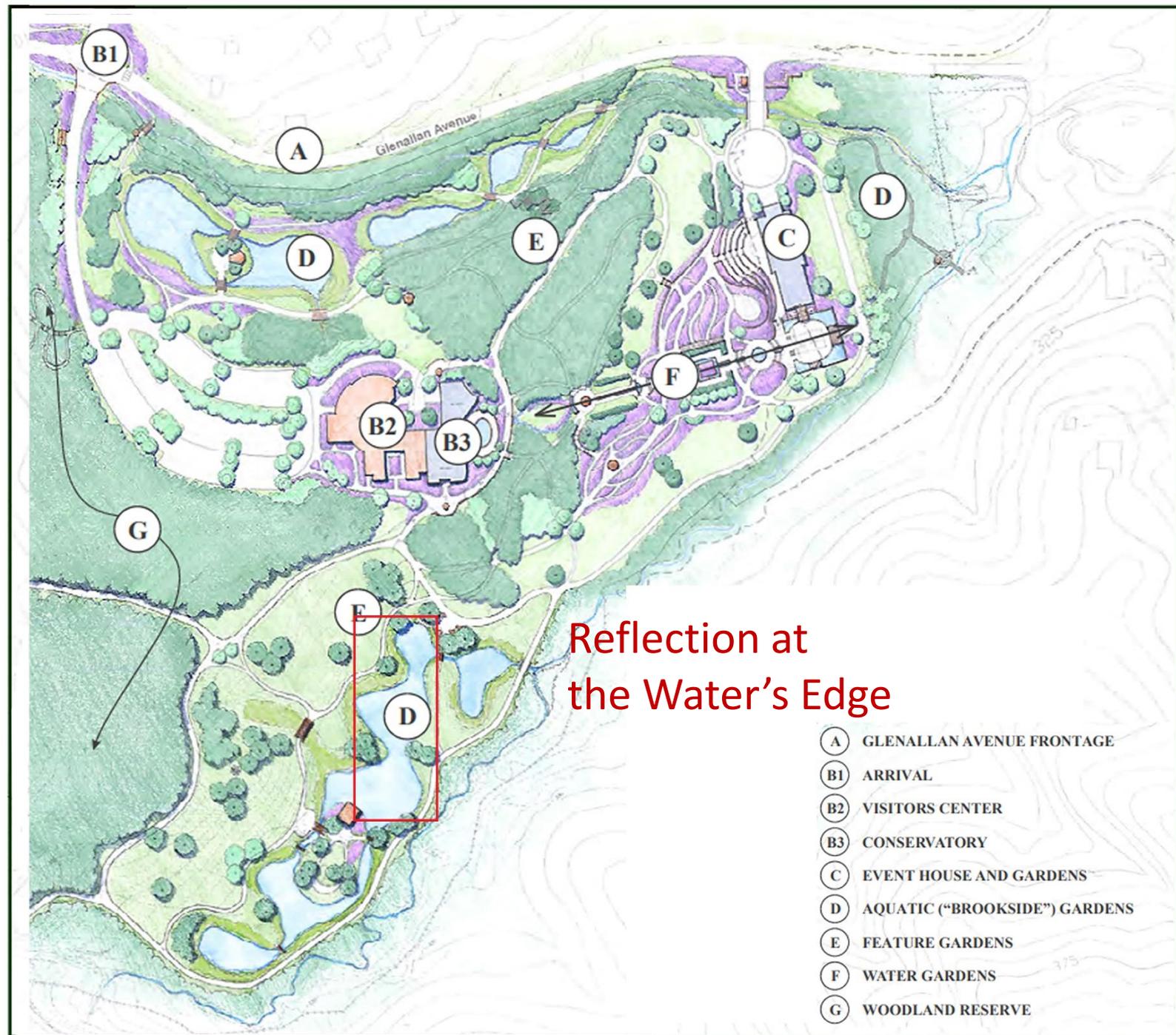
Marquis Barnes

Olivia Duley

Jessica Meilman

Evan-Claire Schaum

Site Plan



Reflection at
the Water's Edge

Existing Conditions and Impressions



Existing Conditions

- water collecting at water's edge
- patchy grass

Impressions

- uninviting
- difficult to walk through
- not aesthetically pleasing

Existing Conditions and Impressions



Existing Conditions

- large rocks along the water
- people gravitate towards water's edge

Impressions

- opportunity for a more desirable water's edge

Existing Conditions and Impressions



Existing Conditions

- people with strollers frequently visit the garden
- need to park strollers in front of tea house because they can't cross the rocky pathway

Impressions

- may be useful to redesign rocky pathway into a stable bridge, allowing people with varying degrees of mobility to cross

Views to and from the Space



View of water with tea house on left



View of water from higher elevation

How to Prepare for the Stroll

Take a deep breath

Assess how you're currently feeling mentally and physically

Determine what you want to accomplish through your walk today

Decide what path you want to take

Start your journey to wellness

What to Expect from the Stroll

*“We cannot see our reflection
in running water. It is only in still
water that we can see.”*

- Taoist Proverb

Through the theme of reflection, expect to understand more about yourself and about the natural environment.

How the Stroll could be Improved



People desire to be closer to the water, so they tend to stand as close to the water's edge as they can.

It's human nature to be fascinated by water and want to be near it, so it may be beneficial to design areas that bring people closer to the water's edge.

Inspiration



Descanso Gardens, LA, James E. Dolena

Uniform rocks lining the edge of the water

Water's shape creates different gathering spaces



Portland Japanese Garden, Takuma Tono

Landform rolls down directly to sea-level

Allows access to water, encourages engagement

i. Spring

the tips of each pine
the spikes of telephone poles
hold gathering crows

may's errant mustard
spreads wild across paved road
look both ways

roadside treble cleft
feeding gopher, paws to mouth
cheeks puffed with music

yesterday's spring wind
ruffling the grey tips of fur
rabbit dandelion

ii. Summer

turkey vulture feeds
mechanical as a red oil rig
head rocks down up down

stiff-legged dog rises
goes grumbling after squirrel
old ears still flap

snowy egret—curves,
lines, sculpted against pond blue;
white clouds against sky

banded headed bird
this ballerina killdeer
dance on point my heart

iii. Fall

leaf wind cold through coat
wails over hills,
through barren trees
empty garbage cans dance

damp September night
lone farmer, lighted tractor
drive memory's worn path

sky black with migration
flocks settle on barren trees
leaf birds, travel songs

october moon cast
over corn, lighted fields
crinkled sheaves of white

iv. Winter

ground painted in frost
thirsty morning sun drinks white
leaves rust golds return

winter bare branches
hold tattered cups of summer
empty nests trail twigs

lace edges of ice
manna against darkened sky
words turn with weather

now one to seven
deer or haiku syllables
weave through winter trees

northern follows jig
body flashes with strike, dive:
broken line floats up.

Haiku Journey

By Kimberly Blaser

This haiku reflects on the changes of seasons and how this affects nature. We want to encourage people to observe and focus on their surroundings and fully emerge themselves. By thinking about how scenery changes depending on the time of year, we can let our mind leave behind our daily troubles.

Experience

While strolling through the Gude Garden, people may be encouraged to walk a little slower and breathe a little deeper as they take in the beauty around them.

We hope to encourage reflection by extending the water and ground to meet, inviting interaction.

The Reflection Terrace

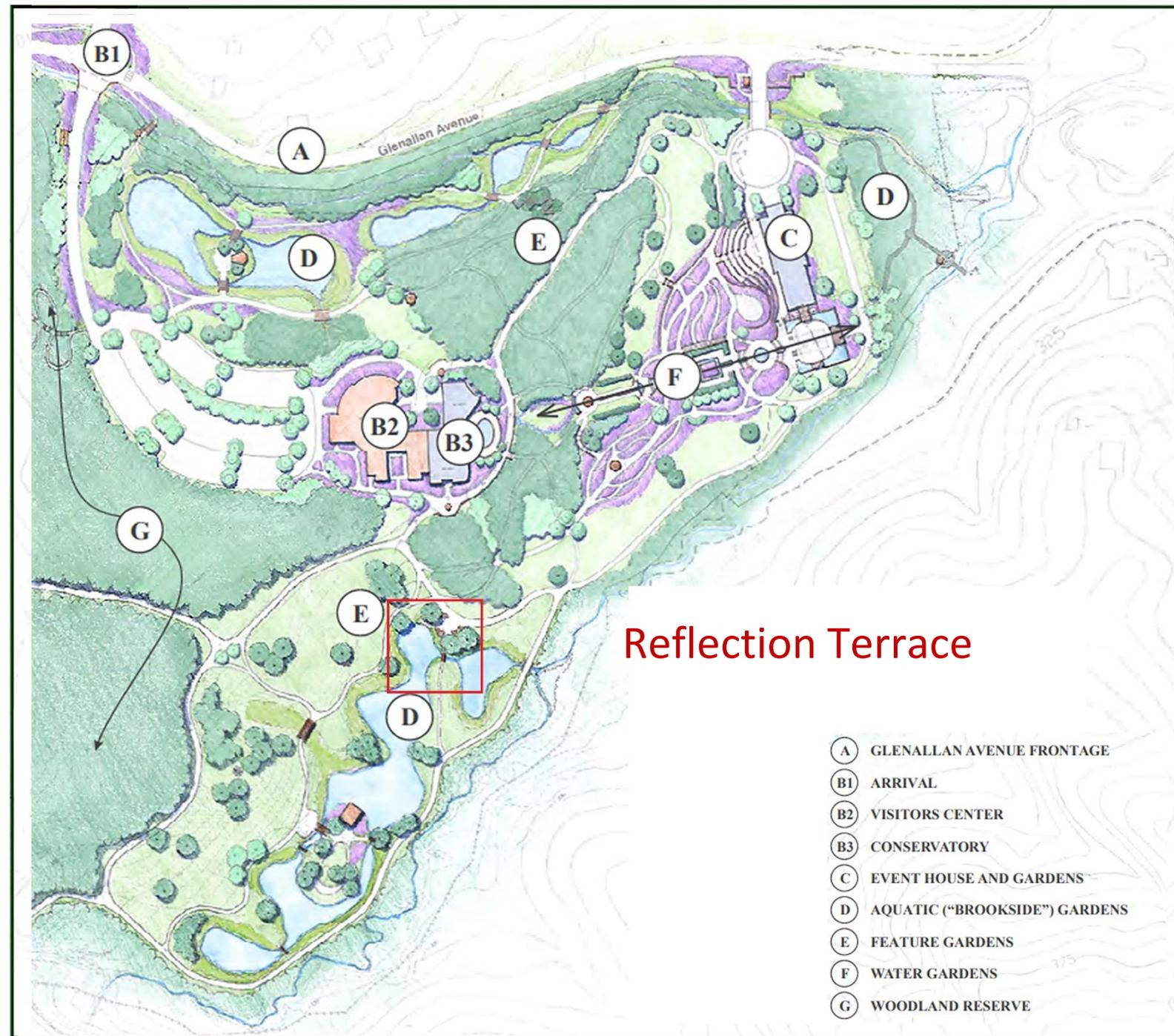
Allison Fields

Ryan Young

“A lake is a landscape's most beautiful and expressive feature. It is Earth's eye; looking into which the beholder measures the depth of his own nature.”

-Henry David Thoreau

Site Plan



Existing Conditions



View of the Reflection Terrace from across the water

Impressions



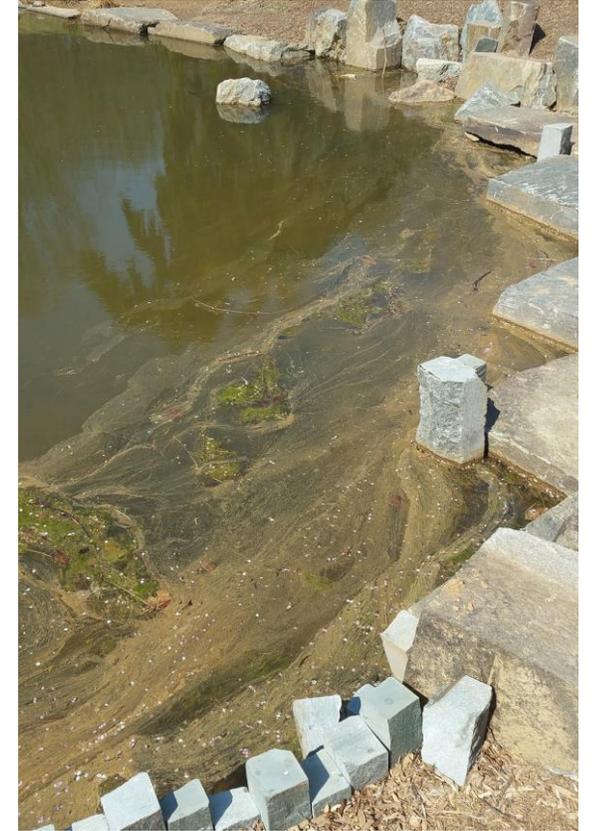
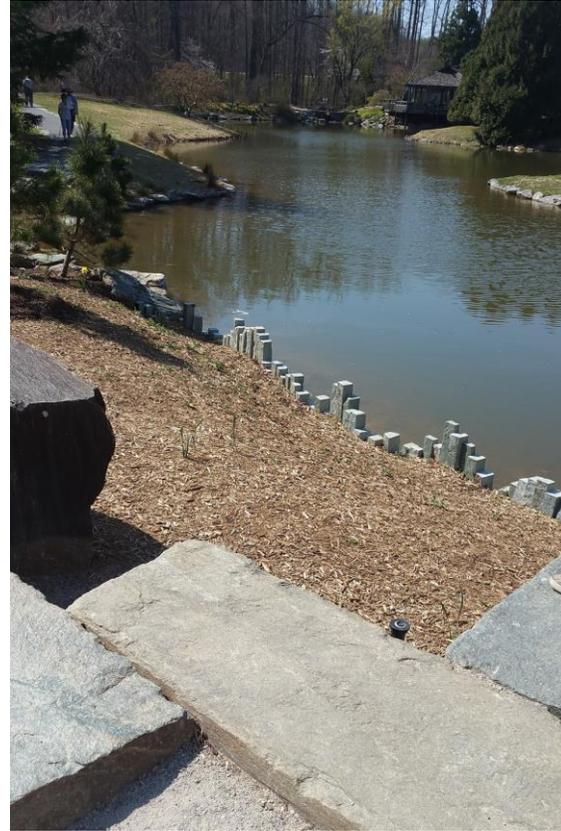
The Reflection Terrace has beautiful views of almost the whole Gude Garden, including several ornamental trees.

The openness of the space accommodates the number of people who wanted to enjoy those views, but it also felt very exposed. Enclosing the area or adding a shade tree would create a space.

The area is slightly raised over the pond and surrounding landscape, giving it a feeling of empowerment.

Because of its views of the entire garden and its existing purpose as a reflective memorial, this space offers a good opportunity for participants to reflect on their experiences.

Observation



A primary concern is safety on the steep hill, where mulch and soil wash into the pond

Walking to the Terrace



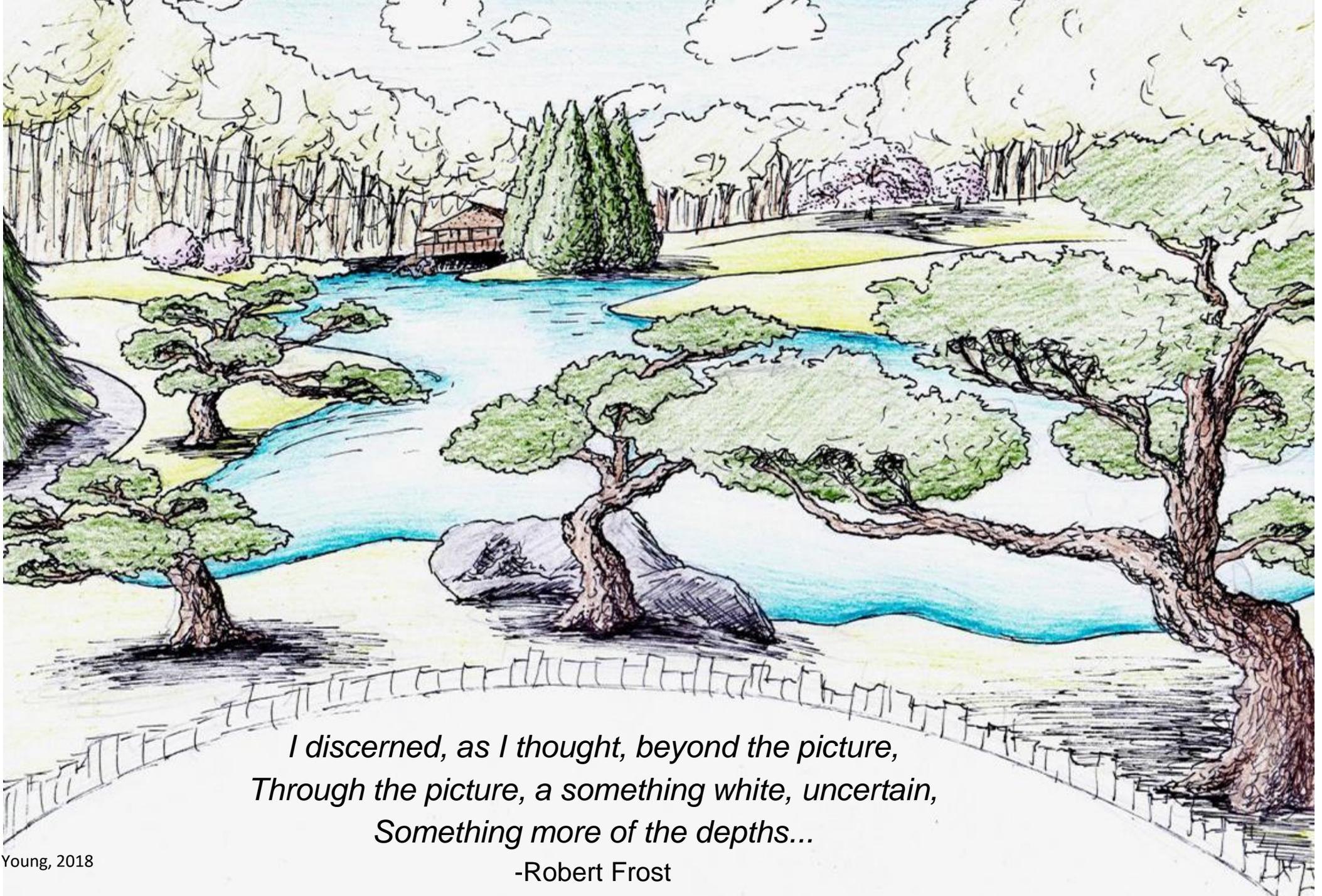
As you walk up the path, toward the Reflection Terrace, take a moment and slow your pace.

Feel your soles pressing into the earth with each step and feel the ground supporting you. Become mindful of your body and its movement.

Notice the things around you—grass, plants, wildlife. Pause and investigate what draws your interest.

As you continue, notice new views developing over the hills and through the plants.

As you reach the Terrace, you see sweeping views of the garden through which you are about to stroll...



*I discerned, as I thought, beyond the picture,
Through the picture, a something white, uncertain,
Something more of the depths...*

-Robert Frost

Before the Stroll



Before you begin your stroll, take a deep breath and observe how you feel in the present moment.

Notice anything thoughts or sensations that come to mind, positive or negative.

Let the feelings flow in and out of your perception, without trying to focus or hold on to any.

Take a moment, if you like, to write down any of these feelings...

Possible Planting

before



after



Inspiration Images



A pond with similar rock edging, and steep slope. The edges are softened with mounded evergreens and flowering shrubs.

Inspiration Images



Mounded, flowering shrubs, set into rock edges, reflect their colors into the water

Inspiration Images



Moss and grasses soften the edges



Inspiration Images



ADA accessible bridge options for crossing the weir

Inspiration Images



Clean the pond using water plants, edge plantings, and fish

Inspiration Images



Appropriate evergreen planting options

Returning to the Terrace



As the stroll comes to an end, walk up the path to the Reflection Terrace for a second time.

Notice if anything is different this time. Do you notice anything new? Do you see anything in a different light?

Upon reaching the Terrace, look out across the garden.

Notice places you went along the stroll, and note any places you found interesting.

After the Stroll



Now that you've completed the stroll, how do you feel?

Scan your body. Observe your feelings, both physical and emotional. If you would like, take a moment to write any of these feelings.

Reflect on the places you stopped along the stroll. Looking back across the garden, are there places that provoked a strong emotion? What were those emotions?

Look at the feelings you wrote at the beginning of the stroll. Have they changed at all?

Serenity Hills

Cecilia Tran
Jasmine Whims
Raena Nola

Site Plan

Focus area: Lawns adjacent to the pond at Gude Gardens

The master plan recommended path system



Existing Conditions



Picturesque rolling hills...

invoke a sense of wonder at earth and nature's majesty...

framing the island and Tea House as a foreground focal point and a destination

Views of Rolling Hills



Cecilia Tran, 2018

Views Around the Hills, the Tea House



Cecilia Tran, 2018

Views Around the Hills offer Choices



Cecilia Tran, 2018

Views Around the Hills Curve



Before the Stroll

“I would like to invite you to take a deep breath, in and out. And as you keep breathing, let go of what you need to let go of to be present in this time and space”

- Rev. Dr. Carl Gregg

Preparing

Centering

“We don’t rush. With each breath we may take just one step. We may have run all our life, but now we don’t have to run anymore. This is the time to stop running.”

- Thich Nhat Hahn

Arriving

Expectations During the Stroll

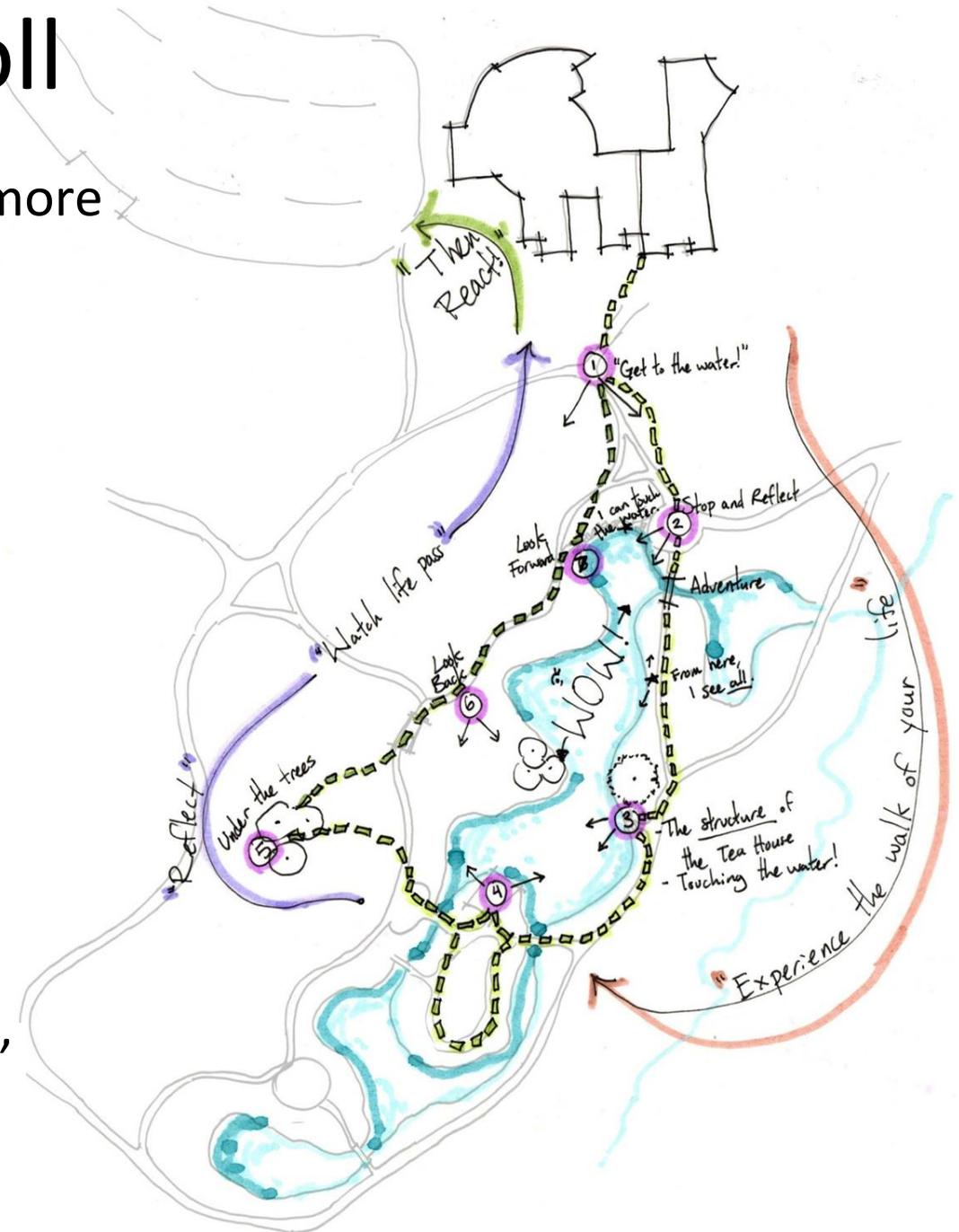
Give the visitor flexibility within the stroll; it has a more healing effect to guide one's own journey and path

Reflect
Experience
React!

or

Experience
Reflect
React!

Focus of the stroll:
making choices
discovering something new
bringing the stroll experiences into the "real world"



Site Enhancements - Path Addition



Site Enhancements - Path Addition

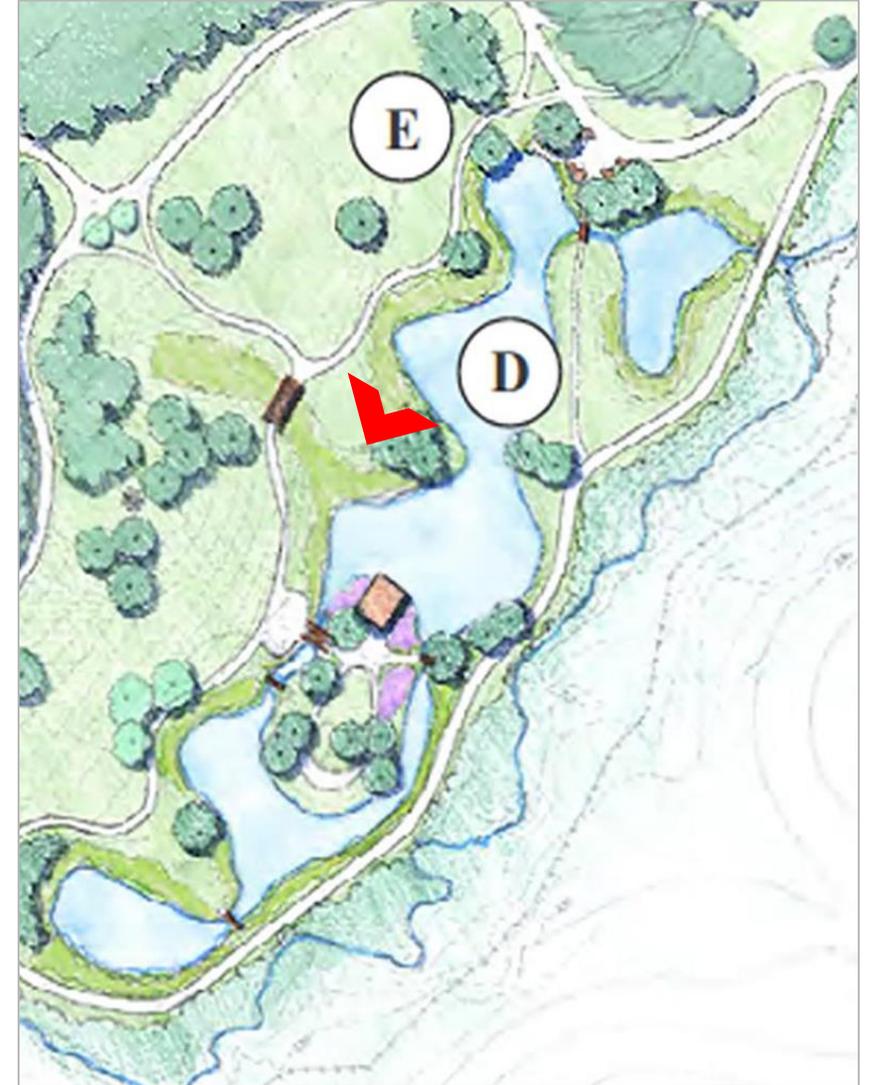


Drawing by Cecilia Tran, 2018

Site Enhancements - Path Addition



Cecilia Tran, 2018

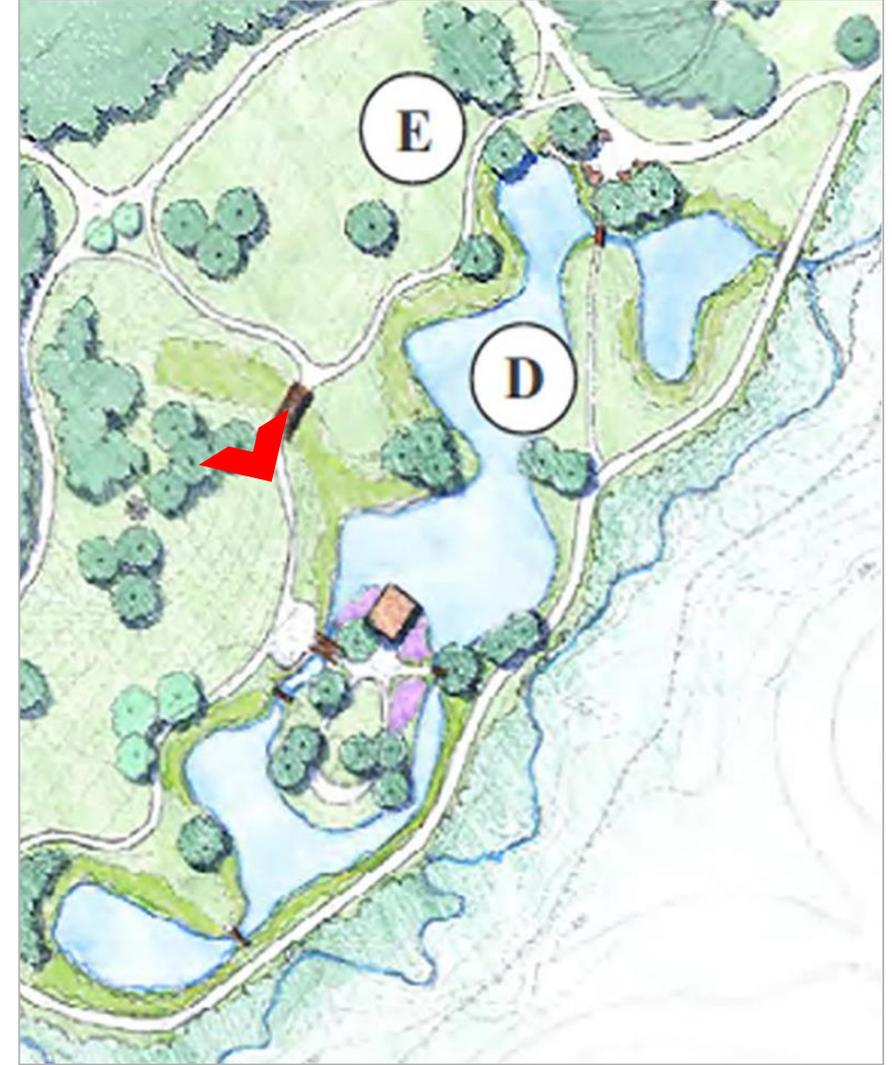


Site Enhancements - Path Addition



Drawing by Cecilia Tran, 2018

Site Enhancements - Bioswale



Site Enhancements - Bioswale



Image Raena Nola

Overview of Design Implementations



Inspirational Images



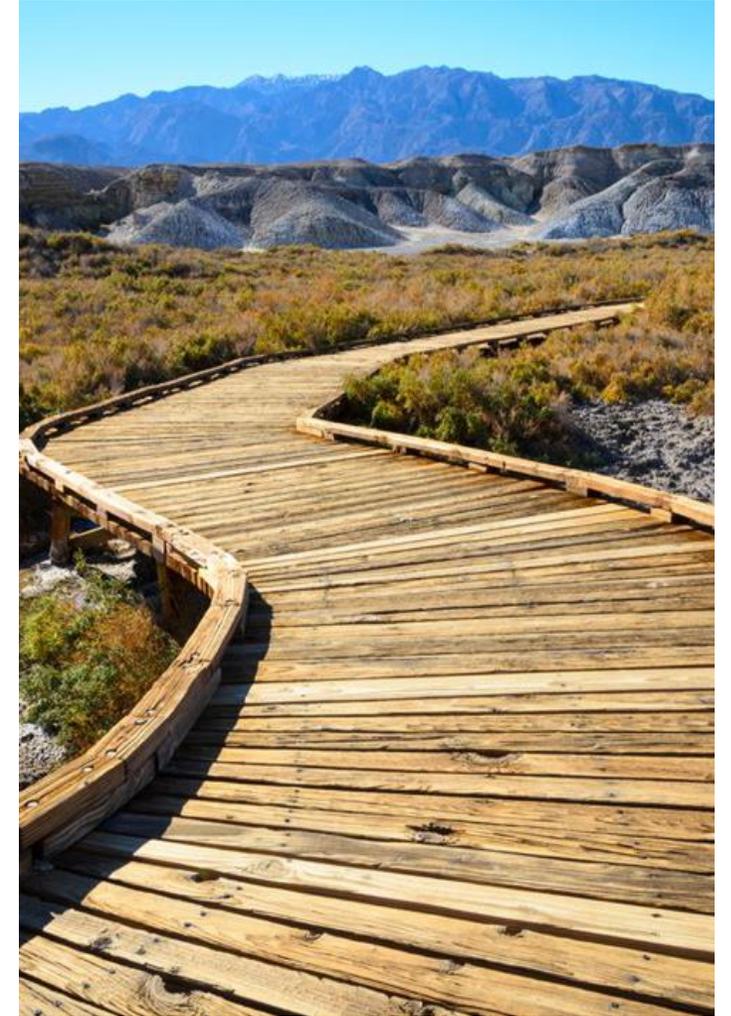
David Thorne LA

The footbridge's natural style will be emulated in path's design



Jaikko-in Tea Garden

A borrowed view is representative of one role of Serenity Hills



Death Valley, CA

This walk provides a close to nature experience

Inspirational Images



Portland Japanese Garden

The variation of color and texture usually found in Japanese-style gardens will be integrated into the plant palette



EPA Green Street, CA

This bioswale demonstrates the methods that will be used (heavy planting and stones) to discourage pedestrian traffic and maintain soil integrity

Reflecting on the Experience

Lost

Stroll to relieve your mind of your stresses.

Walk mindfully. Each step is a choice and choices are actions.

After you've strolled, each mini action will allow you to take on any challenges that life brings.

Pausing

Relaxing

Debriefing

Students' initial tour with
Ellen Bennett, Advancement
Programs Manager and
Josh Demers, Lead Gardener of
Brookside Gardens



Photo:Jack Sullivan



Case Studies:

The Morikami Museum and Japanese Gardens, Delray Beach, Florida (<https://morikami.org/for-adults/special-programs/stroll-for-well-being/> and <https://www.youtube.com/watch?v=juDP3JCaA2o>)

Bloedel Reserve, Bainbridge Island, Washington (<http://bloedelreserve.org/strolls-for-well-being/>)

Yumi Japanese Gardens of Tucson (AZ) (<https://www.yumegardens.org/stroll-for-well-being/>)



Morikami Gardens <https://morikami.org/>





History:

The Art of the Japanese Garden; The “Circuit” in the English Landscape Garden; Forest Bathing; Social forces at play: Olmsted and Vaux (<http://www.pbs.org/wned/frederick-law-olmsted/watch/watch-film/>); The value of the view: The picturesque landscape;

Readings: Online

- Walking by Henry David Thoreau (1817-1862), <http://faculty.washington.edu/timbillo/Readings%20and%20documents/Wilderness/Thoreau%20Walking.pdf>
- The Art of Stillness: Adventures in Going Nowhere, by Pico Iyer (https://www.ted.com/talks/pico_eyer_the_art_of_stillness)
- A Word for Landscape Architecture, by [John Beardsley](#), <http://www.harvarddesignmagazine.org/issues/12/a-word-for-landscape-architecture>
- The Expanded Field of Landscape Architecture (Excerpt), by Elizabeth Meyer (2011; 1997 original)
- <https://scenariojournal.com/article/the-expanded-field-of-landscape-architecture-excerpt/>
- How Nature Changes the Brain by Gretchen Reynolds, New York Times, July 22, 2015. <https://well.blogs.nytimes.com/2015/07/22/how-nature-changes-the-brain/>

Readings: Hard Copy

- Therapeutic Landscapes: An Evidence-Based Approach to Designing Healing Gardens and Restorative Outdoor Spaces, by Clare Cooper Marcus and Naomi Sachs. ISBN: 978-1-118-42110-9, September 2013. 336 pages.
- How to Walk, by Thich Nhat Hanh. ISBN: 9781937006921, April 2015 by Parallax Press. 120 pages