

PROVIDING HEALTH AND SOCIAL HARMONY THROUGH HOLISTIC INTERIOR DESIGN, CASE STUDY: YOGA FIT, JAKARTA

Vivi Caroline¹, Mariana^{*2} & Franky Liaw³

¹Interior Design Department, Universitas Tarumanagara, Jakarta, Indonesia
Email: vivi.615200070@stu.untar.ac.id

²Interior Design Department, Universitas Tarumanagara, Jakarta, Indonesia*
Email: mariana@fsrd.untar.ac.id

³Architecture Department, Universitas Tarumanagara, Jakarta, Indonesia
Email: frankyl@ft.untar.ac.id

*Corresponding Author

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ABSTRACT

This article discusses the optimal interior design for a Yoga and Pilates Center that not only offers a place for physical exercise but also creates a comfortable social space for visitors of all ages. This research is based on the meaning of planning, interior design, definitions and types of Yoga and Pilates. This design uses the design method of Rosemary Kilmer and Otie W. Kilmer. This design plans a holistic and inclusive interior design for a yoga and pilates center. With an emphasis on selling healthy and delicious food, this center combines fitness, health and social interaction in one environment. Ergonomic space arrangements and furniture create functional zones and flexibility for various activities, while art and inspirational elements provide positive value and inspiration. Researchers hope that the interior design of Yoga Fit can run according to the design objectives and can answer problems in the design and can be of good benefit to Yoga Fit in improving facilities which will attract consumer interest and benefit the physical and mental health of the community.

Keywords: Interior design, physical and mental health, social space, yoga

1. PREFACE

Balancing physical and mental health is an important thing to obtain by every human. General health refers to physical, mental and spiritual health (Rudiarta, 2020). Bushell et al. (2020) stated that efforts to improve physical health by improving mental health can be done in the form of yoga. Yoga aims to enable individuals to achieve and maintain dynamic well being in physical, mental, and spiritual realms (Bhavanani, 2016). Yoga is a form of sport aimed at improving health and well-being of the body, by doing exercise, breathing, relaxation techniques and meditation. Pilates, discovered by Joseph Hubert Pilates from Germany in the early 20th century, involves the development of a series of physical exercises to improve and improve body posture. This type of exercise focuses on formation of physical strength through body muscle coordination and neuromuscular patterns. Generally, movement Pilates emphasizes the abdominal muscles, hips, waist and thighs. Yoga is inclusive sports, which means one of the sports that can be played by individuals of various age groups ranging from children to so that it can increase interest in children to the elderly, which means both. This sport has many fans and a large target market.

Yoga Fit is one of the center places to do the yoga exercises found in West Jakarta. This studio offers various Yoga classes categorized in several different types of Yoga. This yoga studio attracts the attention of various age groups and layers of society. The importance of creating balance and harmony between physical health and the individual's mental state becomes the focus, which is reflected in the physical condition a person reflects a spiritual state inside it. However, understanding the balance between physical and mental health alone is not enough. Social aspect between individuals are also an important key. And this yoga studio does not yet have facilities that can help the main goal of visitors, namely to live healthily, therefore the

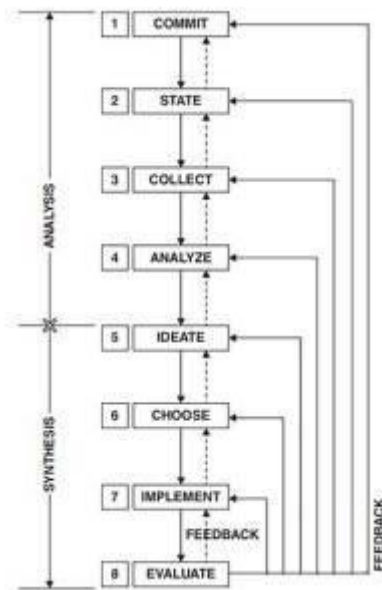
author wants to create a social space while also being able to help visitors in aspects of physical and mental health. Therefore, the author aims to design the interior of the Yoga and Pilates Studio visitors, creating an environment that is beneficial for physical health and community mentality, and can be accessed by various age groups. To create a supportive atmosphere of social interaction, this studio hopes not just a place for physical exercise and meditation, but also being the center of harmony for diverse communities. The yoga and pilates center are the places where physical and mental health are prioritized.

2. RESEARCH METHOD

The methods employed in the following design are Qualitative Analysis Method and the Rosemary Kilmer Method. The Qualitative Analysis Method is a research method aimed at generating new ideas, proposing theories and concepts, and developing and making new discoveries. This analysis is conducted based on logic and scientific argumentation. After going through the qualitative method, there is a descriptive analysis, where the author will present solutions using design methodology. Then, utilizing the Rosemary Kilmer Method (Kilmer & Kilmer, 2014), which states that design must go through the stages of analysis and synthesis. The analysis stage is where the designer identifies and examines through analysis to solve problems and provide solutions in the form of design.

Figure 1

Interior Design Method Chart



Stage 1: Analysis

Commit: The commit stage involves accepting or committing to the problem. By making this commitment, it serves as the foundation for the design process, ensuring that it progresses towards the goal of designing the Yoga and Pilates center.

State: In this stage, the designer will define the design problem related to designing the Yoga and Pilates center based on the design issues identified in the design topic.

Collect: The designer will gather data from Yoga and Pilates centers in Jakarta for analysis. Data can be obtained from literature, field data, and perceptions of Yoga and Pilates centers like Yoga Fit in Jakarta.

Analyze: In this stage, the designer will analyze the researched Yoga and Pilates center Yoga Fit in Jakarta and seek solutions to the identified problems.

Stage 2: Synthesis

Ideate: This stage involves generating as many ideas or alternatives as possible to achieve the goal of designing the Yoga and Pilates center Yoga Fit in Jakarta. The designer seeks different creative ways to solve problems and develop an overall design concept. Ideation consists of two different phases: sketching (schematic) phase and concept statement (in written or oral form).

Choose: The designer selects the best option by reviewing the chosen concept, considering client needs, budget, goals, and desires. Options meeting the criteria and producing functional and appealing solutions are considered suitable. If the option does not meet the desired standards, the designer must re-evaluate alternatives and choose another option. Once all options are explored and chosen, further steps can be taken. The designer starts initial drawings for the interior design of the Yoga and Pilates center Yoga Fit in Jakarta.

Implement: Implementation refers to executing or acting on the chosen idea and giving it physical form. This step may involve executing final presentation drawings, renderings, etc., for presentation and evaluation through visual forms such as 2D or 3D renderings, and presentation forms such as posters or PowerPoint, as well as preparing cost estimates for the implementation of the design of the Yoga and Pilates center Yoga Fit in Jakarta.

Evaluate: The evaluation stage in the design process involves reviewing and critically assessing the achieved results to ensure that the generated solutions address the problems faced. This stage also involves evaluating what has been achieved and the results obtained from the design process.

3. RESULT AND DISCUSSION

Yoga fit

Yoga fit Indonesia is a yoga center that offers a variety of yoga classes in Jakarta, Tangerang, and Surabaya available every day from Monday to Sunday, catering to beginners as well as those who are proficient or advanced in yoga, ranging from children to adults. The design project is in West Jakarta, DKI Jakarta.

Yoga is a practice that unites the body and mind. Yoga has been around for 5,000 years in ancient Indian philosophy. Many forms of yoga combine poses, breathing techniques, and meditation or relaxation. Modern yoga focuses on exercise, strength, flexibility, and breathing. This practice can help improve physical and mental health. Yoga is an exercise that can be done by many different groups. Hatha yoga is a type of yoga that can be done anytime. Hatha means hatha yoga is a combination of the words "ha" and "ta," which mean sun and moon. The focus of hatha yoga includes aspects such as asanas (postures), pranayama (breathing), bandhas (locks), mudras (gestures), and deep relaxation techniques. The goal of hatha yoga is to maintain balance in the body through the application of five yoga principles, including activity, deep breathing, healthy eating, adequate rest, clear thinking, and meditation. Pilates is a type of exercise that involves a series of slow but focused movements. Each movement is designed to flow and focus on muscle usage. Pilates aims to strengthen the core muscles of the body, improve flexibility, and correct body posture. Pilates can also help reduce stress, improve balance, and enhance body coordination.

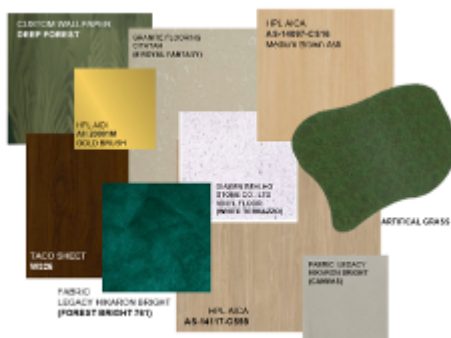
According to Oldrich in Hozman (2007), Holistic Design talks about space, spiritual, emotional, vital and material. Holistic interior design is an approach that considers the body and mind of the owner in every space. This design aims to create an environment that is comfortable, happy, healthy, and productive. Some elements that can be applied in holistic interior design include the use of natural materials, good lighting, and ergonomic furniture placement. Interior design with a holistic concept creates spaces that embrace physical, mental, and social balance. Ergonomic and functional furniture is arranged flexibly, allowing for various activities from meditation to collaborative work. Inspirational artistic touches and meditation areas create an environment that promotes tranquility and reflection. Planned zoning and social areas with sofas and lounge chairs encourage social interaction and camaraderie. Environmentally friendly materials and considerations for food health add dimensions of sustainability and health. Health and wellness programs, such as yoga and meditation classes, add value to this holistic space, making it a supportive environment for overall balanced living.

The design of a cafeteria space that integrates social space elements with the sale of healthy and delicious food creates an inviting, enjoyable atmosphere that supports the well-being of its visitors. Here are some elements that can be incorporated into the interior design to achieve this concept.

Figure 3
Yoga Fit Cafeteria Room



Figure 4
Yoga Fit Cafeteria Room's Material Board



Open Concept Dining Zone emphasizes on (a) arranging dining tables in an open layout to support social interaction during meals with an open circulation flow and (b) choosing dining furniture that is comfortable and accessible to various age groups.

Figure 5

Yoga Fit Cafeteria Room



Availability of Wi-Fi and Technological Facilities emphasizes on (a) providing Wi-Fi connection to support the use of electronic devices and productive work, and (b) installing power sockets and charging stations to enhance convenience.

Figure 6

Yoga Fit Cafeteria Room



Lighting Arrangement emphasizes on using lighting that illuminates the main areas in the space for visitors to gather.

Figure 7

Yoga Fit Cafeteria Room



Healthy and Delicious Food Menu emphasizes on (a) creating a menu with a variety of healthy and tasty food options and presenting clear and interesting nutritional information to help customers make informed choices, and (b) Wall of Fame to showcase success stories or positive contributions from visitors.

Figure 8

Yoga Fit Cafeteria Room



Figure 9

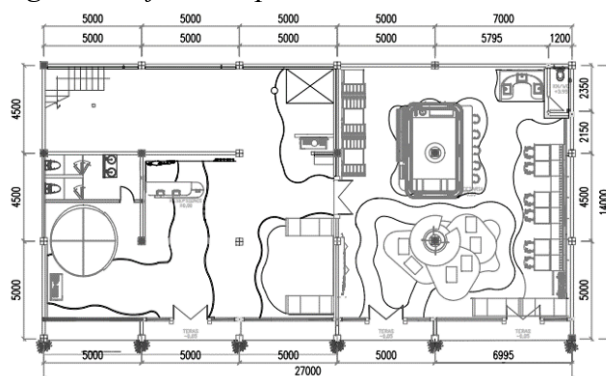
Yoga Fit Cafeteria Room



Through a combination of friendly and enjoyable interior design with the sale of healthy food, this cafeteria space becomes not only a place for dining but also a healthy social hub supporting the well-being of its visitors' community.

Figure 10

Yoga Fit Cafeteria Space



Interacting with others who share similar interests can help overcome loneliness, boost morale, and expand social networks.

4. CONCLUSIONS AND RECOMMENDATIONS

The interior design by integrating a social space with the offering of healthy and delicious food in the cafeteria space concludes that interior design can be a significant catalyst in shaping visitors' holistic experiences. Emphasizing elements such as open space arrangement, positive aesthetic design, and comfortable relaxation areas create an inviting atmosphere that supports positive social interaction. The availability of wi-fi and technological facilities provides flexibility to visitors, while attractive food offerings and culinary exhibitions create a captivating and meaningful culinary experience. A diverse and healthy food menu provides adequate nutritional options, supporting a healthy lifestyle. Through social initiatives and community activities, the cafeteria space becomes more than just a dining place, engaging visitors in an experience that goes beyond the physical aspect to create holistic relationships and well-being. Thus, a holistic interior design in the cafeteria can redefine the traditional concept of dining spaces into centers of positive interaction and community well-being. With this holistic approach, it can also create an environment aligned with the values of well-being that benefit both the physical and mental health of the community.

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