



No. Revision/Issue

File Name and Address
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Project Name and Address
Meditation Map Project

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1, BEAL GARDEN

BEAL GARDEN HAS A DIVERSITY OF USES, INCLUDING PLANT WALKS, THE RIVER TRAIL, AND THE PICNIC TABLES. THIS SPACE PROVIDES USERS WITH MINDFULNESS OPPORTUNITIES THROUGH ALL THE FIVE SENSES.

2, SLEEPY HOLLOW

THE SPACE THAT REPRESENTS THE ORIGINS OF BEAL GARDEN, SLEEPY HOLLOW HAS AN EXCELLENT TOPOGRAPHY THAT INVITES ADVENTURE AND WONDER FOR MEDITATION EXERCISES. THE ELEVATION ALSO HELPS USERS MAKE USE OF THE POWER OF MEDITATION THROUGH DIFFERENT LEVELS. SLEEPY HOLLOW IS LOCATED ADJACENT TO WEST CIRCLE DRIVE, WHICH CAN BE GOOD FOR USERS WHO LIKE MEDITATING WITH TRAFFIC NOISE.

3, RESILIENT OAK

THE RESILIENT OAK WAS A TREE THAT WAS DAMAGED DURING A STORM. THE REMAINS OF THE TREE REPRESENT THE RESILIENCE AND DETERMINATION OF THE SPARTAN SPIRIT. MEDITATION EXERCISES AT THIS LOCATION COULD HELP USERS, ESPECIALLY STUDENTS, TO CONNECT WITH THEIR RESILIENCE AND BE INSPIRED.

4, MSU MUSEUM

THE GREEN SPACE NEAR THE STREET OFFERS BOTH A TRANQUIL AMBIENCE WITH SOME TRAFFIC NOISE, CREATING AN INCLUSIVE LOCATION FOR BOTH MEDITATORS WHO LIKE QUIETNESS AND MEDITATORS WHO PREFER SOME NOISE.

5, COWLES HOUSE

COWLES HOUSE IS THE HOUSE WHERE THE MSU PRESEIDENT RESIDES. THE HOUSE IS OVERLOOKED BY A SPECTACULAR DIVERSITY OF PLANTS IN THE FRONT YARD AND GREEN SPACE IN THE SURROUNDING AREAS.

6, WILLIAM HALL

WILLIAM HALL HAS SOME NICE GREEN SPACE OUTSIDE, THAT IS ELEVATED AND OVERLOOKS THE BEAUTIFUL MASS OF RED OAK AND NORWAY SPRUCE TREES. THAT PROVIDES SHADE AND THE ELEVATION HELPS WITH BETTER VENTILATION SOUND.

7, HUMAN ECOLOGY

HUMAN ECOLOGY INCLUDES A JOINT COMPOSITION OF PAVERS AND GREEN SPACE. THAT PROVIDES OPPORTUNITY FOR MEDITATION AND OBSERVING THE ART OF THE SCULPTURES ON BOTH SIDES.

8, THE BENEFACTOR'S PLAZA

THE BENEFACTOR'S PLAZA INCLUDES MURAL ARTWORK ON THE PILLARS THAT CELEBRATE AND HONOR THE CONTRIBUTIONS OF NOTABLE INDIVIDUALS. THERE IS AN INTERESTING DESIGN OF PERVIOUS SURFACES AND IMPERVIOUS SURFACES.

9, THE FOUNTAIN AND SCULPTURE NEAR THE BENEFACTOR'S PLAZA

THE FOUNTAIN AND SCULPTURE PROVIDE AN ARTISTIC AND BEAUTIFUL TOUCH TO THE AMBIENCE OF THE PLAZA. THEY REPRESENT THE NATURAL ENVIRONMENT AND ITS TRANQUILITY IN THE MIDST OF THE MAZE THROUGH THE PLAZA.

10, THE ROCK

THE ROCK IS ONE PLACE ON CAMPUS WHERE STUDENTS GET AN OPPORTUNITY TO EXPRESS THEIR SUPPORT FOR GLOBAL ISSUES AND ALSO PROMOTE EVENTS AND INITIATIVES ON CAMPUS. THE LOCATION INCLUDES SOME TERRAIN AND ELEVATION.

11, GILTNER HALL

THE SPACE AROUND GILTNER HALL AND THE PSYCHOLOGY BUILDING HAS SOME TURF THAT MIGHT BE A GOOD BUFFER FOR THE PERVIOUS SIDEWALK SURFACE.

12, LAWN SPACE NEAR MASON HALL

THE SPACE INCLUDES AN EXTENSIVE WALK-THROUGH WITH TREES AND THE BREEZE THEY BRING. THE SPACE PROVIDES A NICE VIEW OF THE CAREER SERVICES BUILDING AND THE BROAD ART MUSEUM.

13, LAWN SPACE BEHIND THE BROAD COLLEGE OF BUSINESS

THE SPACE IS USED OCCASIONALLY FOR EVENTS HOSTED BY THE BROAD COLLEGE OF BUSINESS. THE SPACE IS NICE FOR RELAXING AND ENJOYING THE VIEW OF THE RED CEDAR RIVER, WITH CHAIRS AND HAMMOCKS.

14, SANFORD FOREST AREA

LOCATED BEHIND MCDONEL HALL AND HOLMES HALL, THE SANDFORD FOREST AREA IS KNOWN FOR ITS RICH TREES AND WOODLAND. THE WOODS EVEN HAVE A WONDERFUL TRAIL THAT CONNECTS WITH MCDONEL HALL.

15, AKERS HALL

AKERS HALL HAS AN EXTENSIVE SPACE OUTSIDE. THE SPACE HAS A GOOD BALANCE OF TURF AND CONCRETE SURFACES.

16, THE RADIOLOGY GARDEN

THE RADIOLOGY GARDEN HAS A BEAUTIFUL AMBIENCE WITH ITS COLLECTION OF NATIVE SHRUBS AND THE STREAM THAT FLOWS THROUGH. THERE IS ALSO PLENTY OF TREE CANOPY FOR BREEZE AND SHADE.

17, BAKER WOODLOT

BAKER WOODLOT HAS A RICH COLLECTION OF TREES AND PROVIDES A NICE AMBIENCE OF A FOREST. THE SPACE IS FREQUENTLY USED FOR TOURS AND HIKES.

18, LEWIS ARBORTEUM

THE ARBORTEUM ALSO PROVIDES A NICE SELECTION OF NATIVE PLANTS. ADDITIONALLY, THE ARBORTEUM HAS A BEAUTIFUL AND CALM AMBIENCE WITH WATER FEATURES AND A RAIN GARDEN.

19, MSU HORTICULTURE GARDENS

THE HORTICULTURE GARDENS HAVE A DIVERSE SELECTION OF NATIVE PLANTS THAT PROVIDE A BEAUTIFUL WALK-THOUGH.

20, GARDEN OUTSIDE THE BIOMEDICAL ENGINEERING BUILDING

THE GARDEN HAS AN ADVENTUROUS CIRCULATION DESIGN, WITH A RICH AND DIVERSE PLANTING DESIGN AS WELL.

21, PLAZA NEAR THE INTERNATIONAL CENTER (SITE OF THE FORMER LIVESTOCK JUDGING PAVILLION)

THE PLAZA IS AN ICONIC LANDMARK NEAR THE INTERNATIONAL CENTER. THE SPACE PRESENTS INTERESTING ARTWORK ON THE PILLARS AND GREEN SPACE, THAT PROVIDES A BLEND BETWEEN THE BUILT ENVIRONMENT AND THE NATURAL ENVIRONMENT.

22, THE PEOPLE'S PARK

THE PEOPLE'S PARK IS A GREEN SPACE NEAR WELLS HALL AND THE INTERNATIONAL CENTER. THE OFFICE FOR INTERNATIONAL STUDENTS AND SCHOLARS USUALLY HOSTS OUTDOOR COFFEE HOUR EVENTS IN THE PARK EVERY SEMESTER ON FRIDAYS.

23, WELLS HALL

WELLS HALL IS THE ACADEMIC BUILDING KNOWN FOR WHERE MATHEMATICS AND LANGUAGE CLASSES ARE HELD. IT IS SURROUNDED BY AN OUTDOOR SEATING SPACE AND GREEN ROOFS, THAT PROVIDE A SPOT FOR WELLNESS EXERCISES.

24, RED CEDAR RIVER

THE RED CEDAR RIVER IS THE MAIN RIVER RUNNING THROUGH CAMPUS AND THROUGH THE CITY OF LANSING. THE RIVER REPRESENTS THE LIFE BLOOD OF THE SPARTAN COMMUNITY WITH ITS DARK GREEN COLOR, AS WELL AS THE DETERMINED AND RESILIENT QUALITY OF THE SPARTAN SPIRIT.

25, HANNAH ADMINISTRATION BUILDING

THE HANNAH ADMINISTRATION BUILDING OVERLOOKS THE RED CEDAR RIVER. ON ONE SIDE IS A GREEN SPACE AND THE OTHER IS CARVED STONE. THE RUSHING SOUND OF THE RIVER AND THE SOUNDS OF THE BIRDS AND DUCKS PROVIDE A NICE AND CALMING AMBIENCE FOR MINDFULNESS.

26, KALAMAZOO STREET

KALAMAZOO STREET HAS A WALKING BRIDGE OVERLOOKING THE RED CEDAR RIVER. THE BRIDGE OFFERS A BEAUTIFUL VIEW OF THE TREES AND PLANTS BY THE RIVERBANK AND THE SOUND OF RUSHING WATER.

27, CHERRY LANE FIELD

CHERRY LANE FIELD IS A GREEN SPACE LOCATED IN SOUTH NEIGHBORHOOD. THE FIELD IS KNOWN FOR HOSTING SPARTICIPATION DURING THE FALL. THE LAWN

SPACE AND THE TREES MAKE THE FIELD A VERY INVITING ONE FOR MINDFULNESS.

28, BRODY NEIGHBORHOOD

BRODY NEIGHBORHOOD IS ONE OF THE ON-CAMPUS LIVING NEIGHBORHOODS KNOWN FOR ITS FOOD AND PROXIMITY TO BUS STOPS. BRODY NEIGHBORHOOD INCLUDES NICE GREEN SPACE OUTSIDE WITH A PROMENADE SEATING SPACE THAT INVITES OPPORTUNITIES TO MEDITATE AND OBSERVE. THE CURVED STRUCTURE IS ANOTHER GREAT PLACE FOR VISITORS TO ENJOY DAYLIGHT.