



arquitetura do sentir:

*espaço de meditação no
centro do rio de janeiro*



universidade federal do rio de janeiro
faculdade de arquitetura e urbanismo

trabalho final de graduação 2
2020.2

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orientadores:
alberto fernandes
jorge fleury



Com a voracidade do capitalismo e num mundo cada vez mais conectado, a cobrança por desempenho do mercado de trabalho foi drenando cada vez mais a vida das pessoas. Com jornadas que vão muito além do recomendado e desrespeito aos direitos dos trabalhadores, o estresse, ansiedade, burnout e depressão vem crescendo exponencialmente no Brasil e no mundo.

Entretenimento

Brasil é considerado o país mais ansioso do mundo e o 5º mais depressivo

Da Redação, com Melhor da Tarde
12/11/2020 • 20:03

EQUILÍBRIO
Cuidar da mente para uma vida mais harmônica

Dia Mundial da Saúde Mental: Brasil lidera ranking de depressão e ansiedade

Do VivaBem, em São Paulo
10/10/2019 - 16h51

...oro, desânimo. Todos esses sintomas estão ligados à...
...zmente, o Brasil tem números alarmantes de i...
...m de transtornos de ansiedade...



SAÚDE

Brasil é o 2º país com o maior número de pessoas com Síndrome de Burnout

Além disso, o País também apresenta a maior taxa de pessoas que sofrem com ansiedade e o quinto em casos de depressão.

Redação Folha Vitória
11 de Agosto de 2020 às 08:18

Ouça esta notícia ou compartilhe com quem não pode ler

FOLHA DE S. PAULO
São Paulo
Agora

Nos Prédios Norte Sul Oeste Zona Leste Centro Grande SP Interior

Estresse atinge cerca de 70% da população ativa e exige atenção

Quando o problema não é tratado adequadamente, ele piora cada vez mais a qualidade de vida

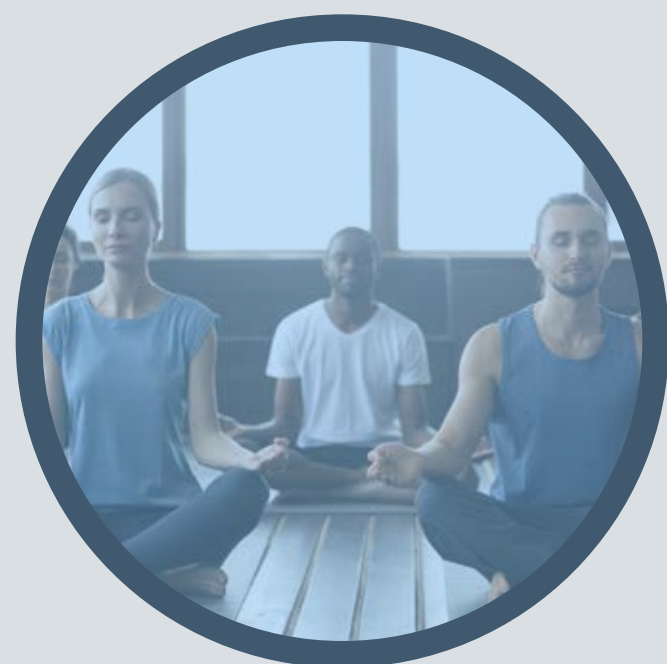
Martha Alves

Notici...

O Brasil está entre os países com maior índice de estresse do mundo: a população ativa já apresentou ou possui sintomas de estresse, de acordo com estudo feito em 2017 pela Isma-BR (Associação Internacional de Estudos de Estresse Brasil).

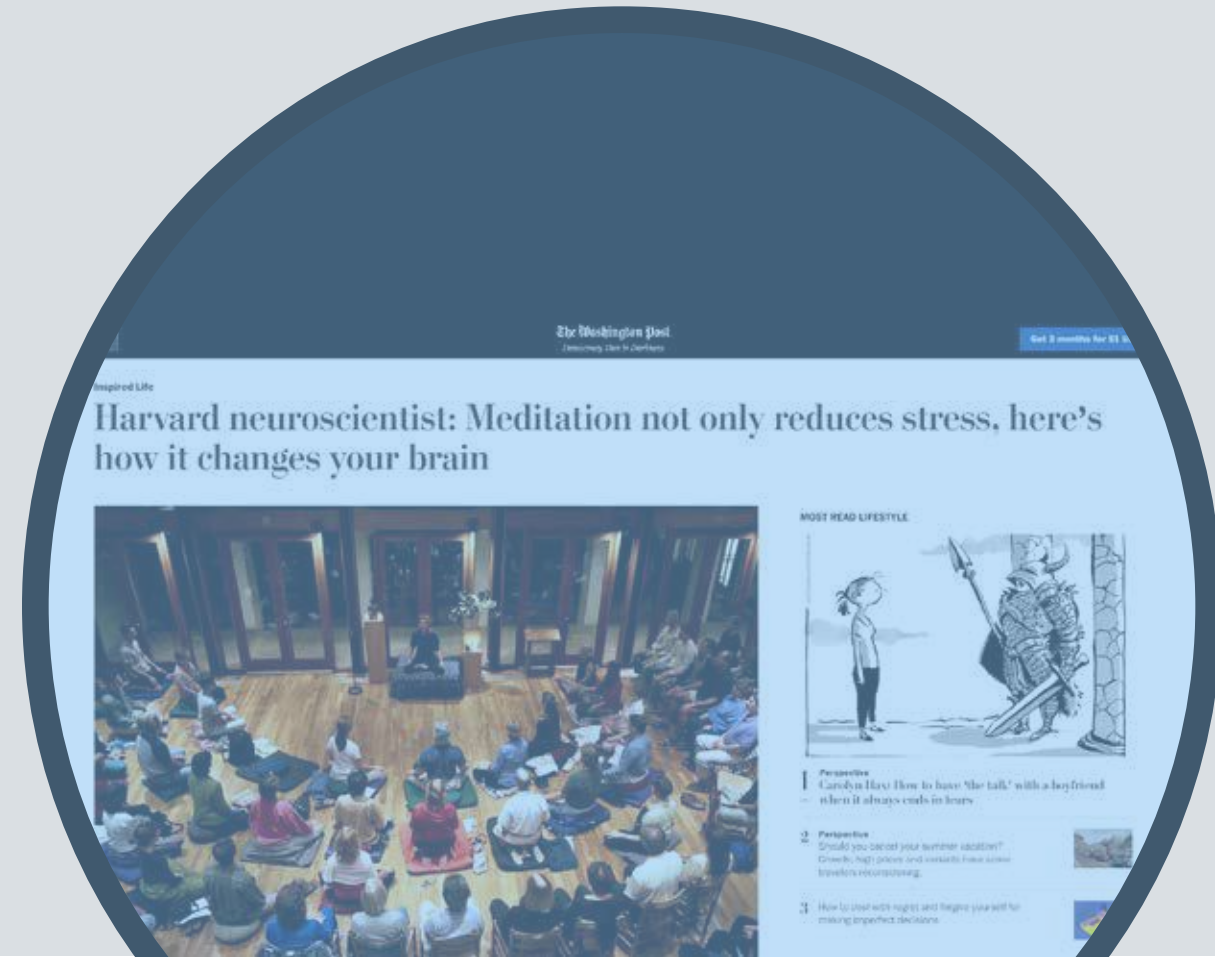
...natural do organismo, que ocorre quando...
...caso, qualquer pessoa...

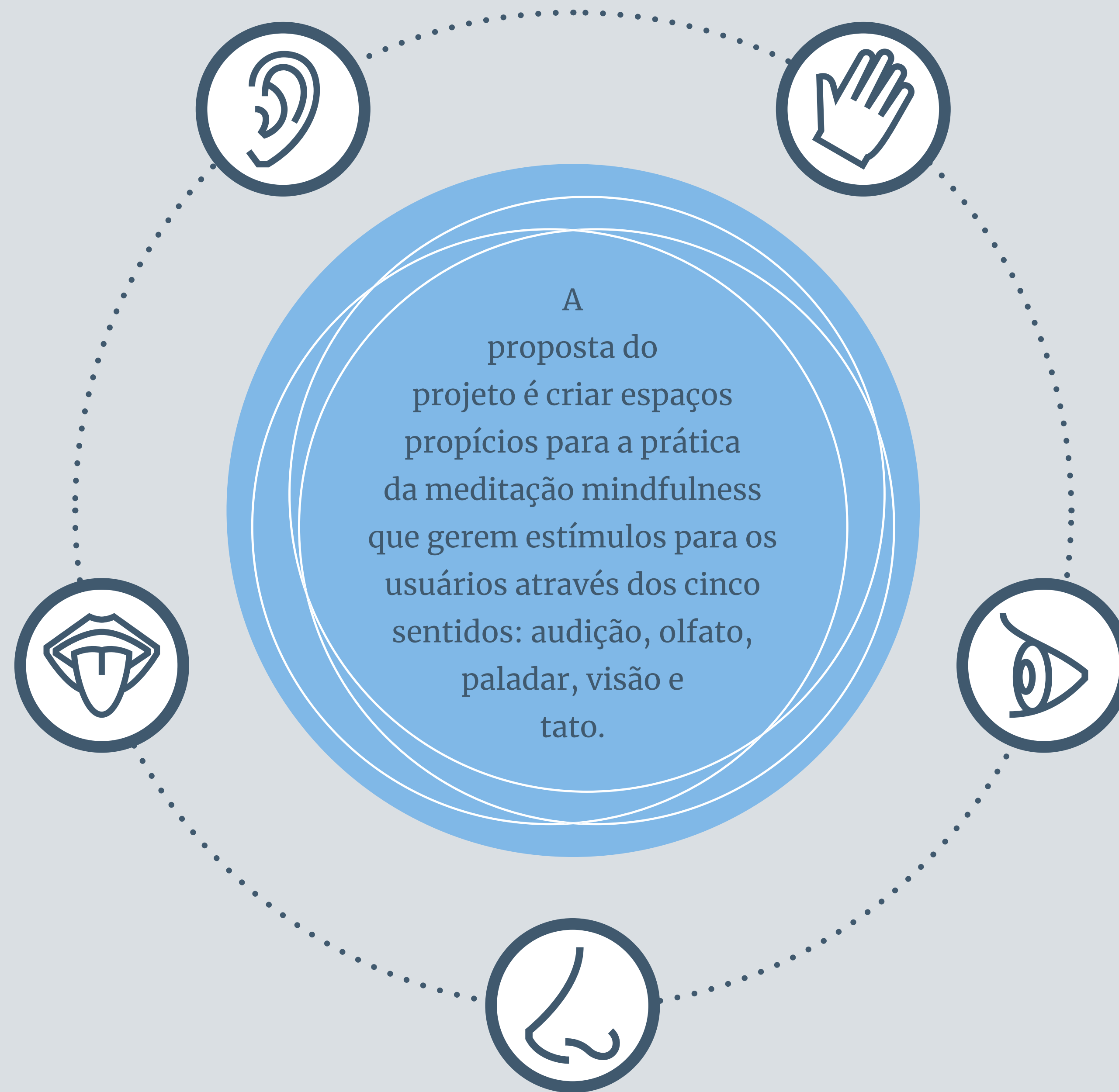




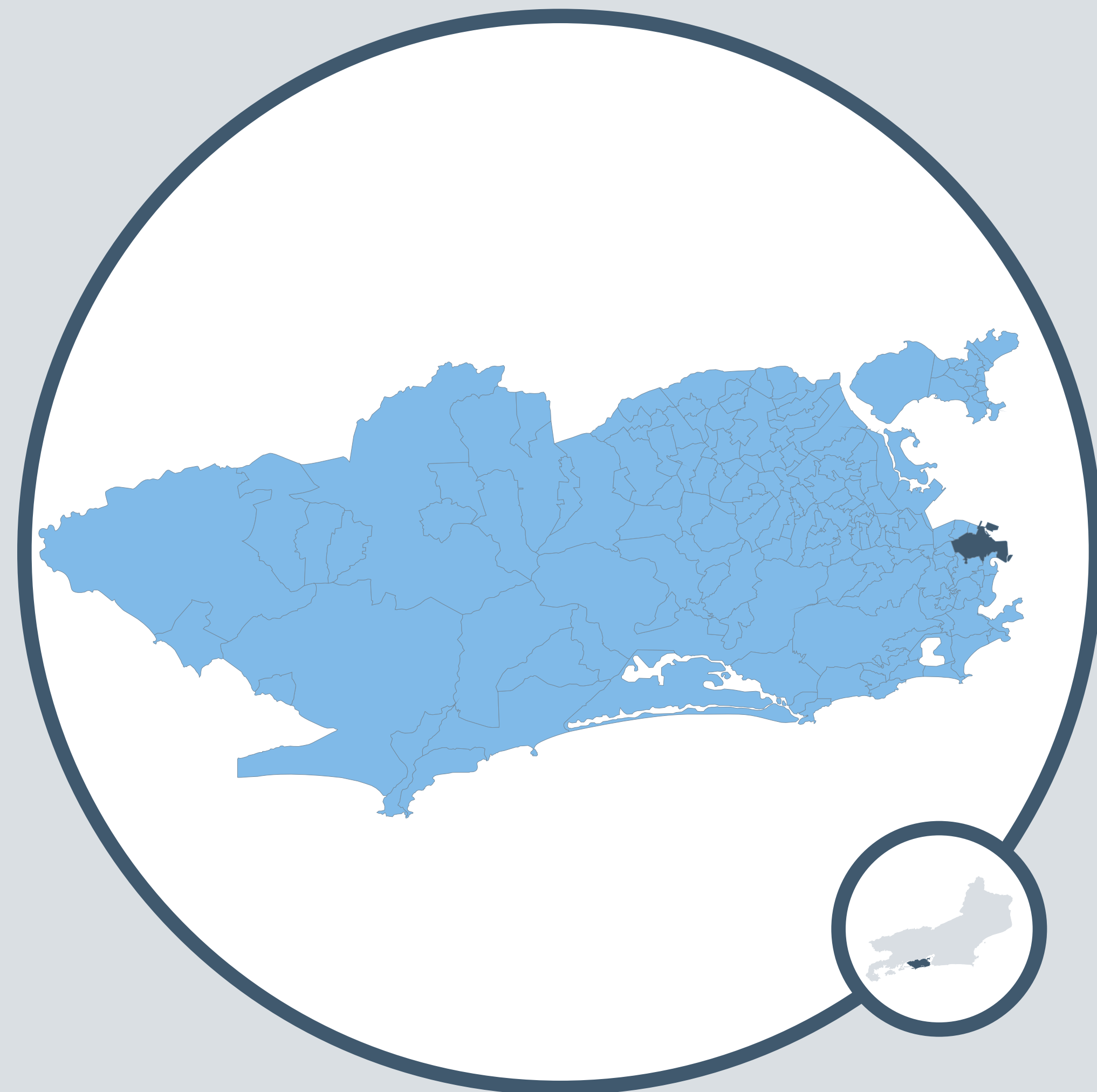
Após anos de estudos e pesquisas, cientistas confirmam que a prática de meditação mindfulness auxilia no tratamento de transtornos mentais e que sua prática constante pode reduzir o desenvolvimento de tais doenças.

A meditação mindfulness é uma prática que consiste no foco da atenção para o momento presente através da percepção de estímulos que nosso corpo recebe do meio onde está.





Ao
contrário do que estamos
acostumados como lugares
propícios para a prática de meditação
(lugares afastados da cidade, com um
grande terreno e sem interferência do
mundo externo), a proposta é fazer um
espaço acolhedor na área de maior
fluxo de pessoas, estresse e
caos do estado.







Praça Mauá
950 m



Ilha Fiscal
1350 m



Central do Brasil
1450 m



Campo de Santana
1200 m



Theatro Municipal
600 m



Aeroporto Santos Dumont
1200 m



Sambódromo
2200 m



Arcos da Lapa
1000 m



MAM
1200 m

Candelária
350 m



CCBB
350 m



Praça XV
500 m

Mercado Popular da Uruguaiana
400 m



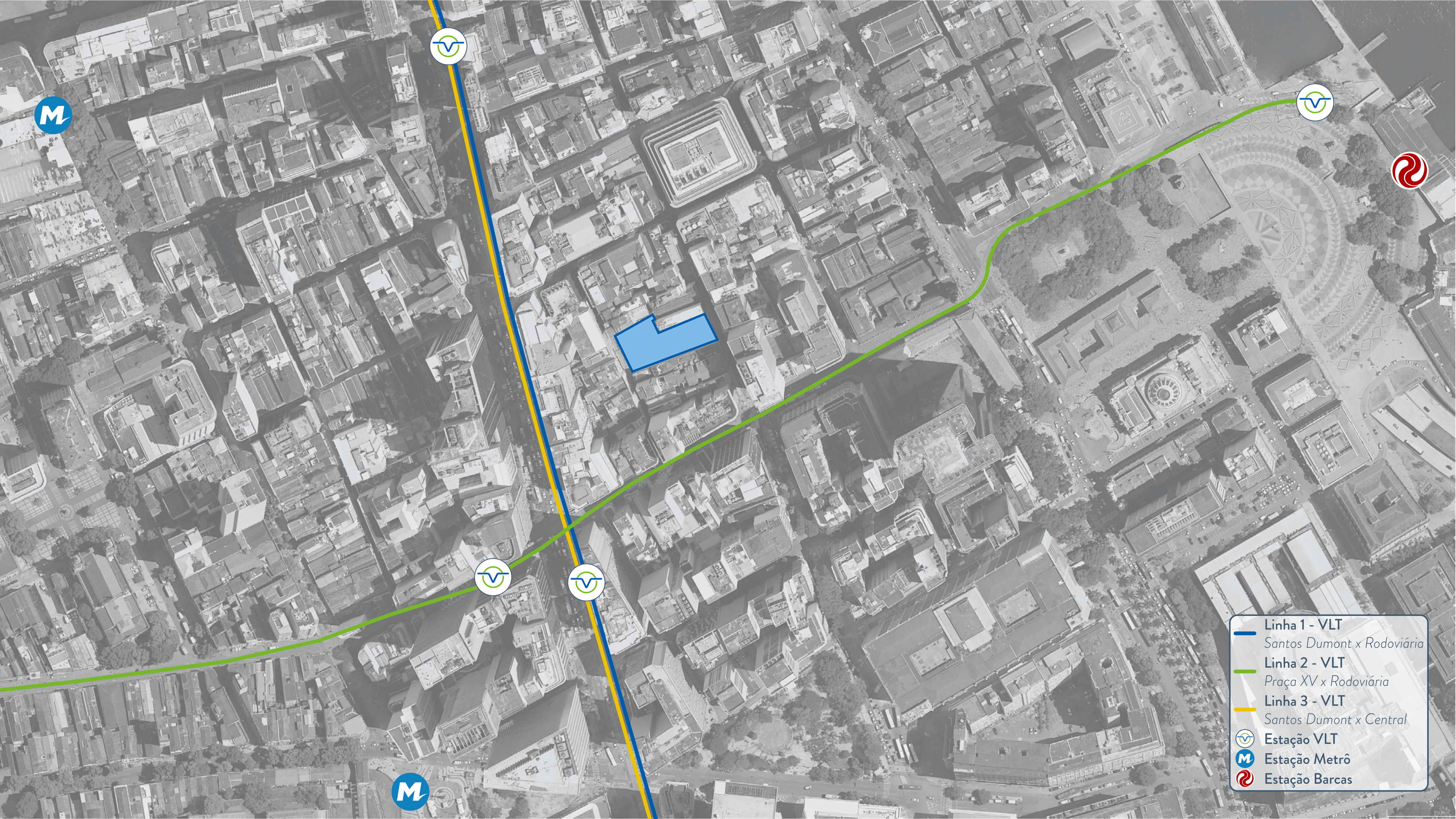
ALERJ
300 m



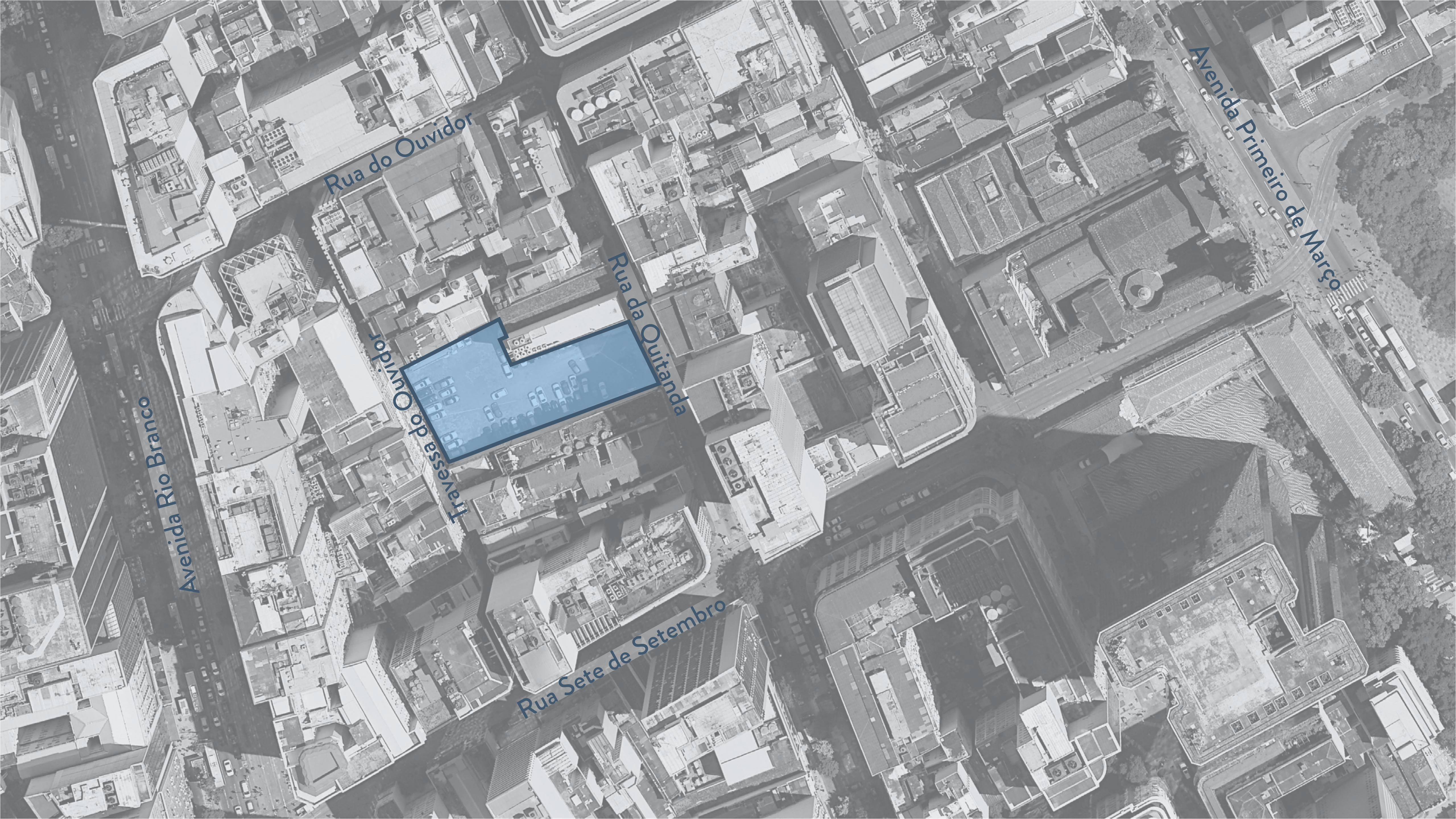
Edifício Menezes Cortes
260 m



Largo da Carioca
400 m



-  **Linha 1 - VLT**
Santos Dumont x Rodoviária
-  **Linha 2 - VLT**
Praça XV x Rodoviária
-  **Linha 3 - VLT**
Santos Dumont x Central
-  **Estação VLT**
-  **Estação Metrô**
-  **Estação Barcas**



Rua do Ouvidor

Rua da Quitanda

Travessa do Ouvidor

Rua Sete de Setembro

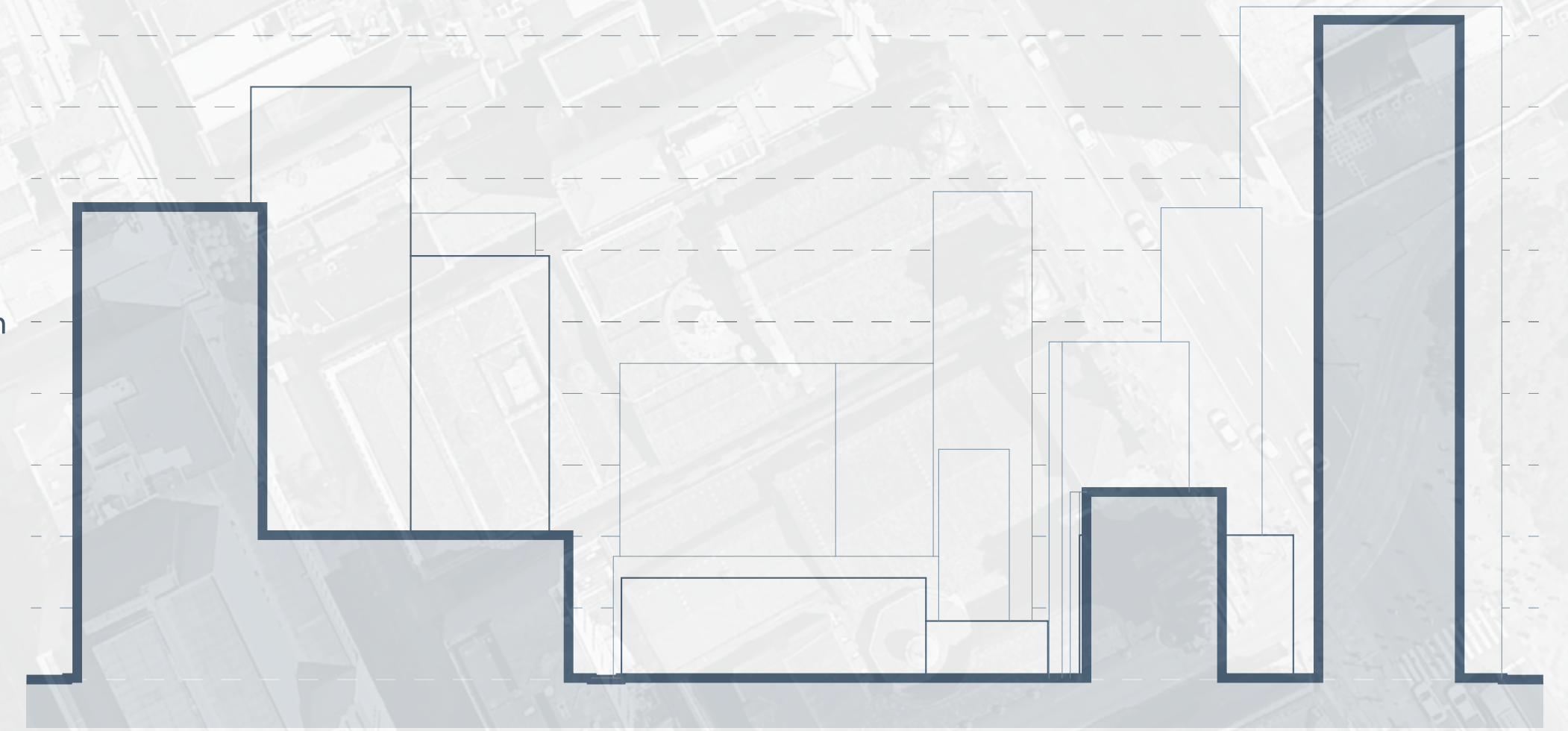
Avenida Rio Branco

Avenida Primeiro de Março



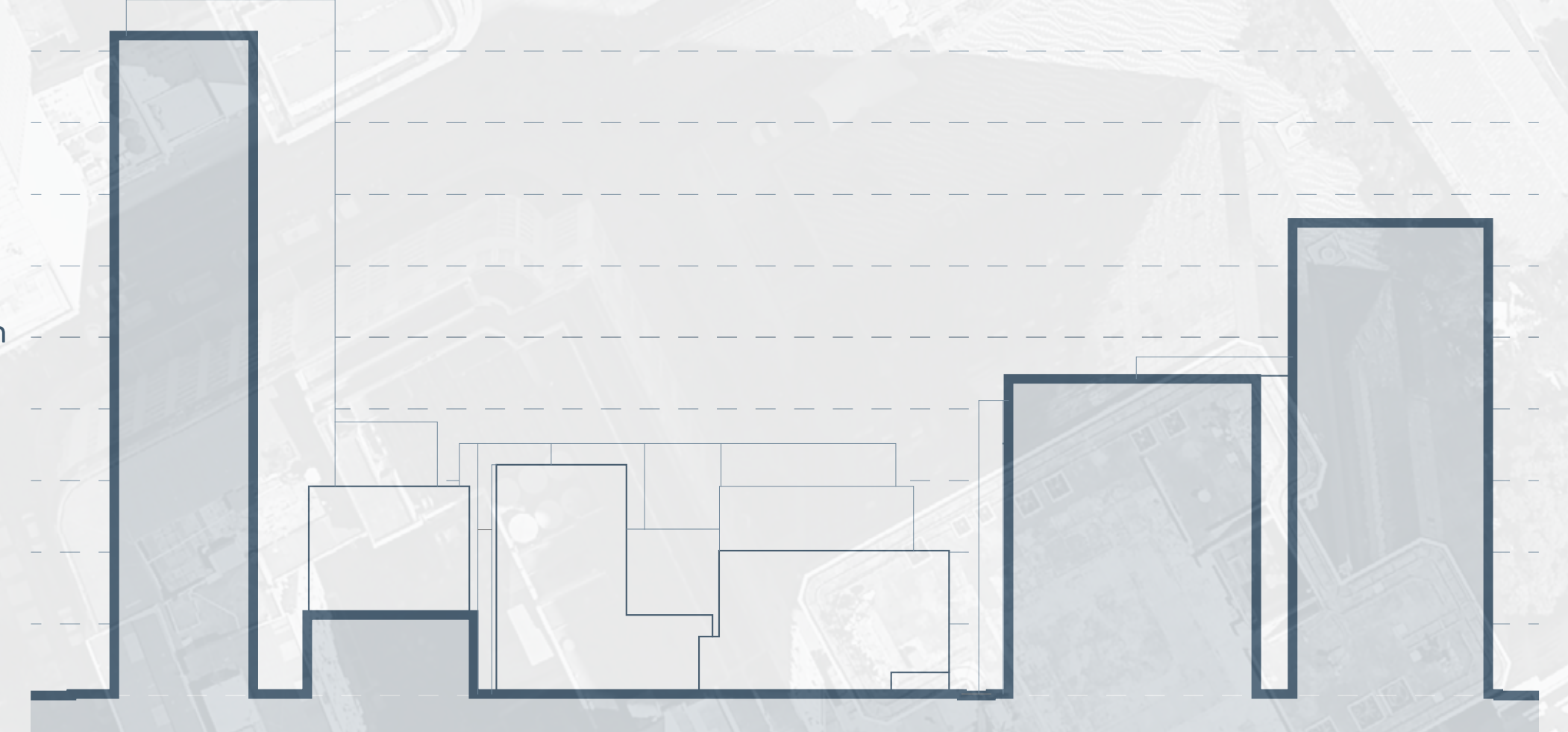
100 m

50 m



100 m

50 m



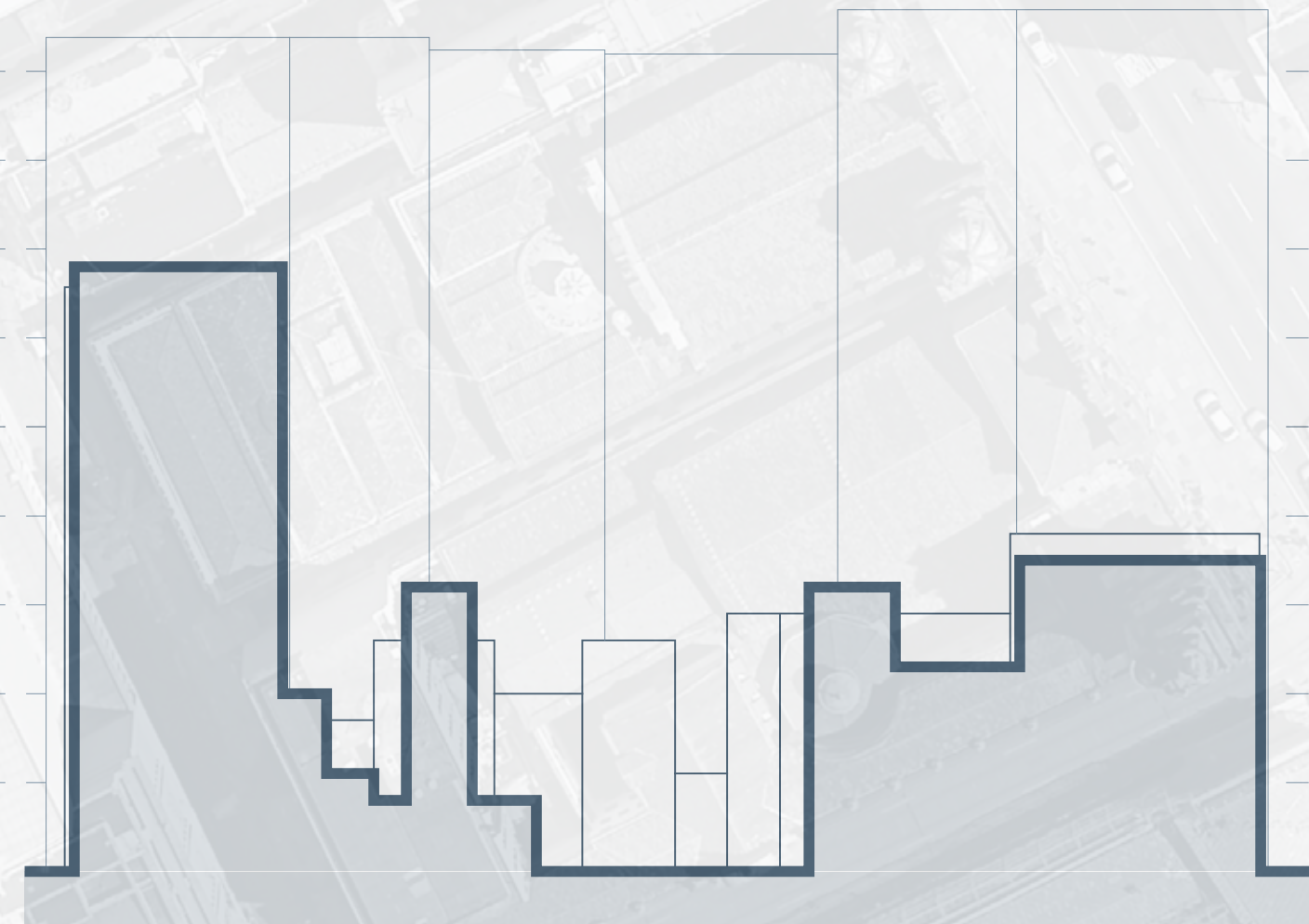
ESCALA GRÁFICA
0 10 20 30 m



100 m

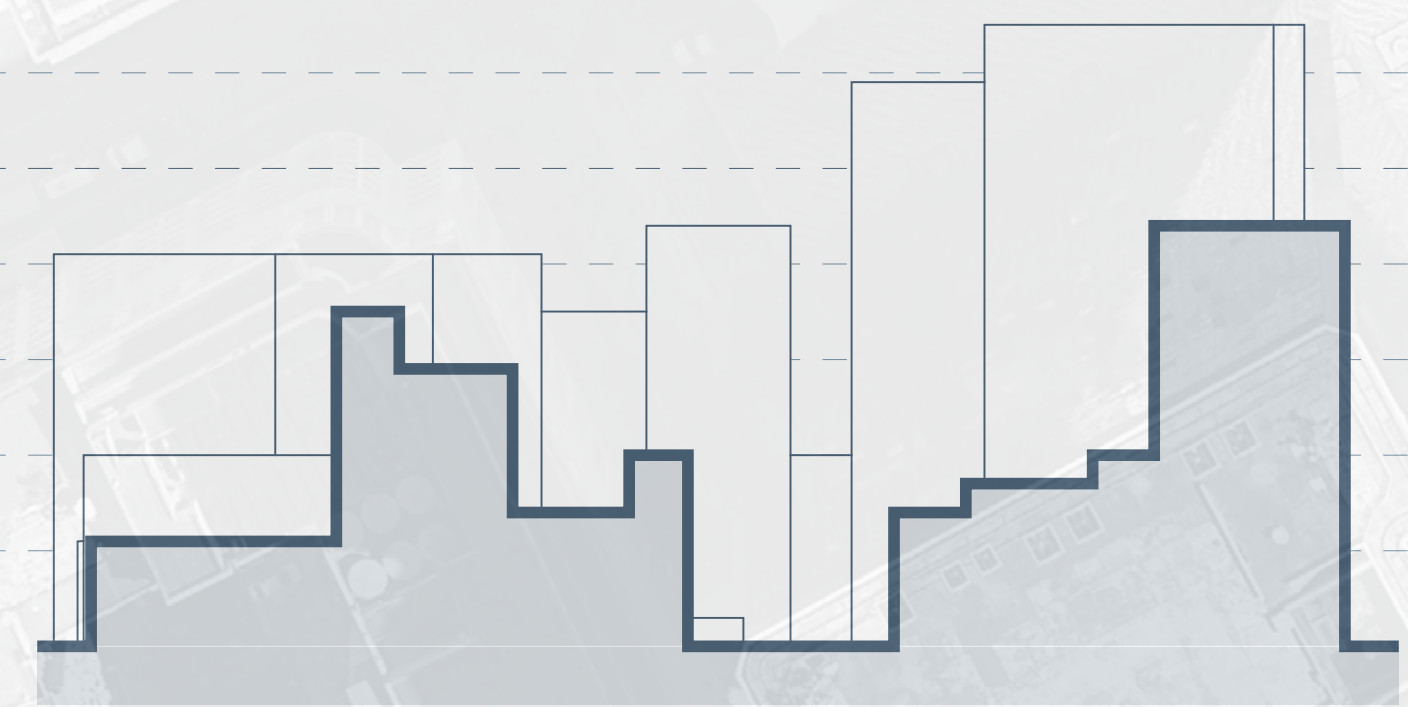
50 m

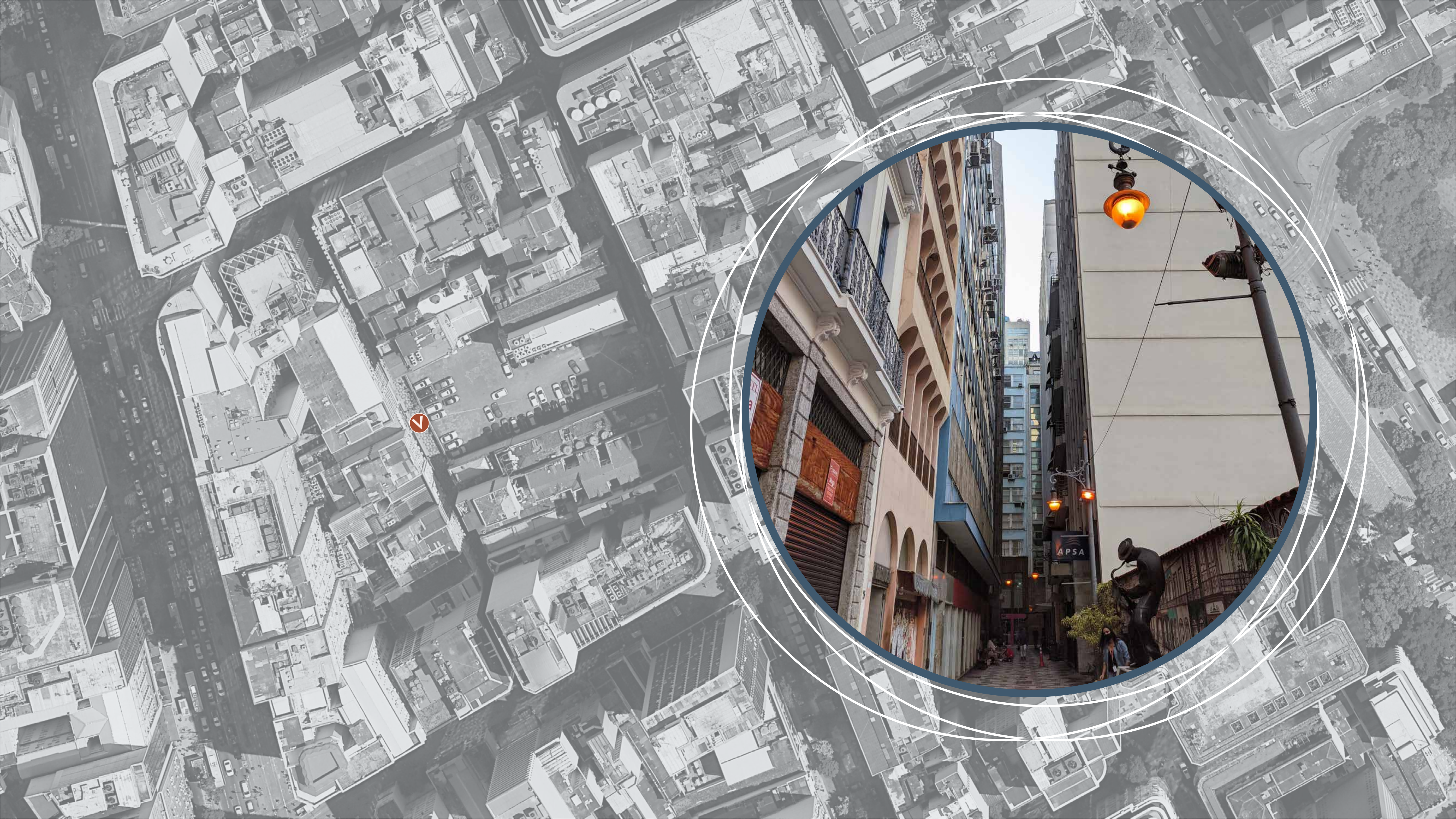
Corte 3

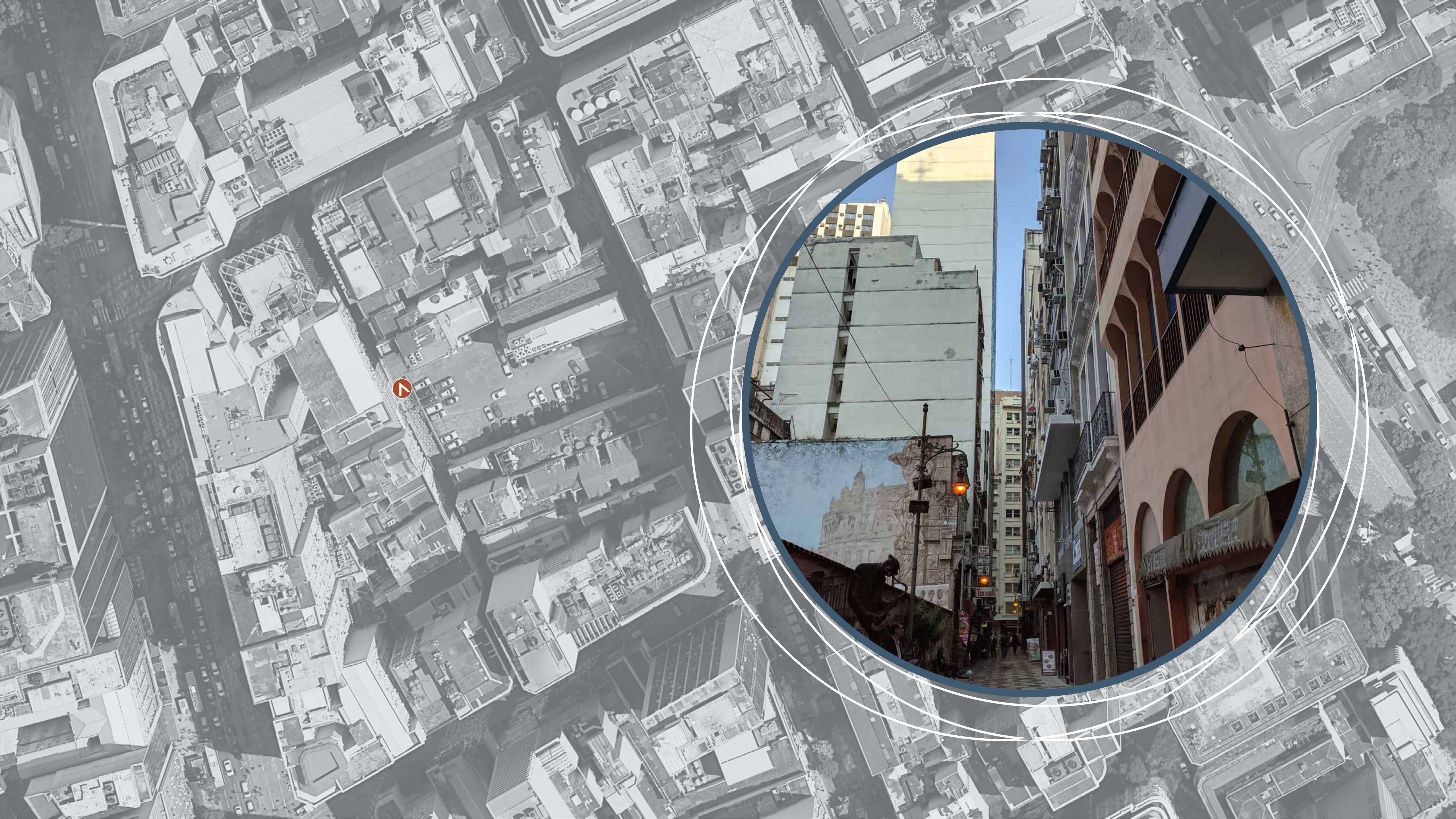


50 m

Corte 4













7



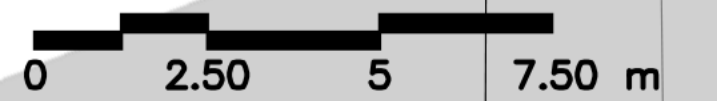


TRAVESSA
RODOLFO
OQUINOR

RUA
DA
QUINZANA

1.600 m²

ESCALA GRÁFICA





TRAVESSA
RODOLFO
OQUYOR

RUA
DA
QUINZA
DA

ESCALA GRÁFICA





TRAVESSA
ROD-UCO O D
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RUA DA QUINZA
A

ESCALA GRÁFICA



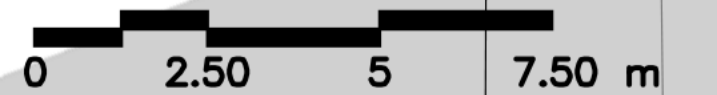


TRAVESSA
RODOLFO O'DONNELL

RUA DA QUINZANA



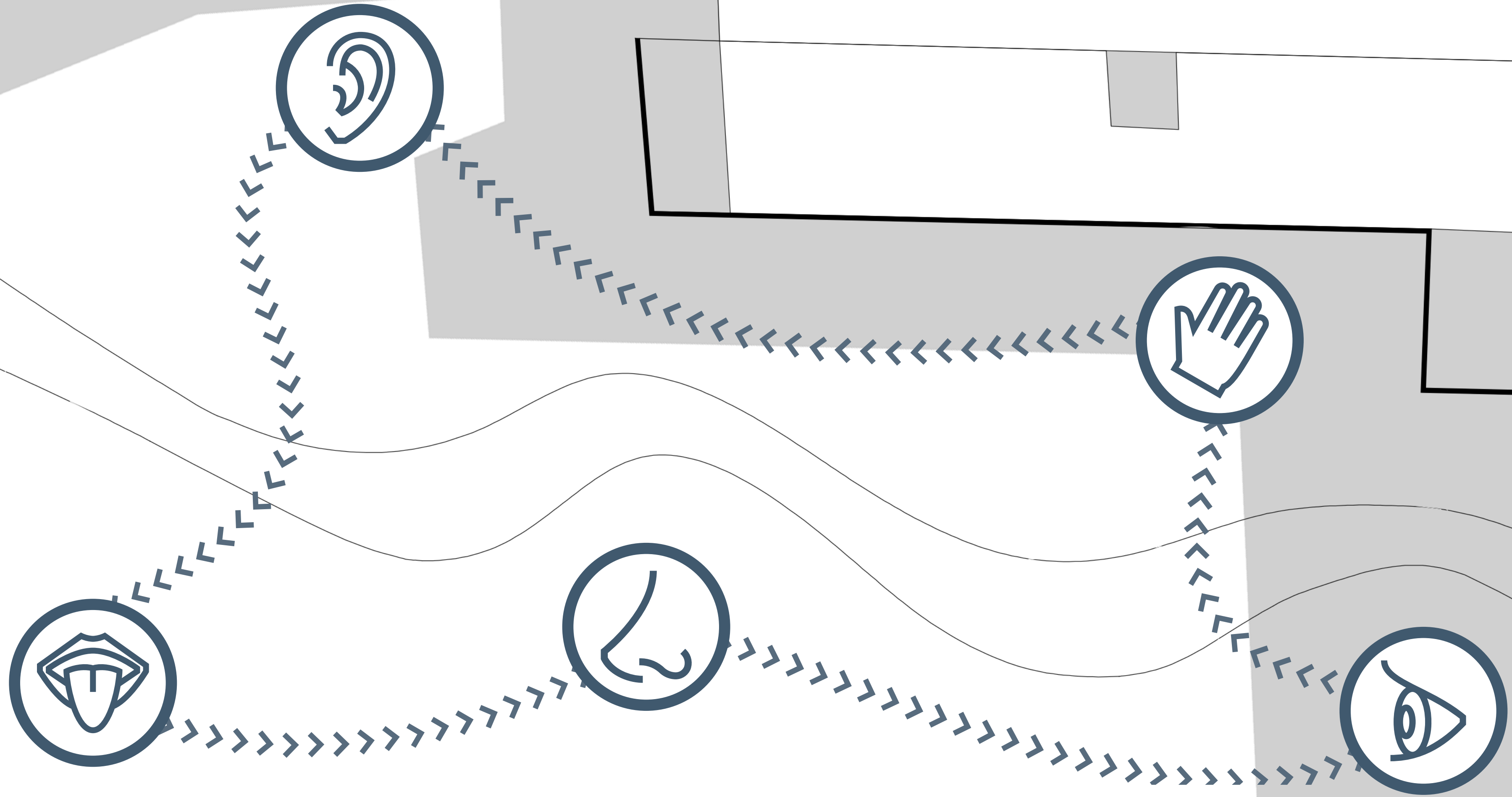
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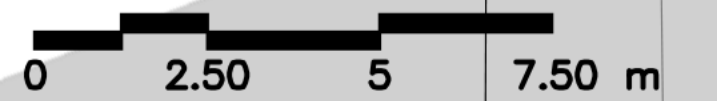


TRAVESSA
RODILCO OD ONDOR

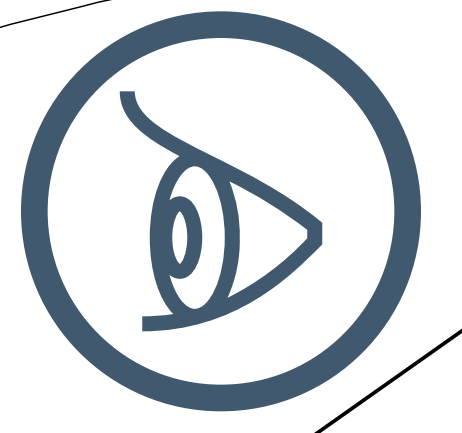
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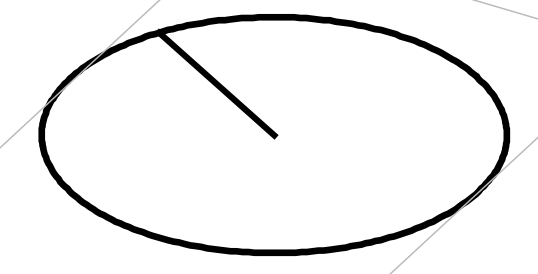
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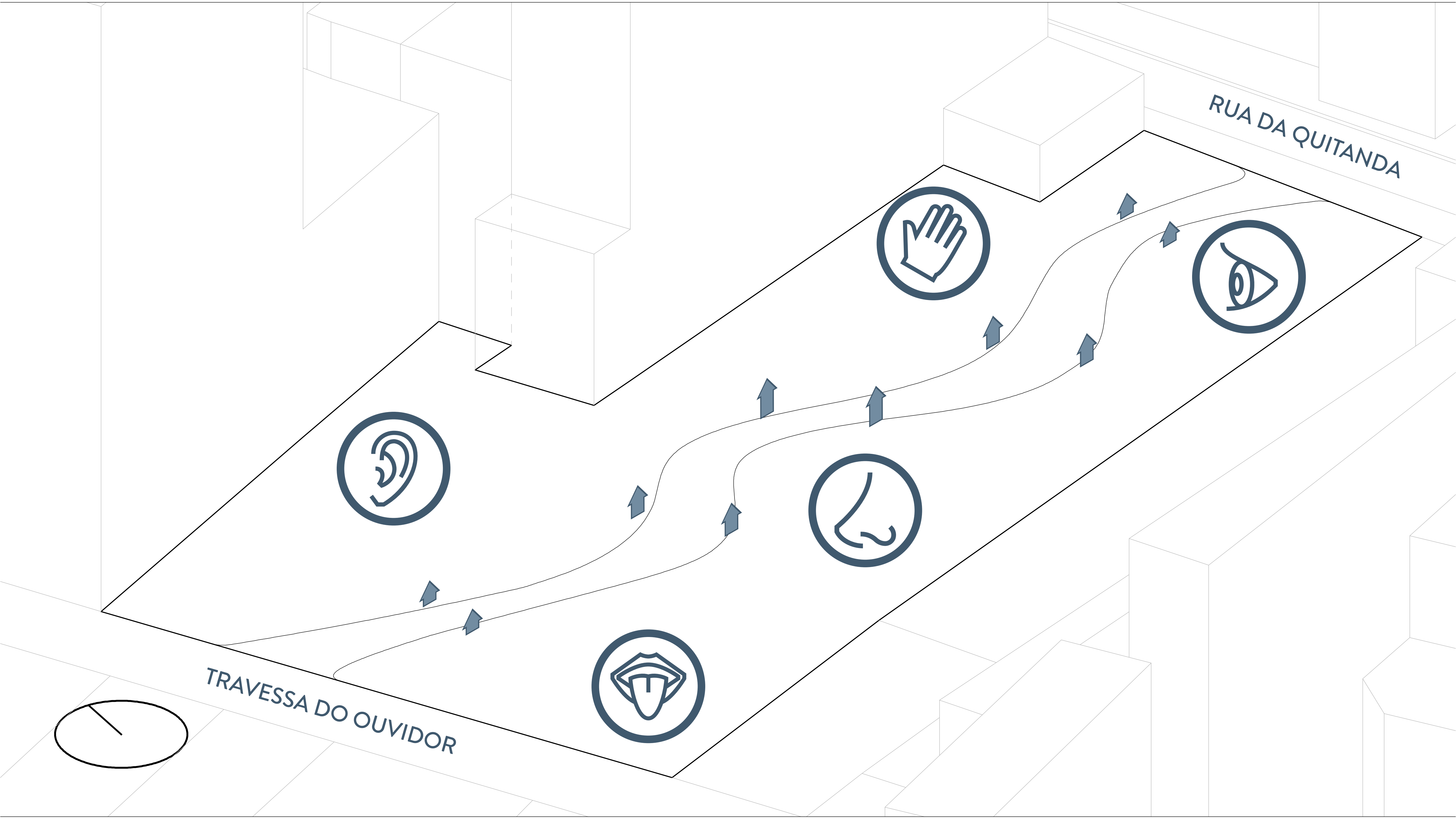


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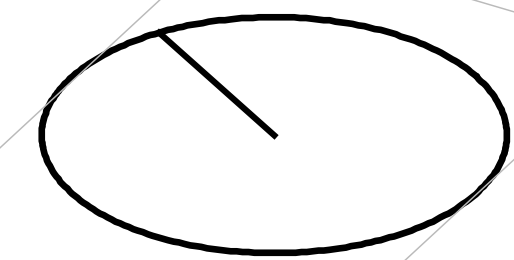
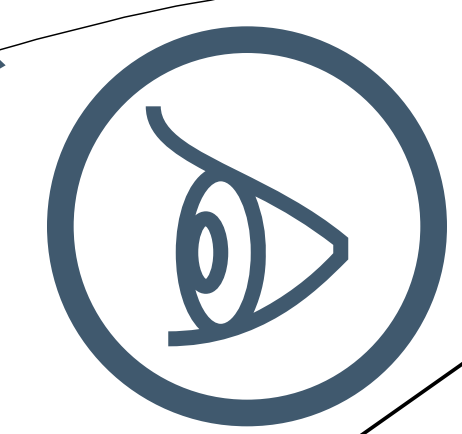
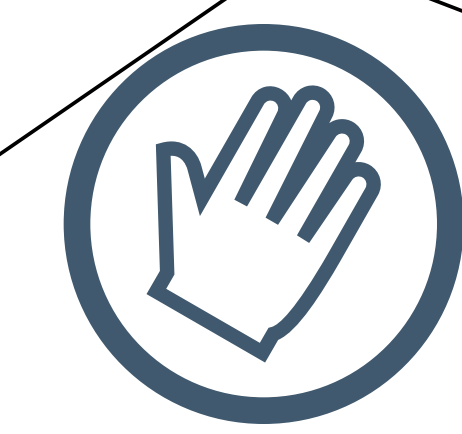
TRAVESSA DO OUVIDOR





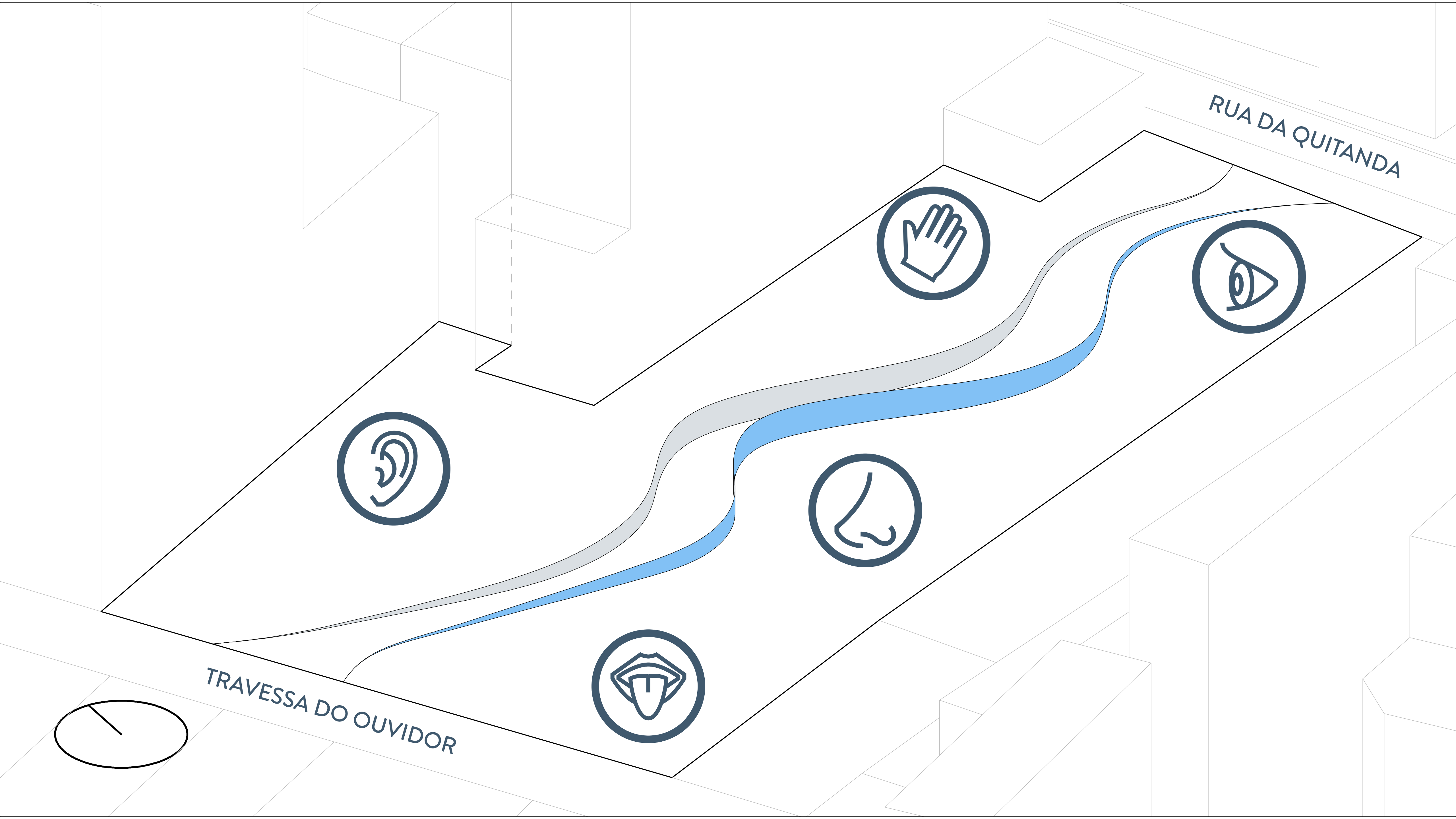
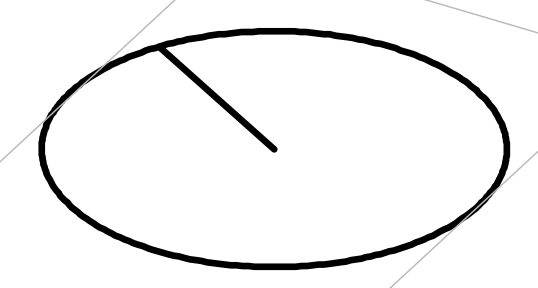
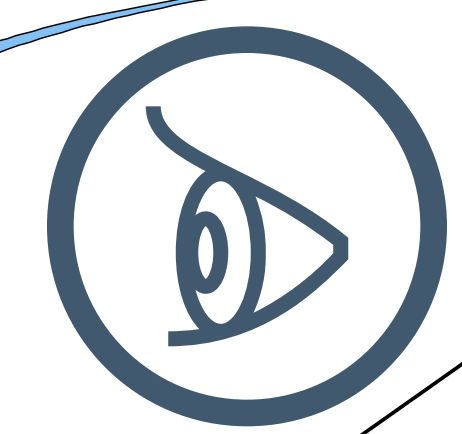
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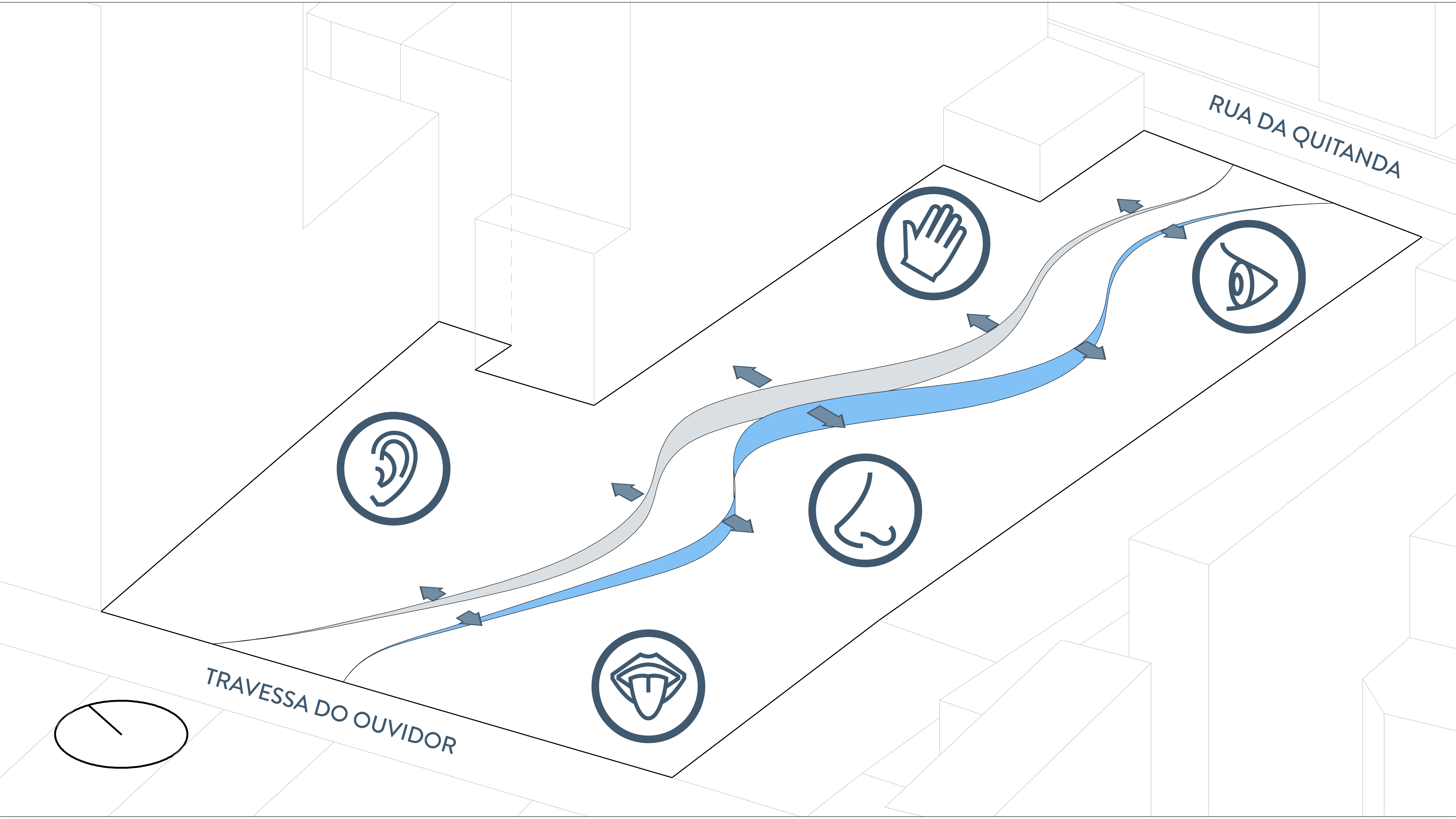
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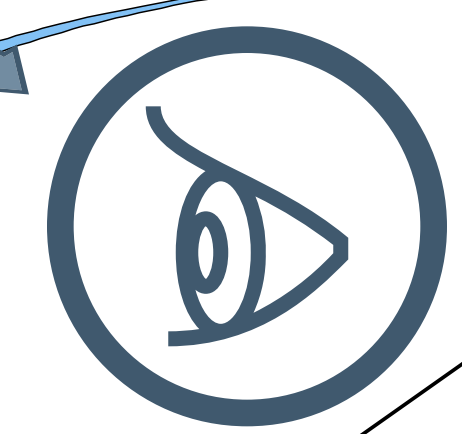
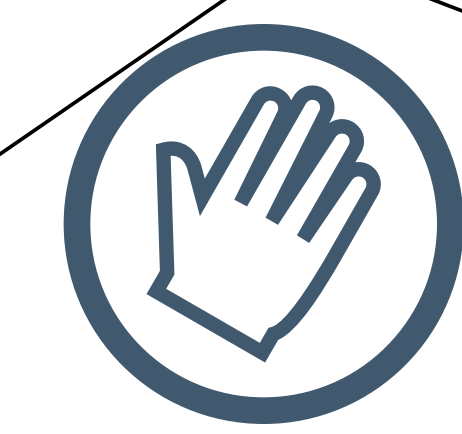
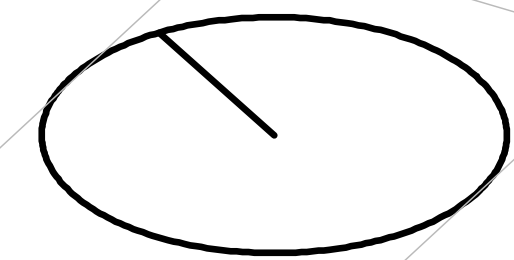
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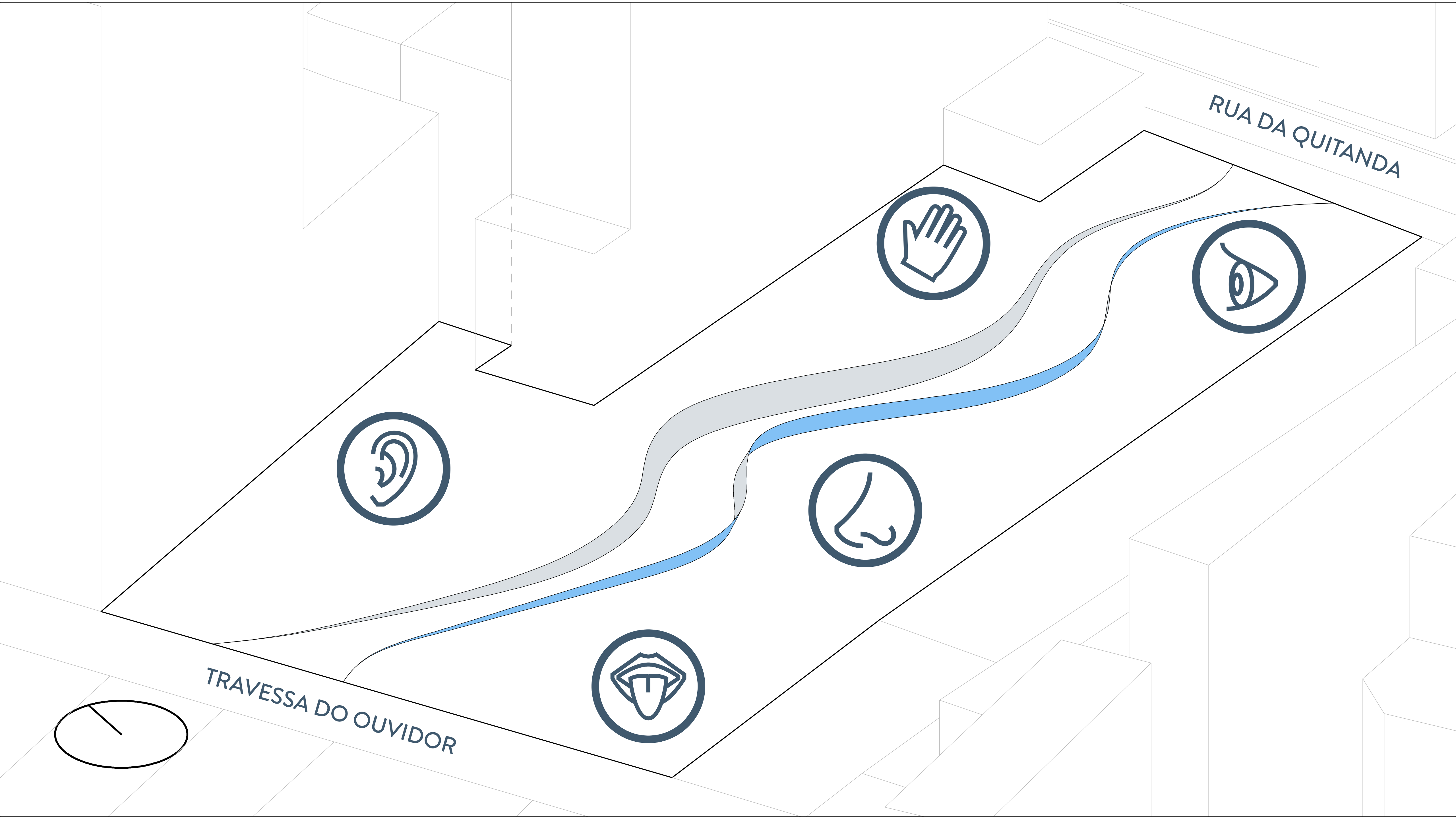
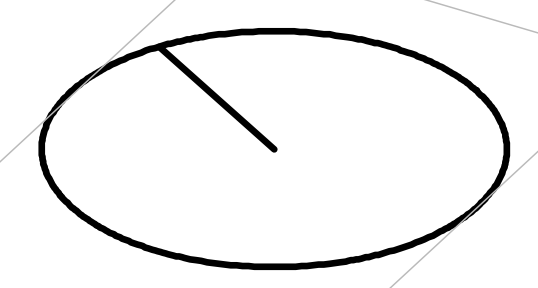
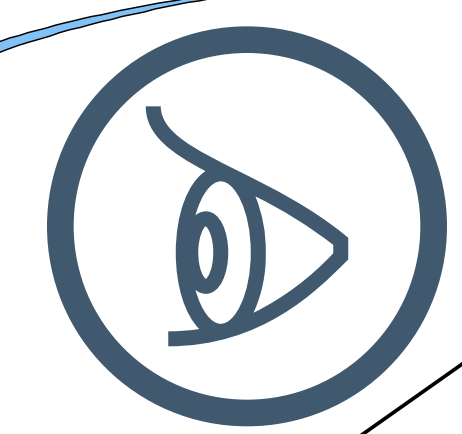
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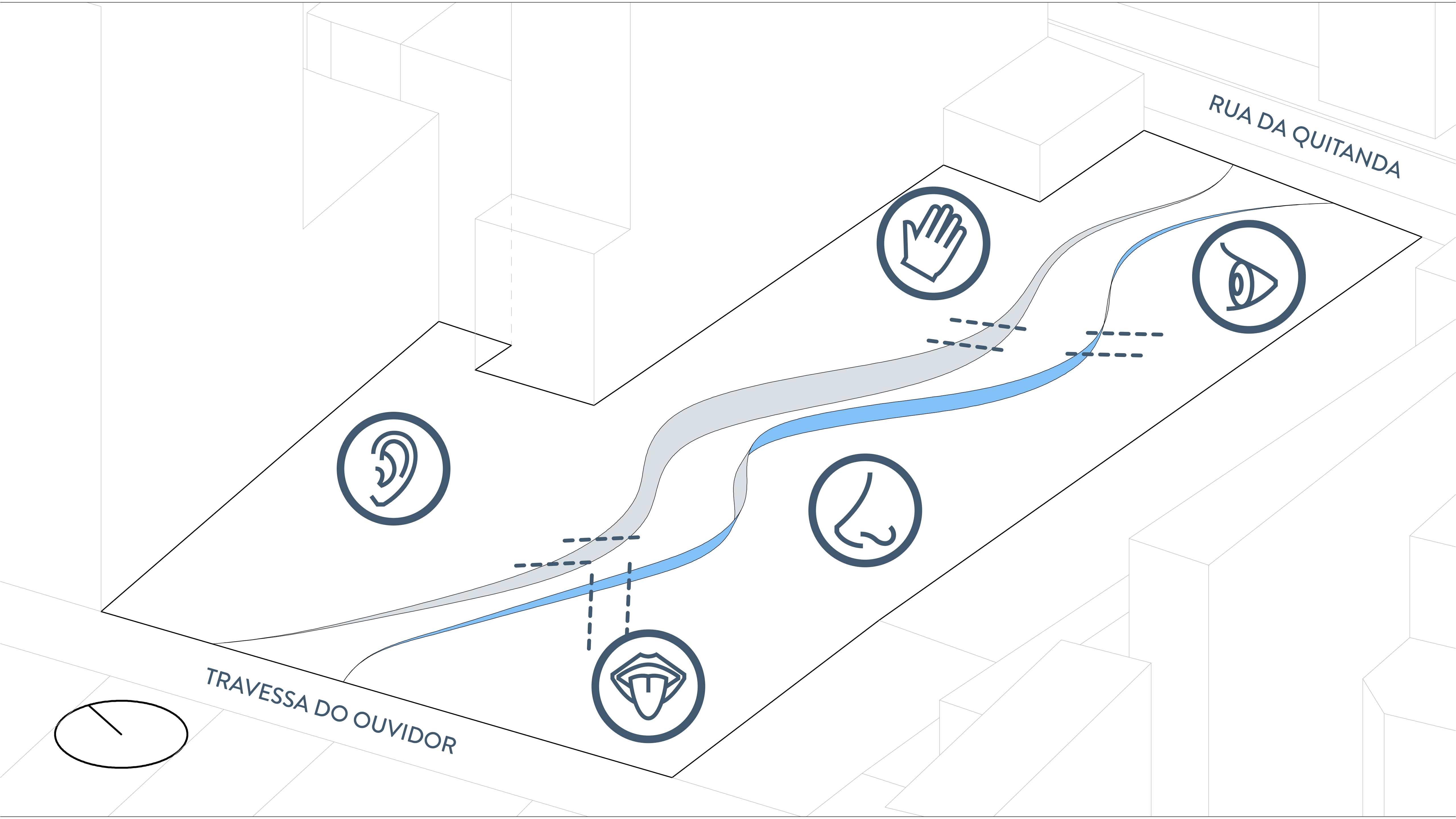
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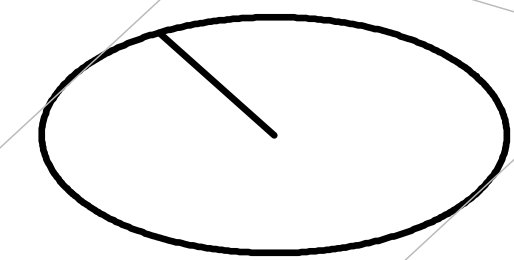
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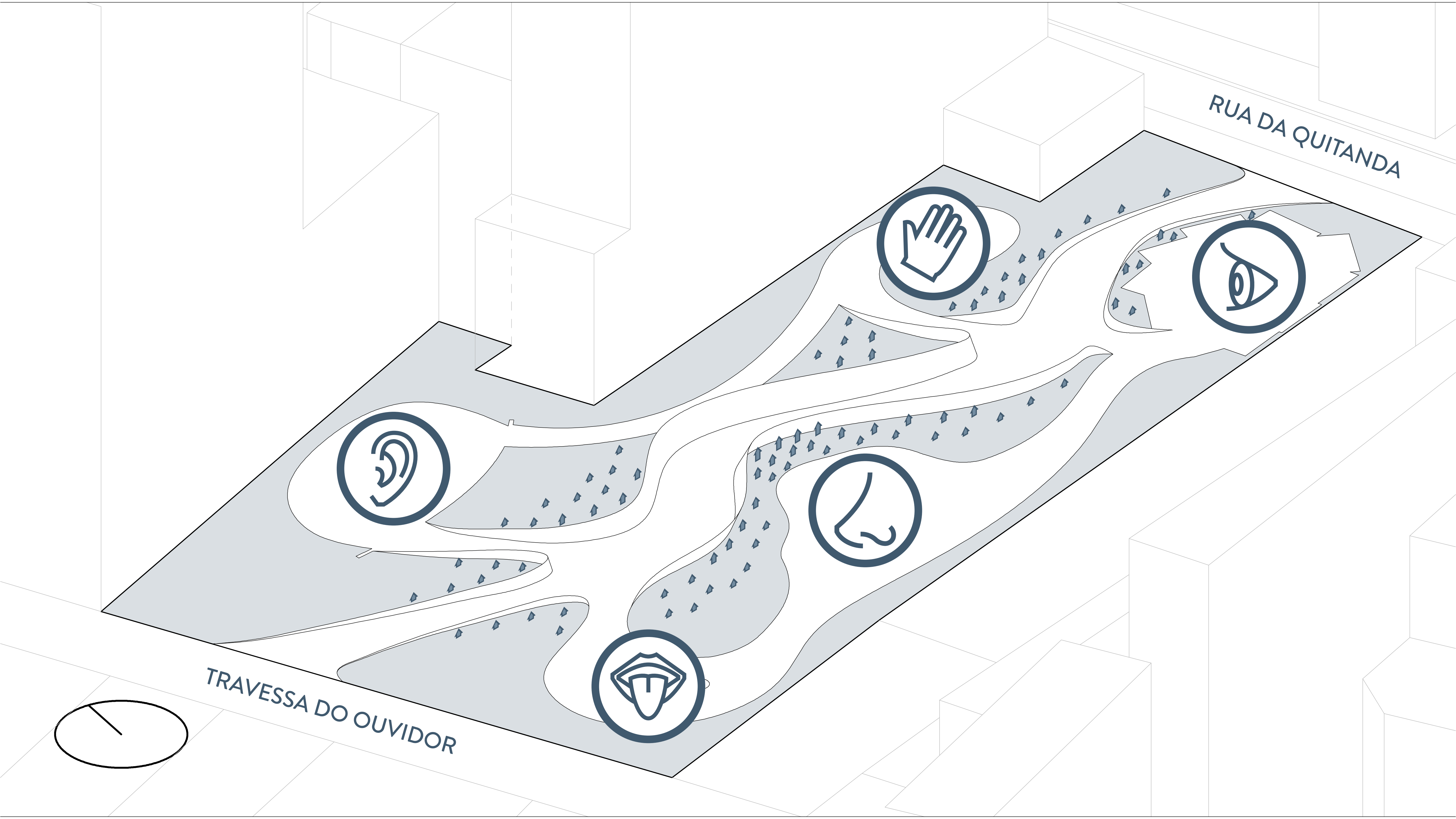
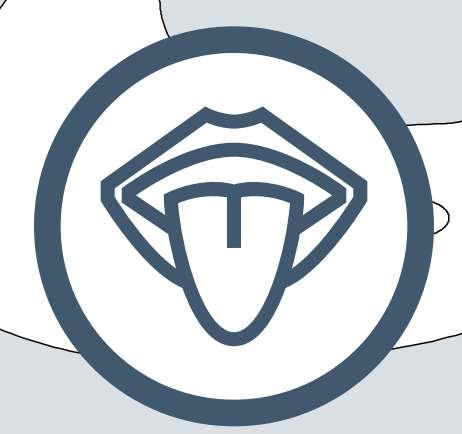
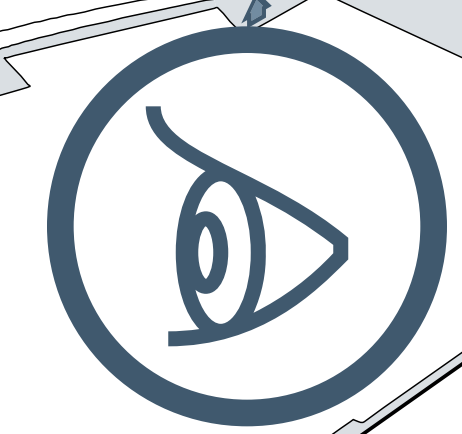
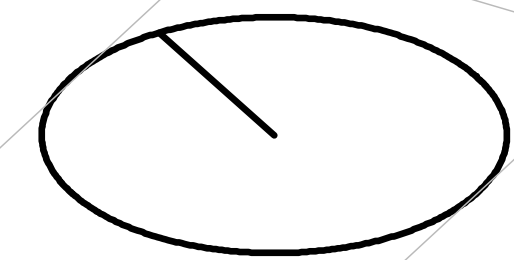
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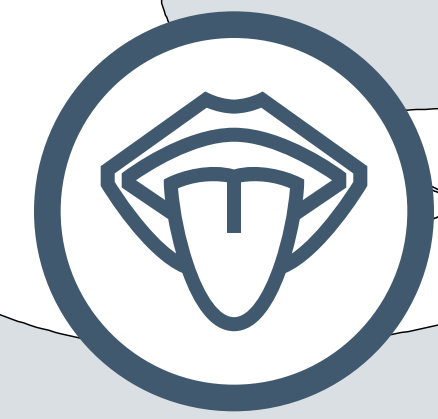
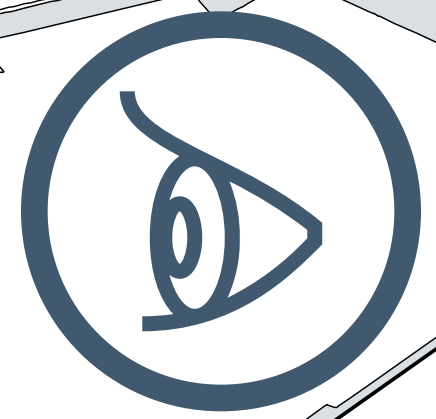


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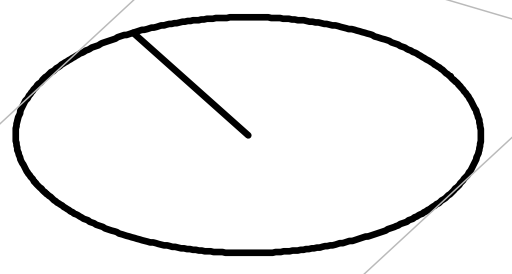
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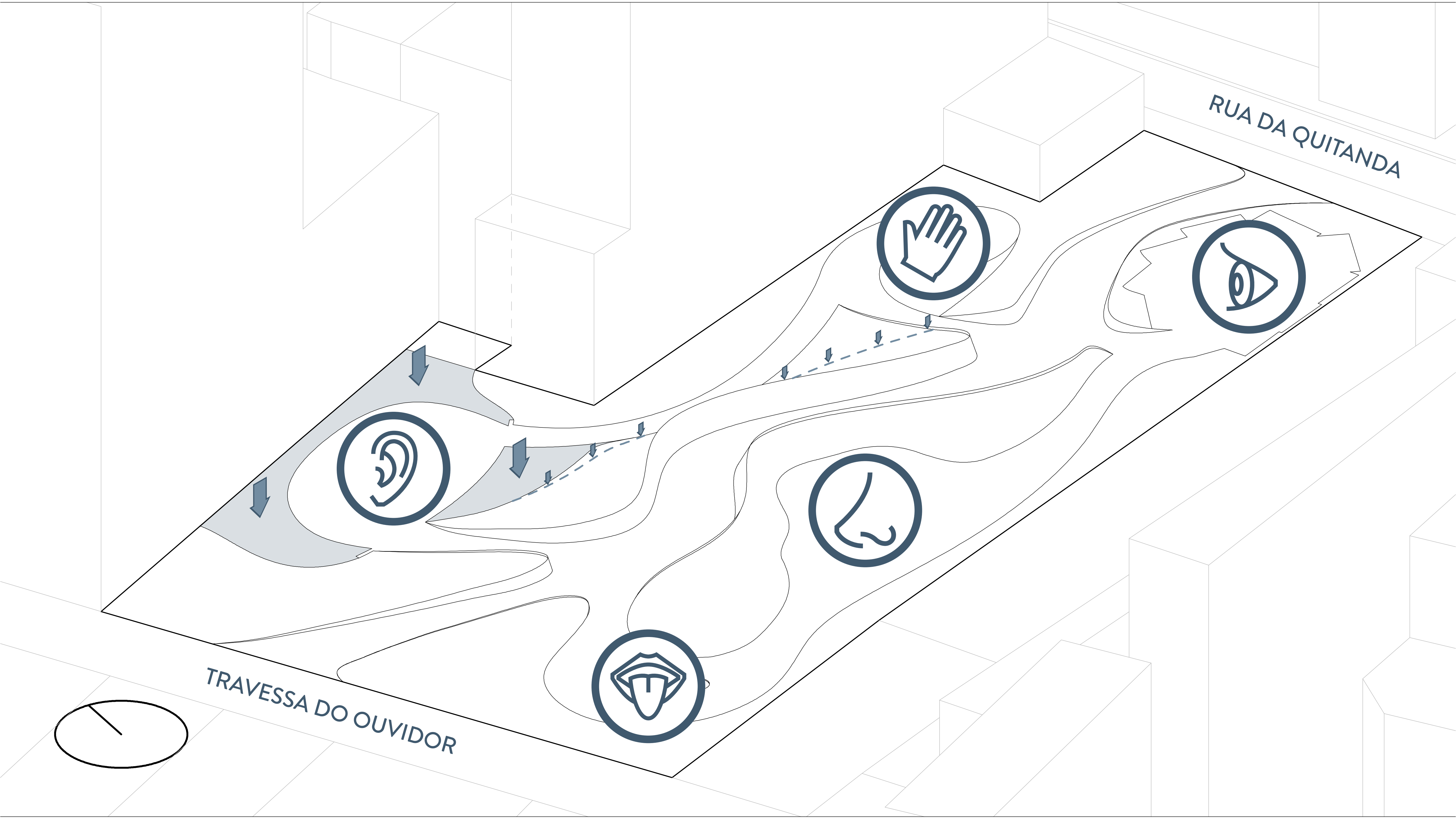
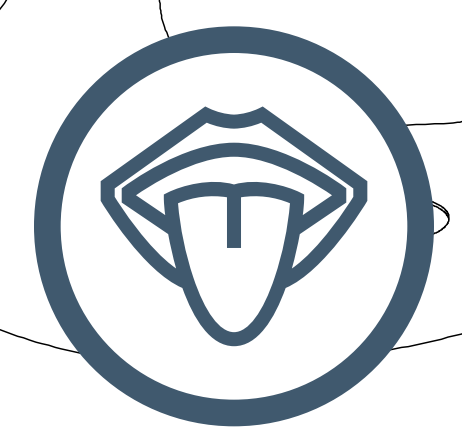
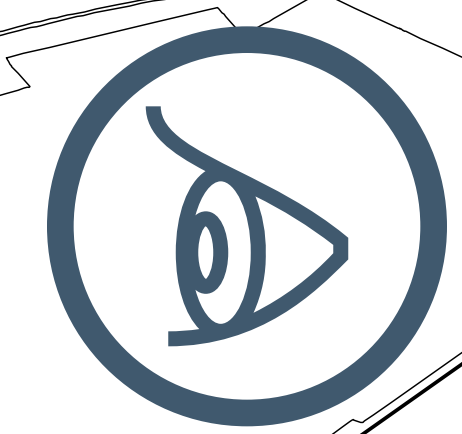
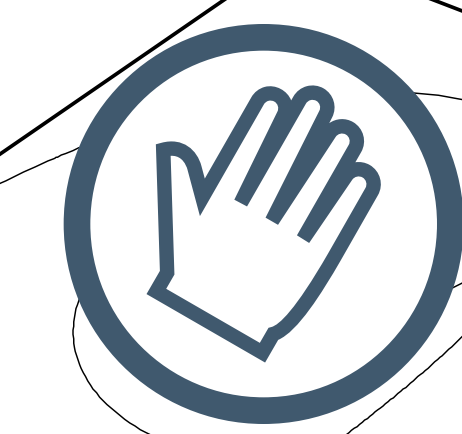
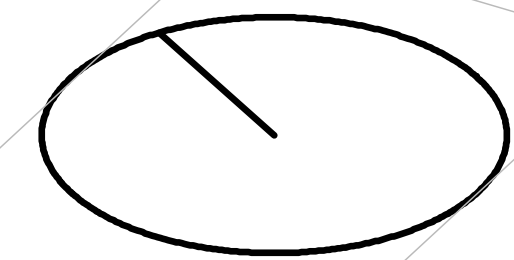


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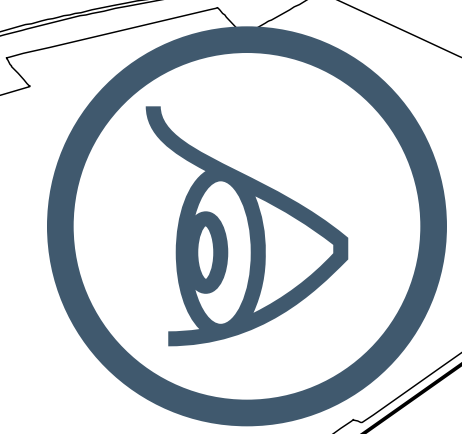
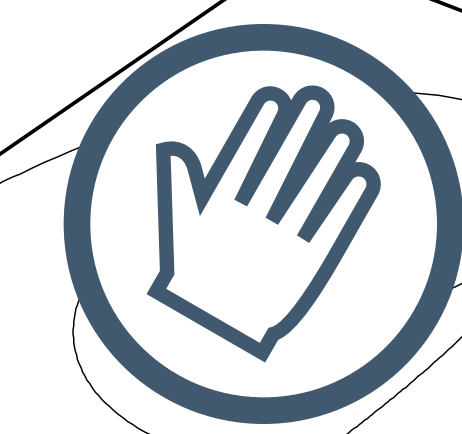
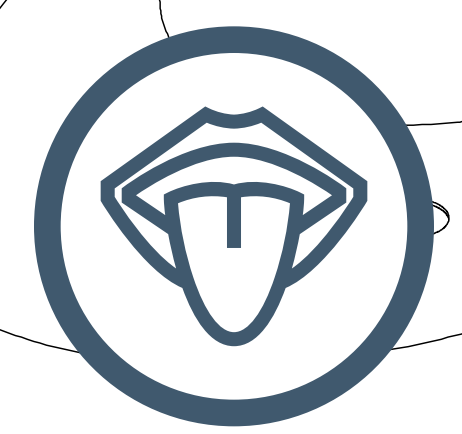
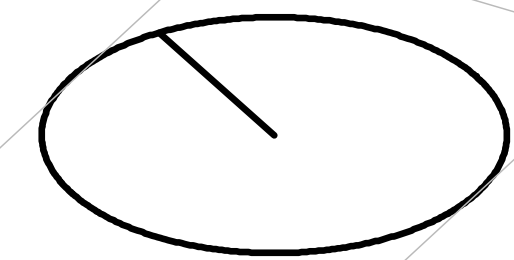
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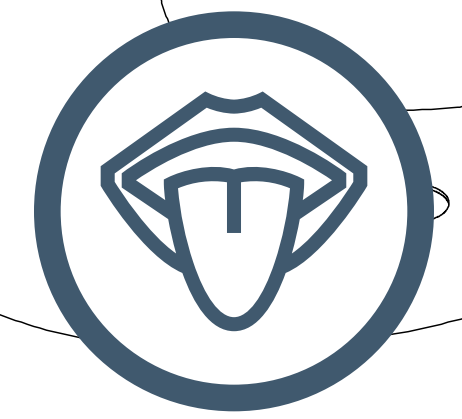
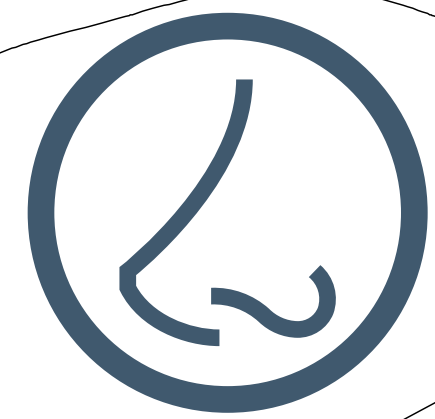
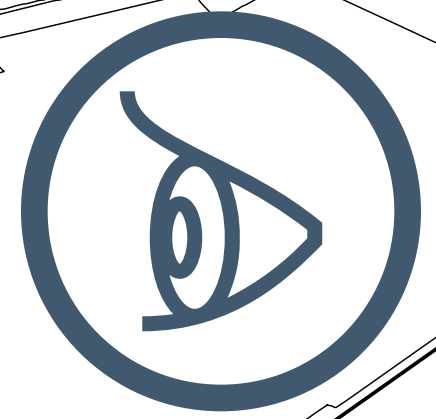


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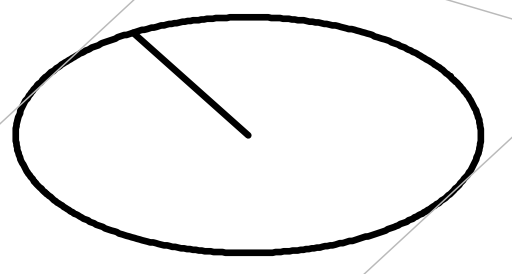
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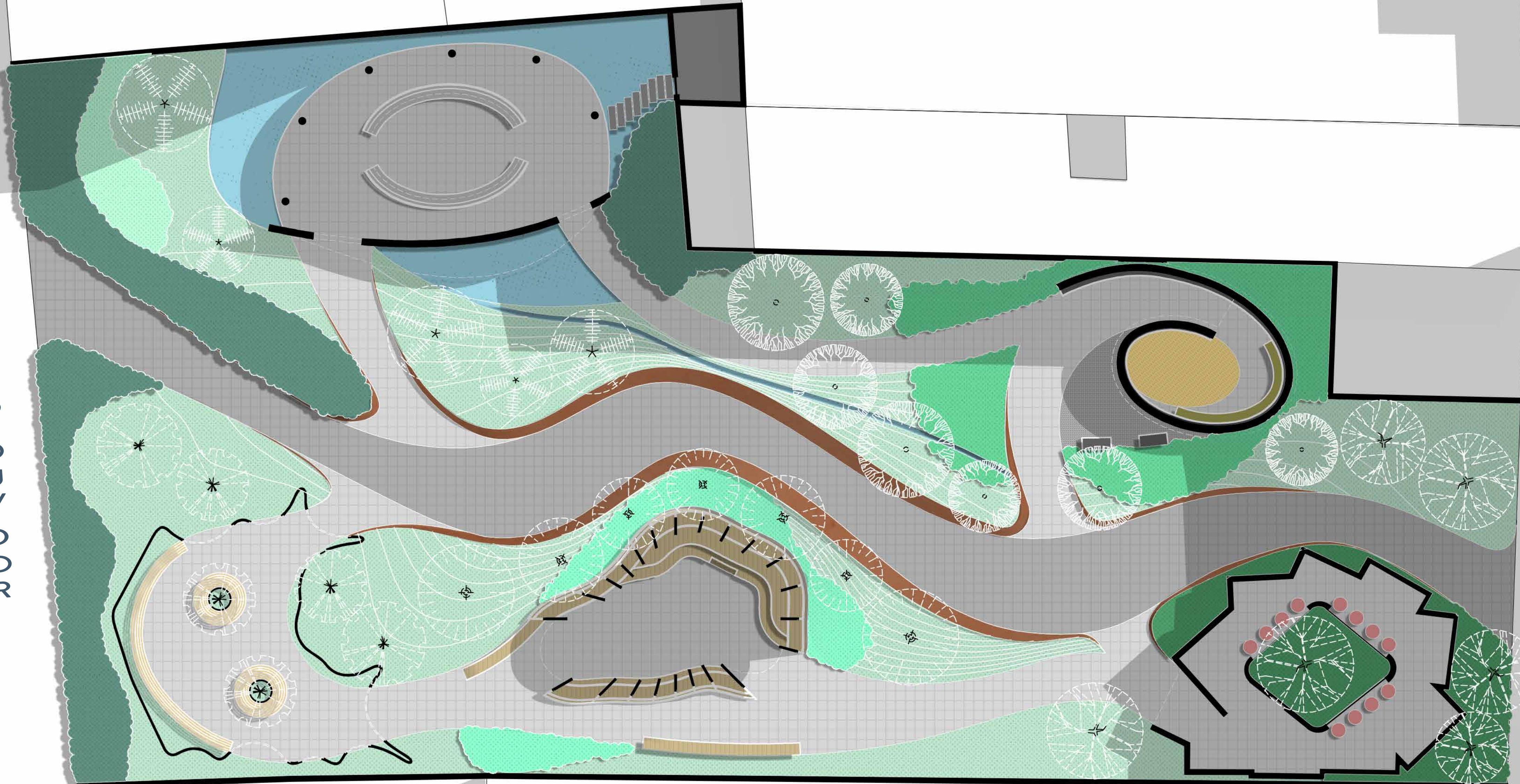


TRAVESSA DO OUVIDOR





TRAVESSA D O O U D O R



RUA DA QUINZA

ESCALA GRÁFICA



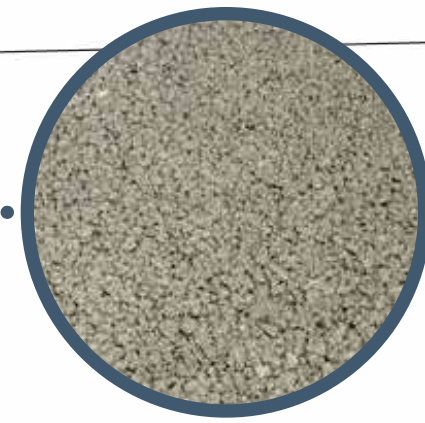


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ROD-00
D O U
R

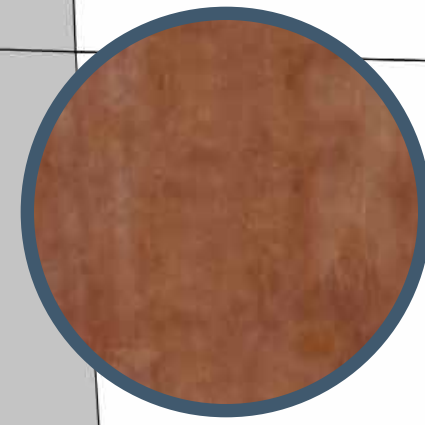
RUA
D A
Q U
I
N
D A



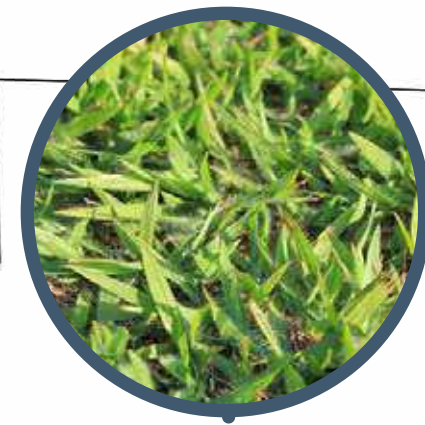
Bambu Multiplex
Bambusa multiplex
Altura: 2m



Piso de Concreto
Drenante



Aço Corten



Grama Batatais
Paspalum notatum

ESCALA GRÁFICA





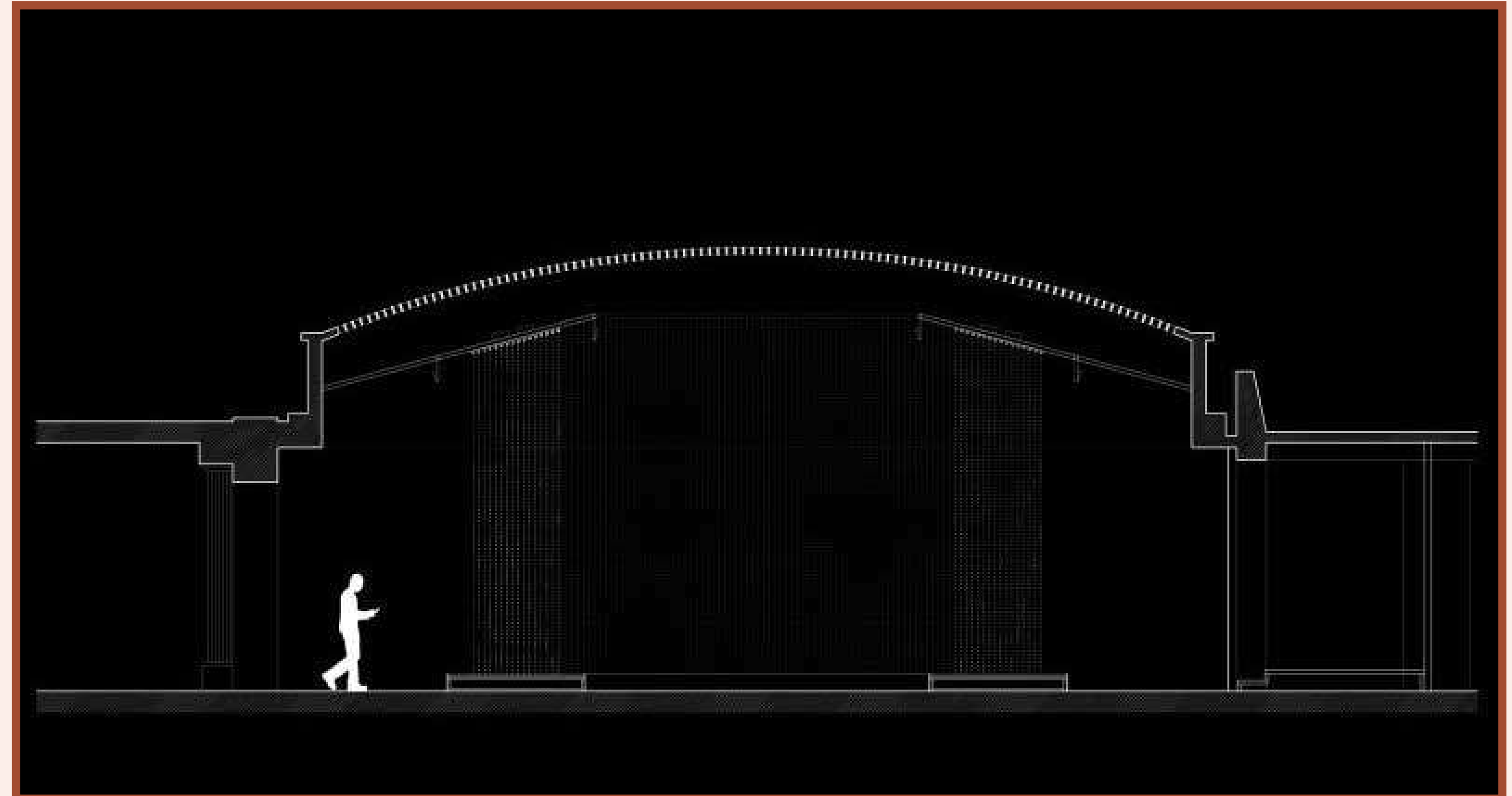






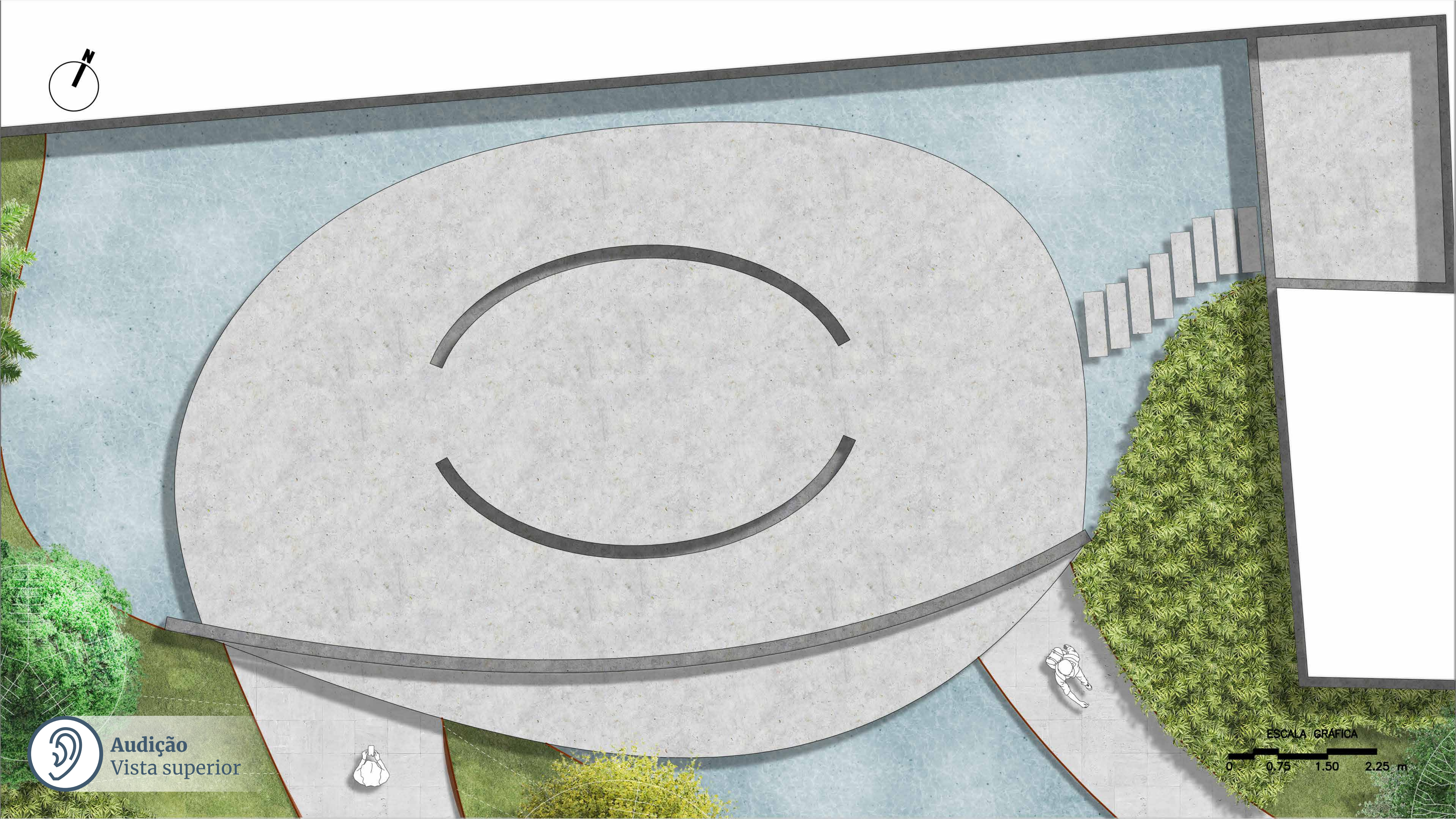






LIGHT in WATER
Dorell Architects
Paris, França





Audição
Vista superior



ESCALA GRÁFICA

0 0.75 1.50 2.25 m



Bambu Multiplex
Bambusa multiplex



Audição
Vista superior - Vegetação



ESCALA GRÁFICA

0 0.75 1.50 2.25 m



Grumixameira
Eugenia brasiliensis

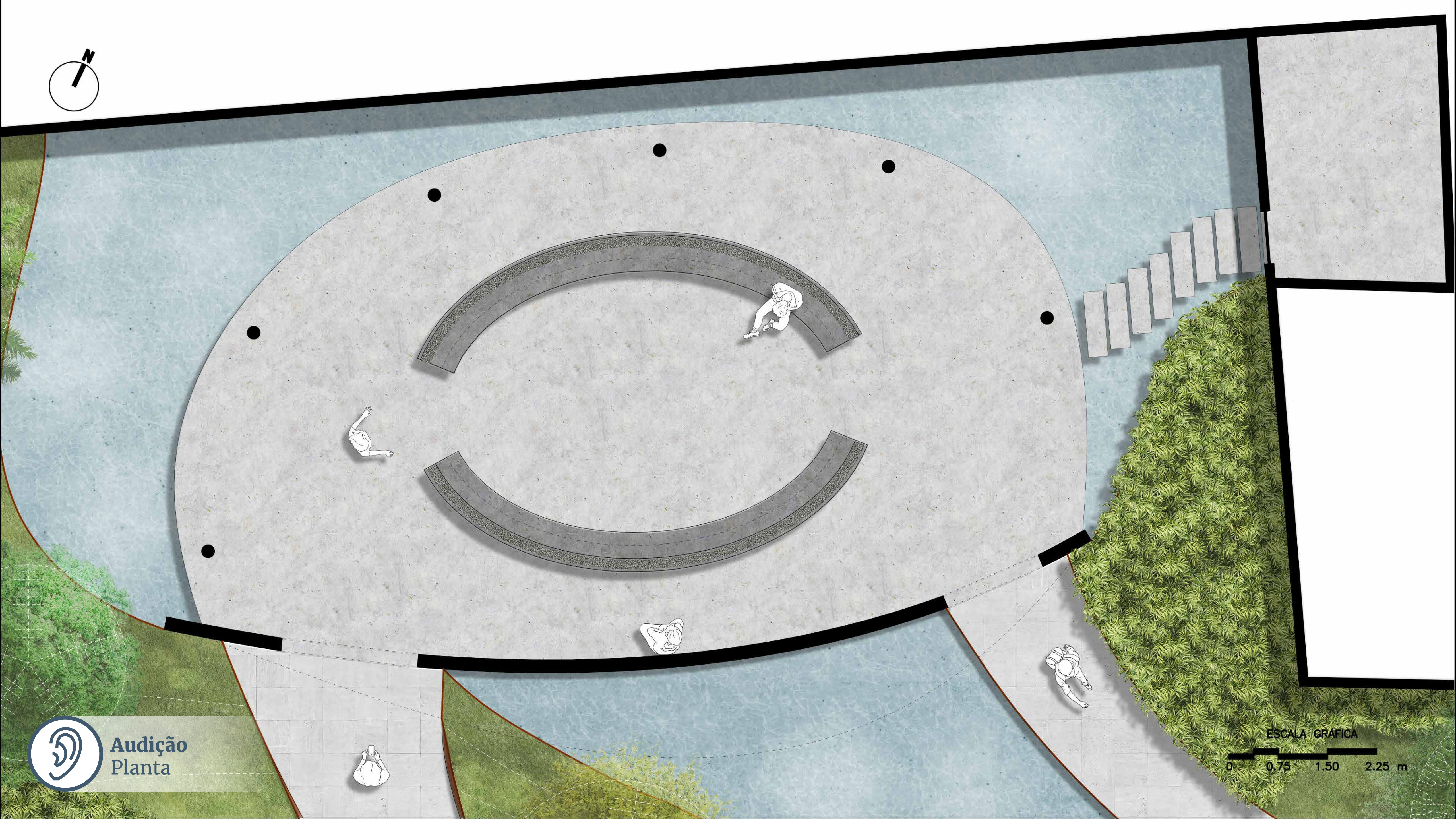


Audição
Vista superior - Vegetação



ESCALA GRÁFICA

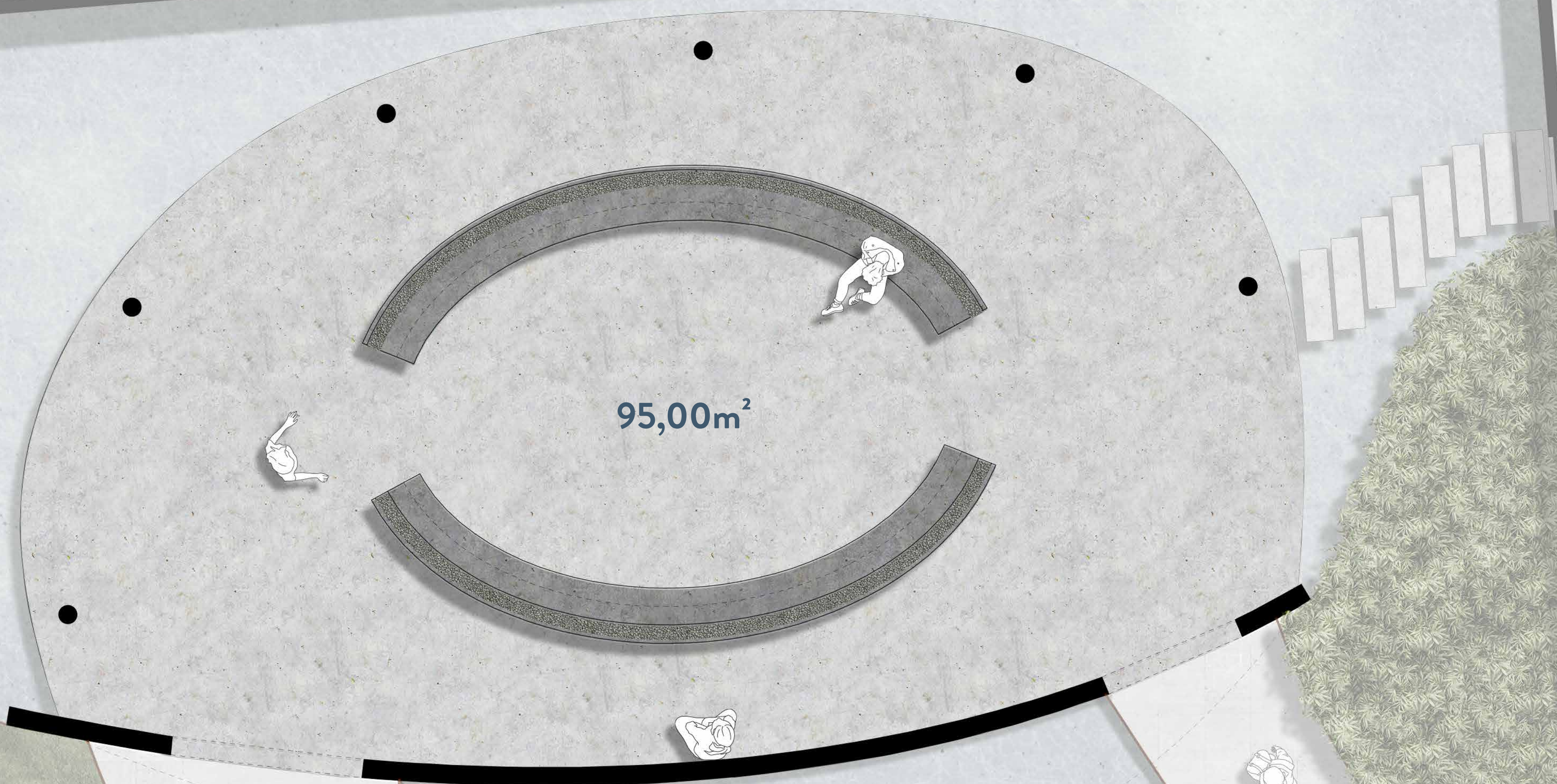




Audição
Planta

ESCALA GRÁFICA

0 0.75 1.50 2.25 m



95,00m²



Audição
Planta

ESCALA GRÁFICA





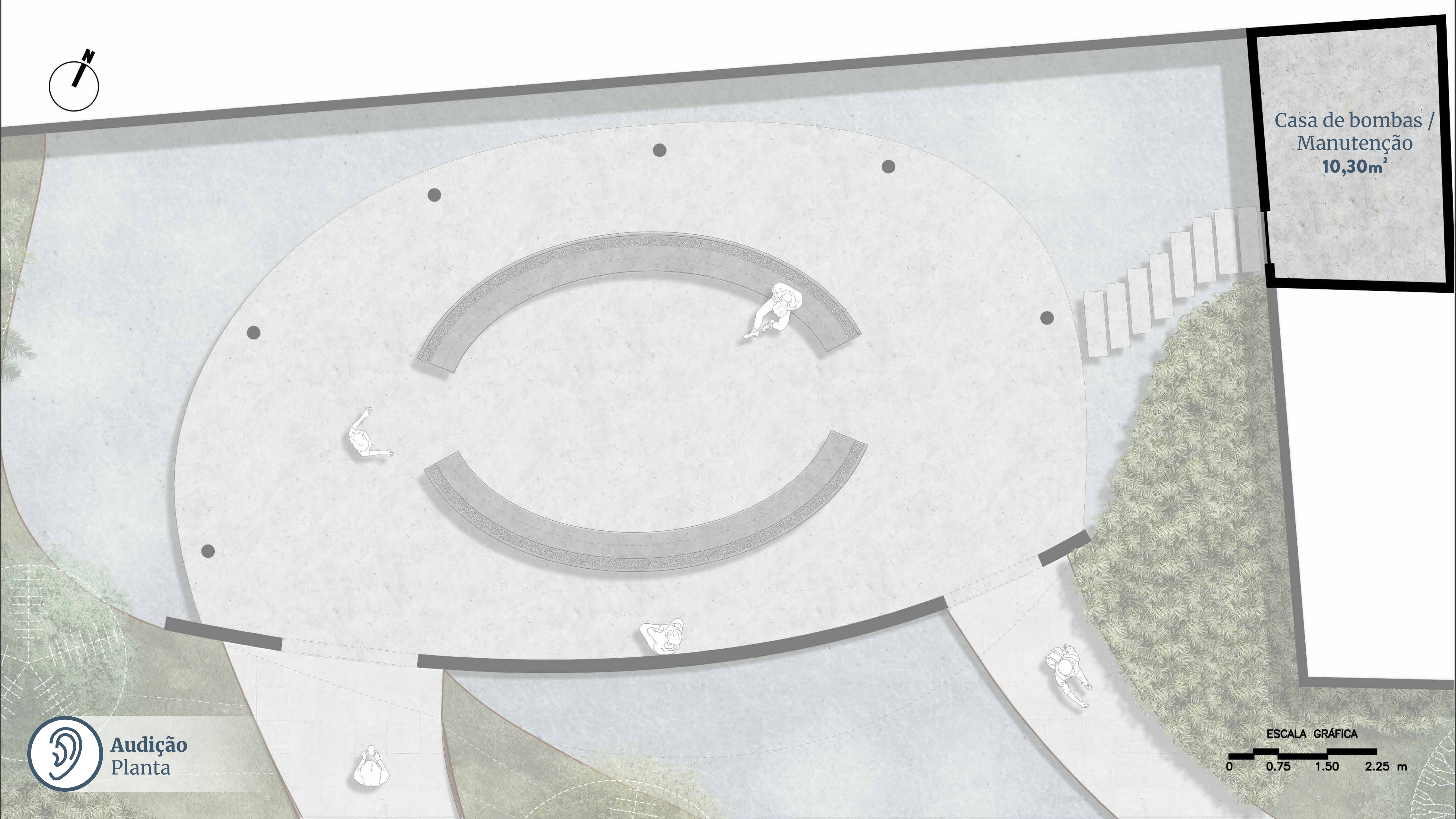
Casa de bombas /
Manutenção
10,30m²



Audição
Planta

ESCALA GRÁFICA

0 0.75 1.50 2.25 m

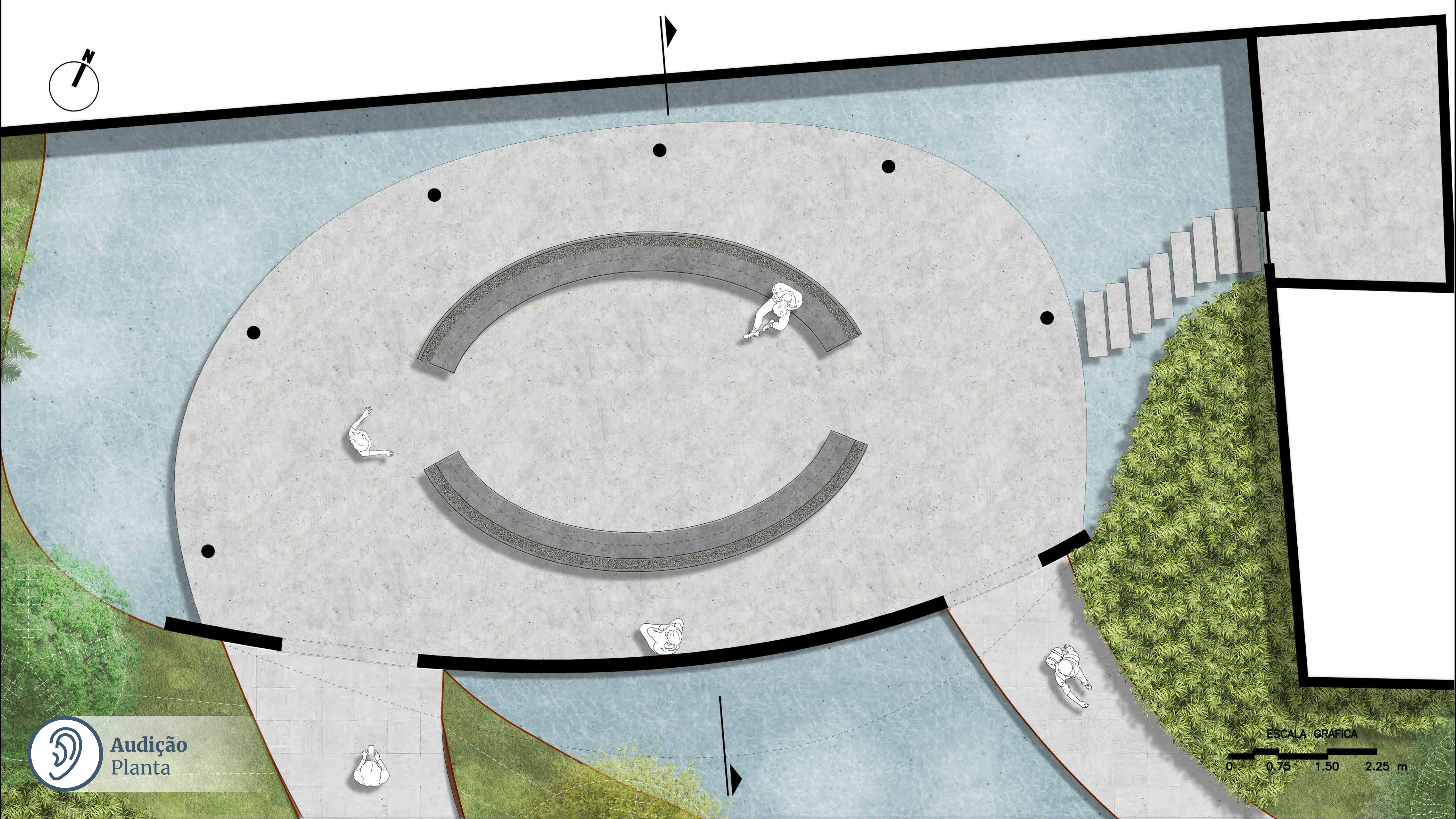




Audição
Planta

ESCALA GRÁFICA

0 0.75 1.50 2.25 m



+ 6,00 m

+ 4,00 m

+ 2,00 m



Audição
Corte

ESCALA GRÁFICA



+ 6,00 m

+ 4,00 m

+ 2,00 m



Audição
Corte

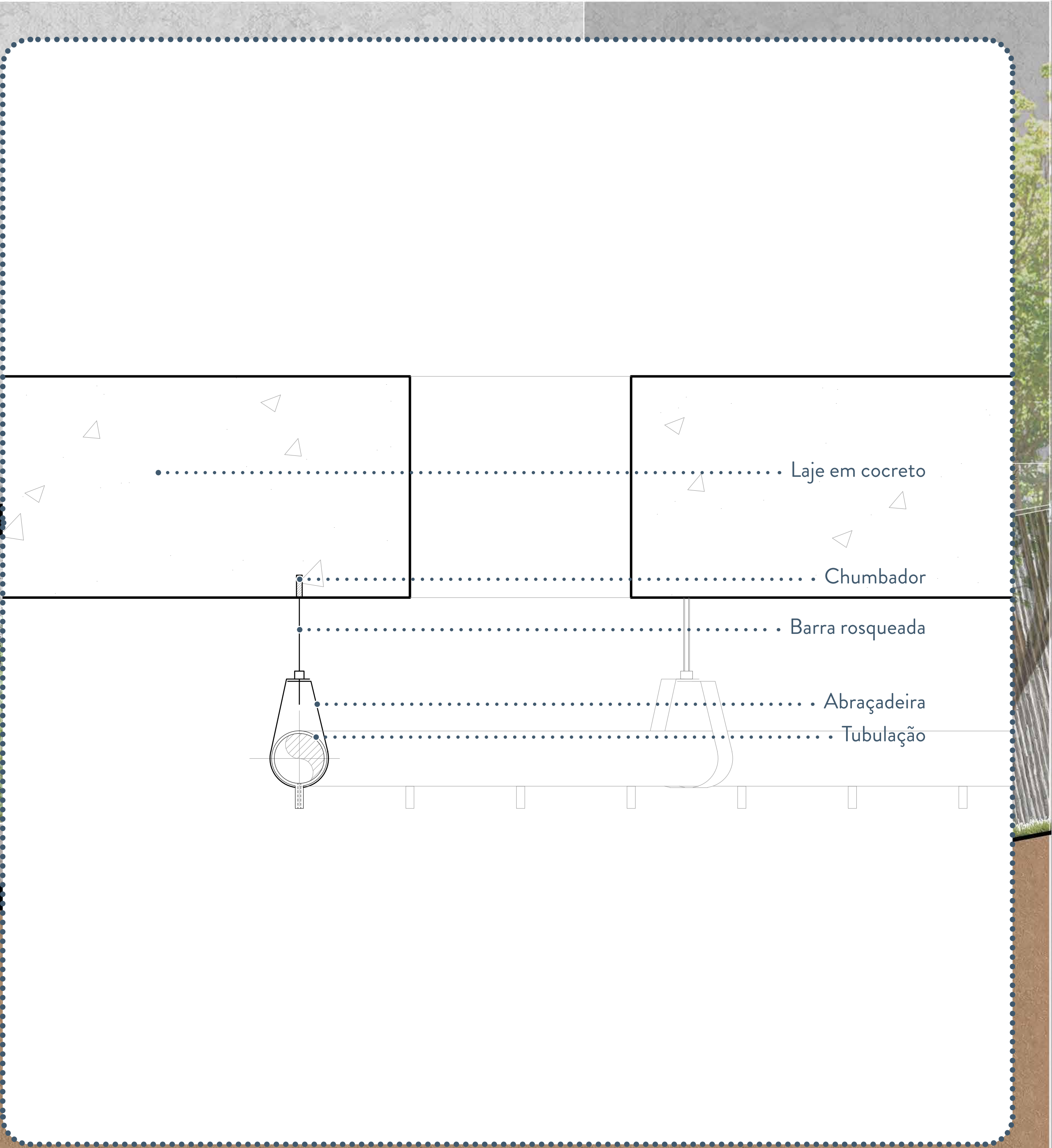
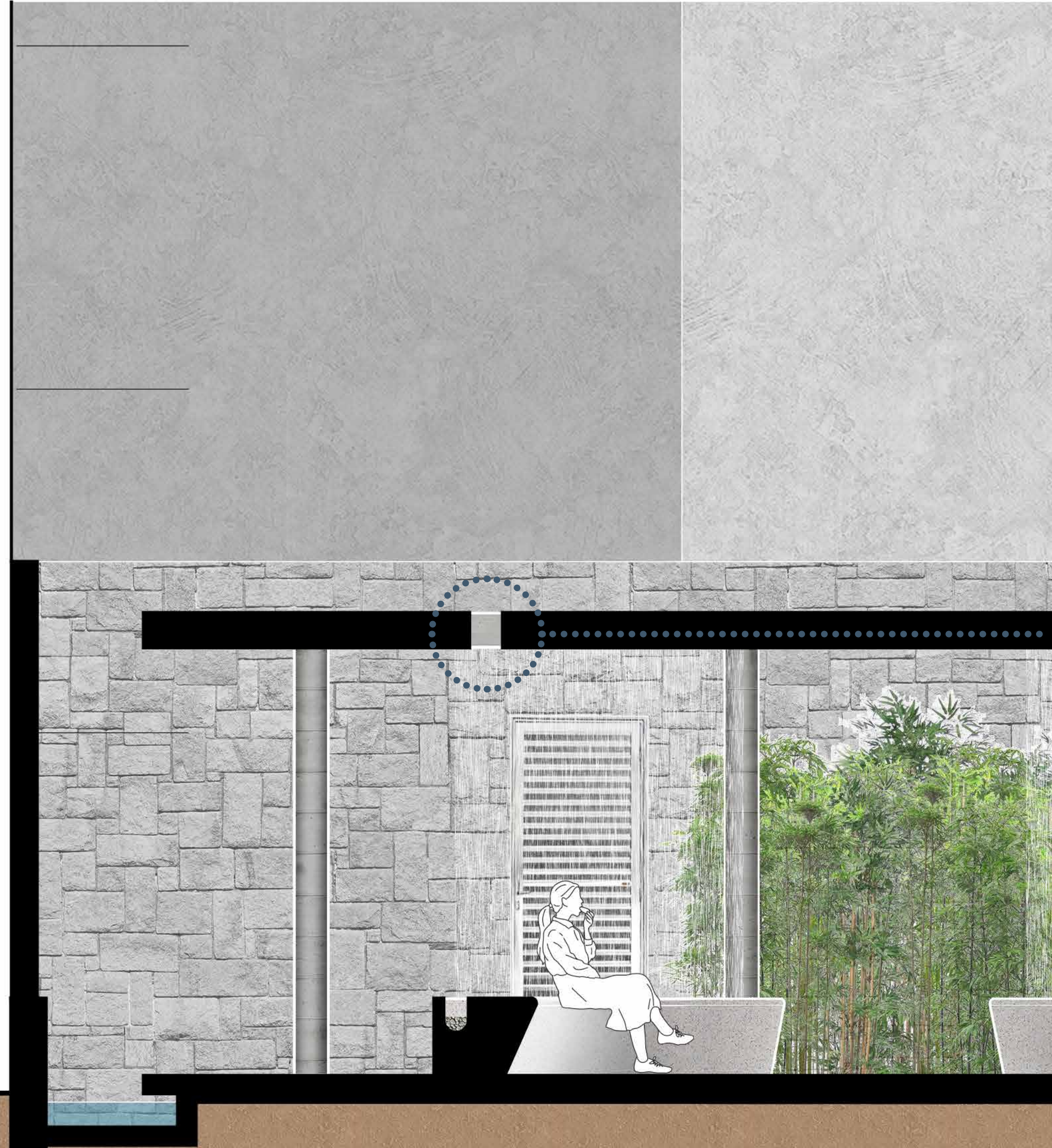
ESCALA GRÁFICA



+ 6,00 m

+ 4,00 m

+ 2,00 m



Audição
Detalhe

+ 6,00 m

+ 4,00 m

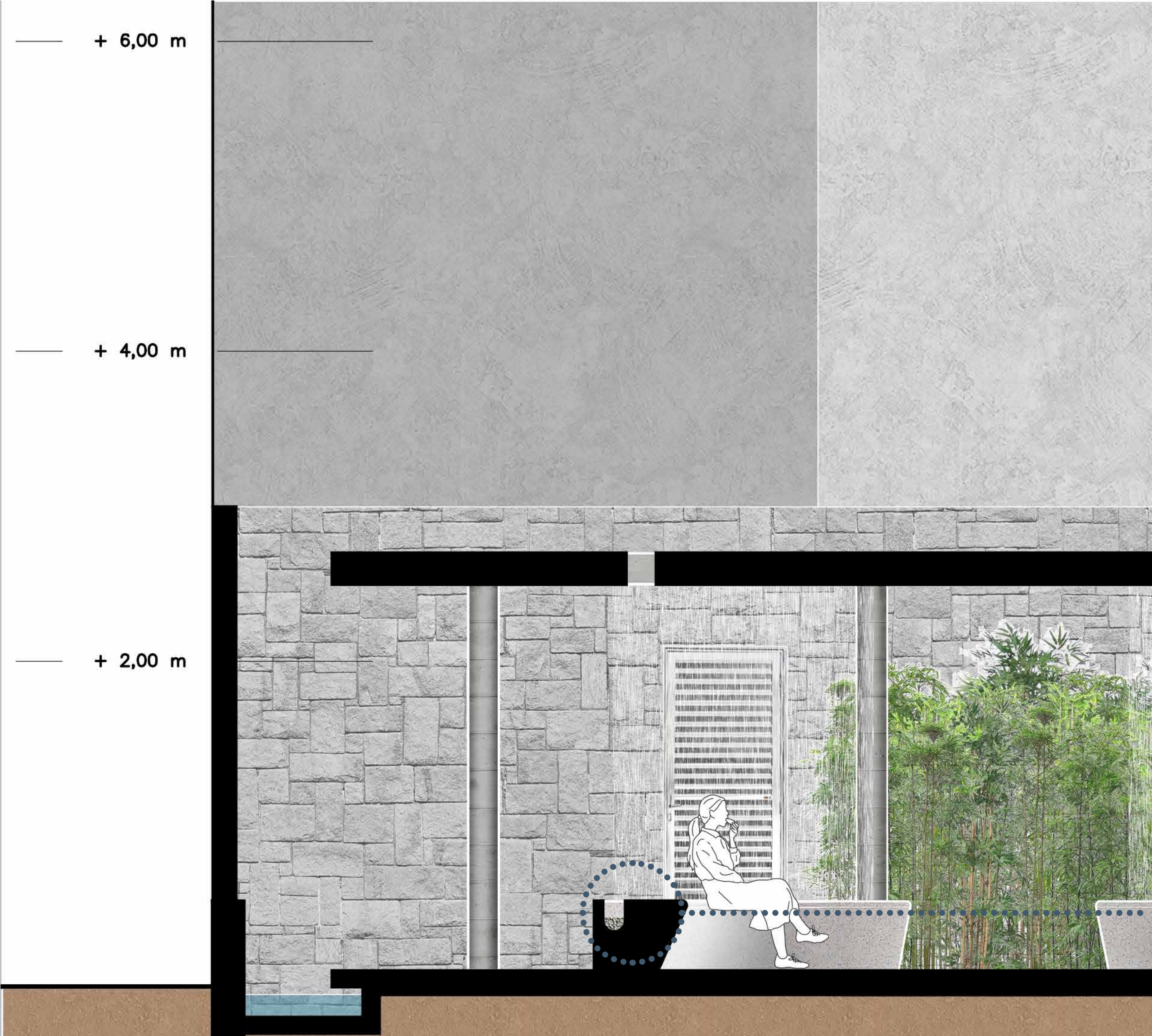
+ 2,00 m



Audição
Corte

ESCALA GRÁFICA

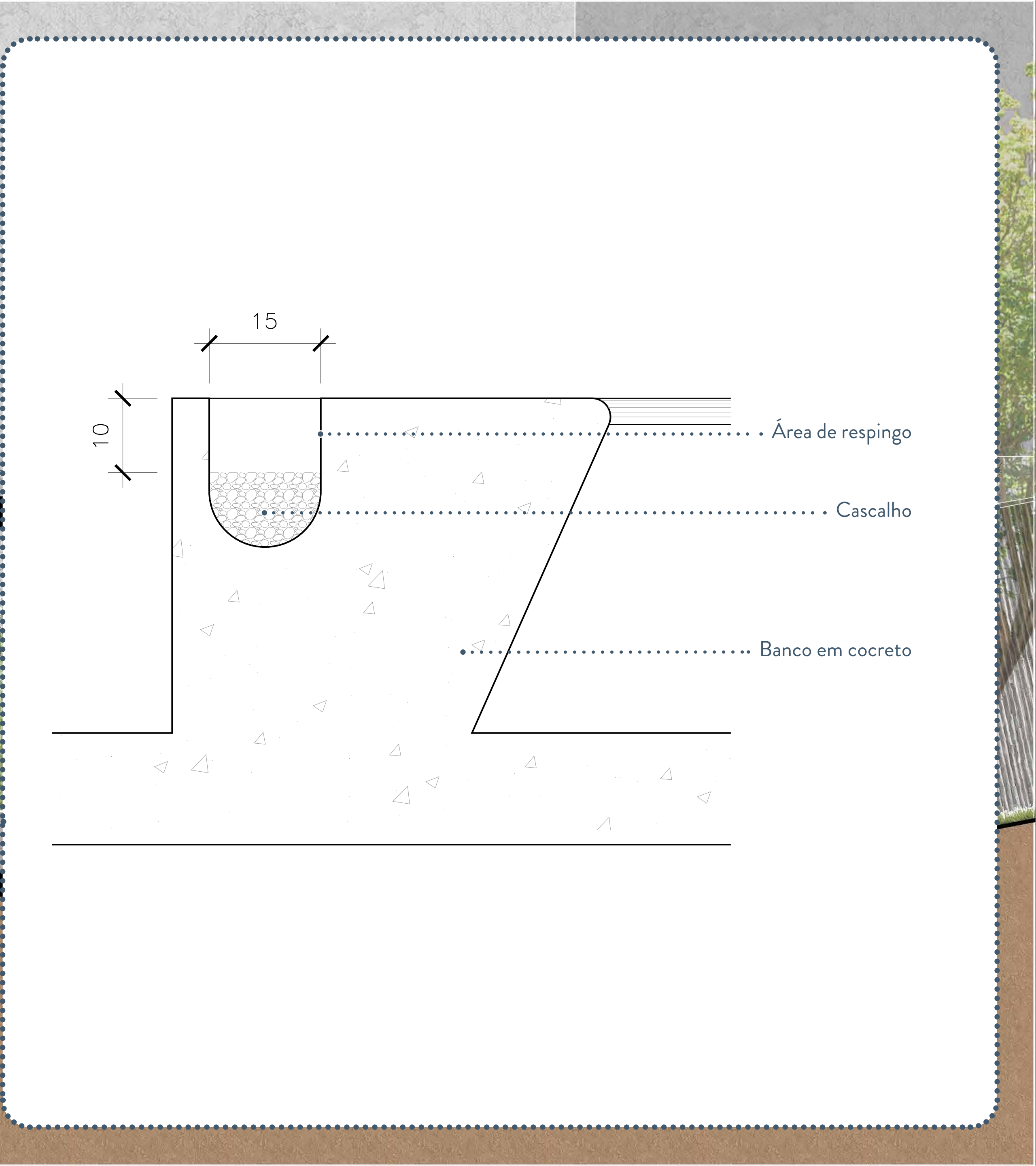




+ 6,00 m

+ 4,00 m

+ 2,00 m



Audição
Detalhe

+ 6,00 m

+ 4,00 m

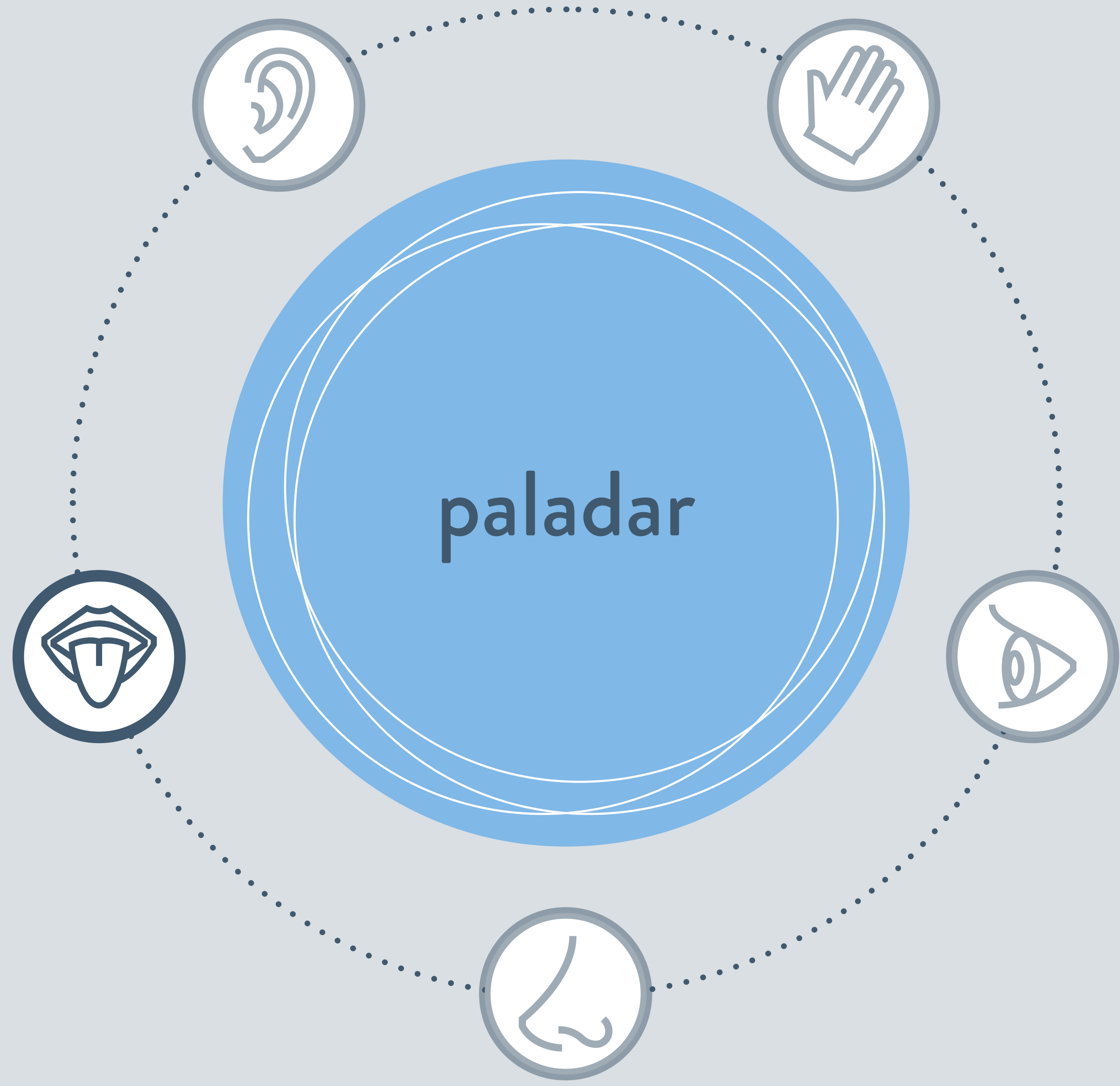
+ 2,00 m



Audição
Corte

ESCALA GRÁFICA

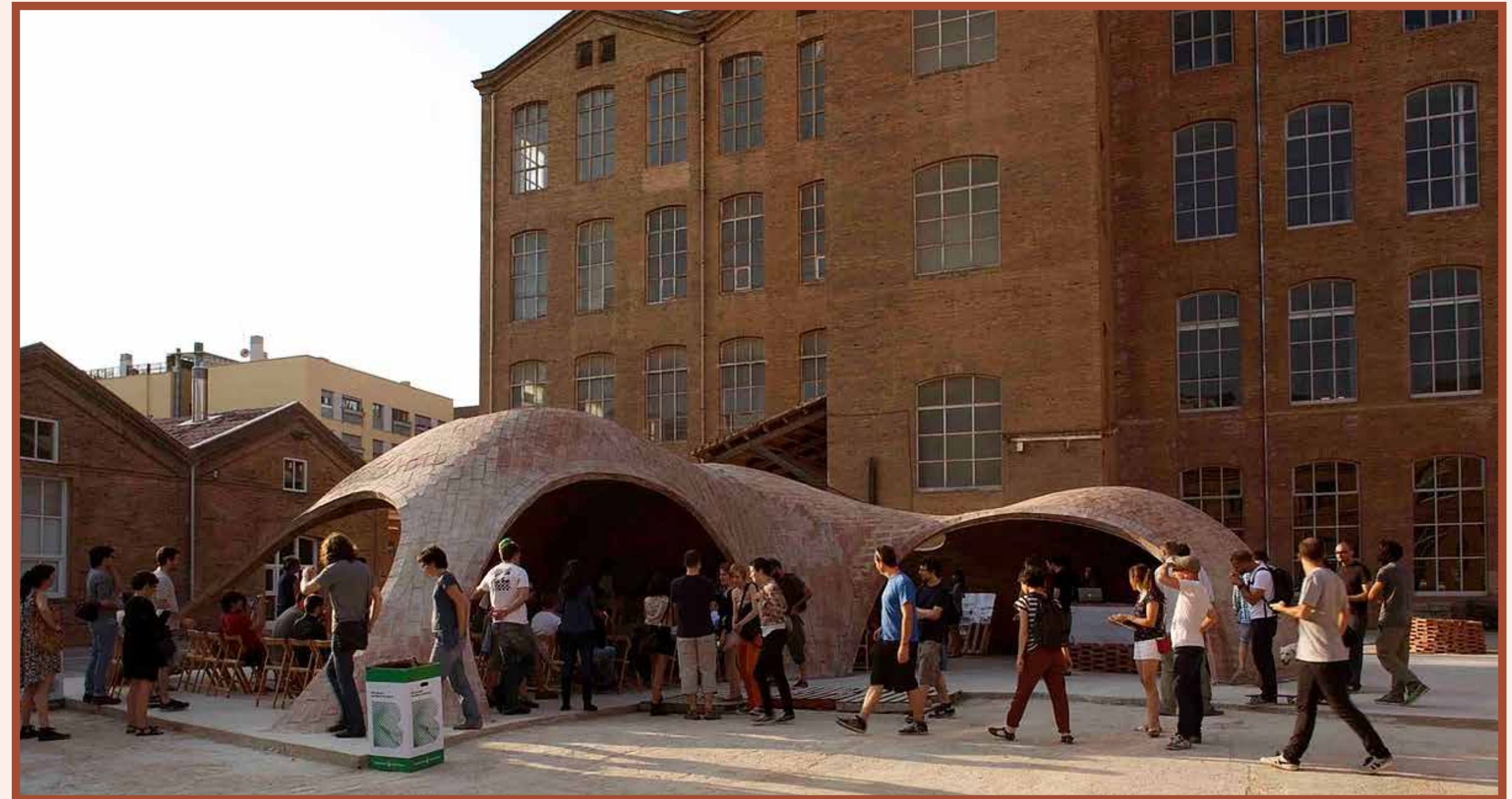
0 0.50 1 1.50 m

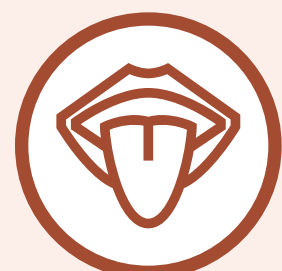
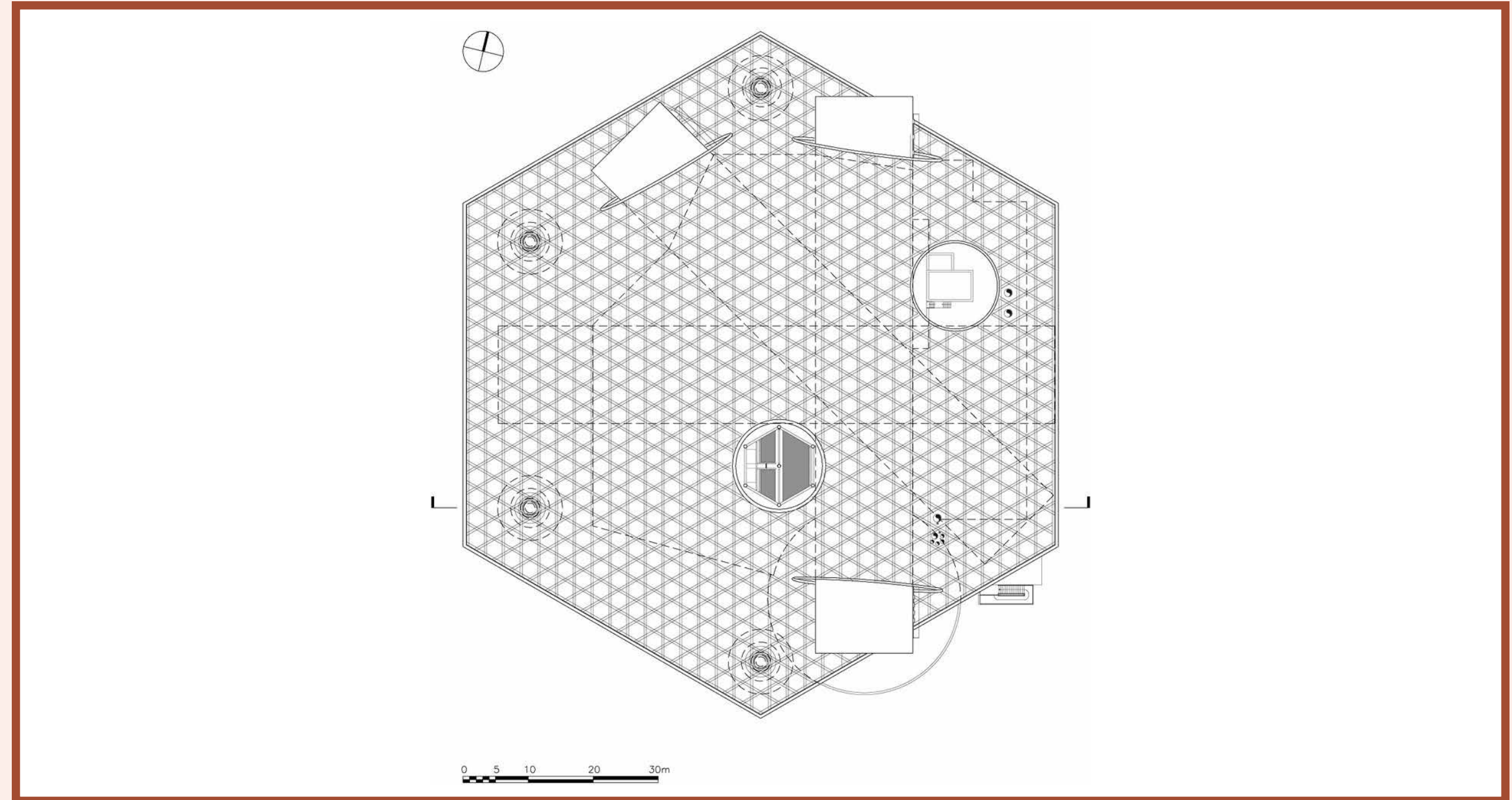












Centre Pompidou-Metz
Shigeru Ban Architects
Metz, França



Paladar
Vista superior



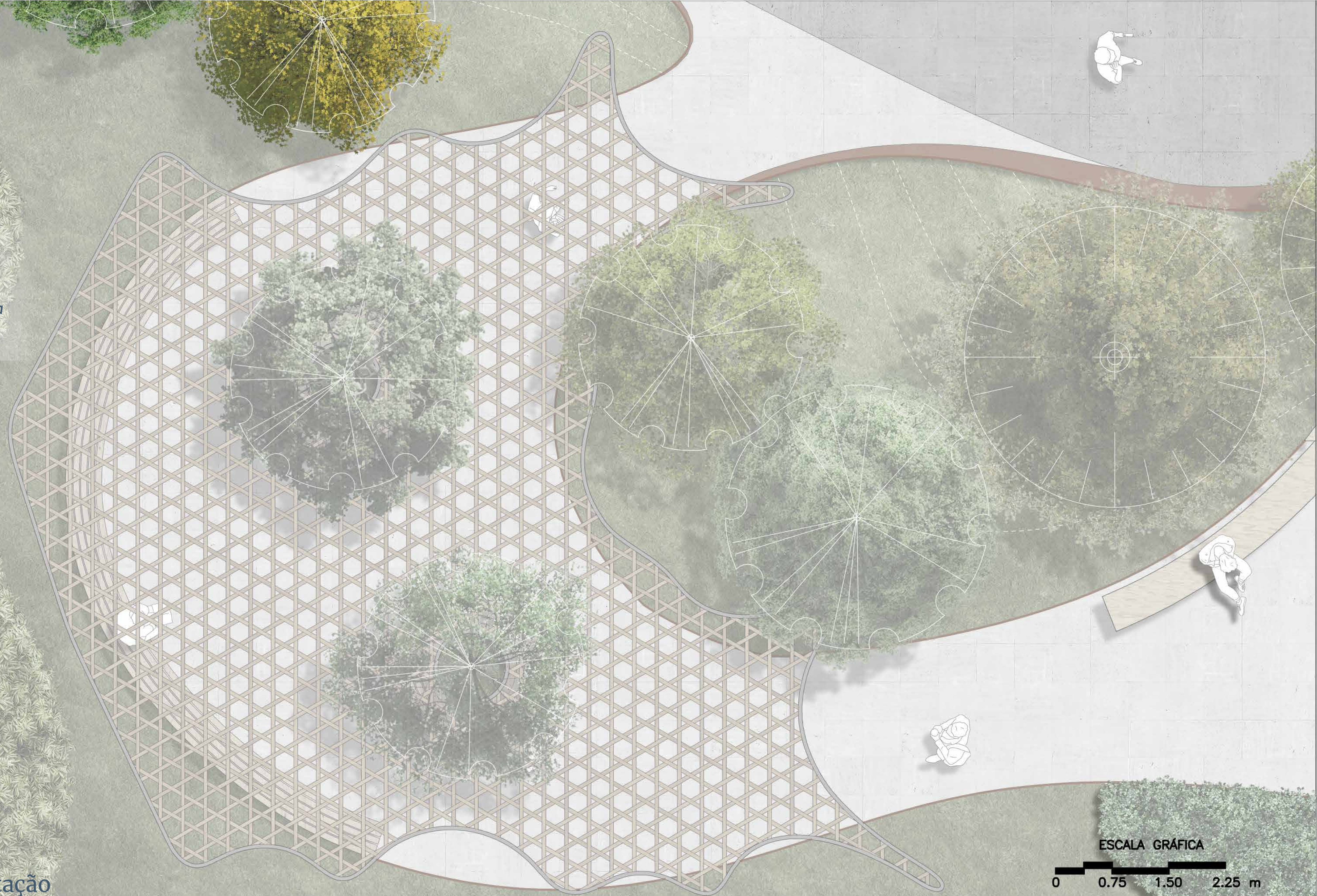
ESCALA GRÁFICA
0 0.75 1.50 2.25 m



Goiabeira
Psidium guajava



Paladar
Vista superior - Vegetação

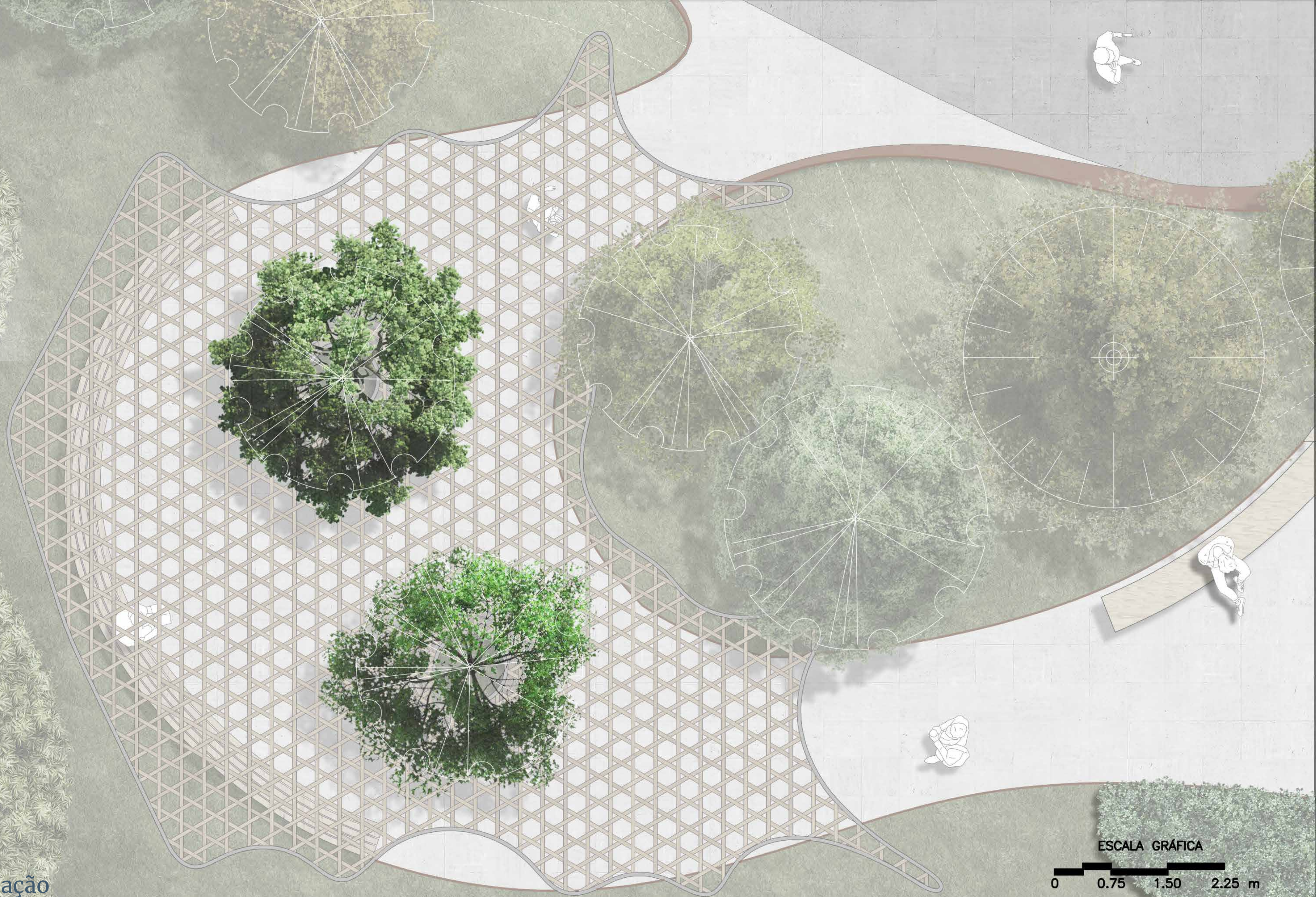




Jaboticabeira
Plinia cauliflora



Paladar
Vista superior - Vegetação



ESCALA GRÁFICA





Pitangueira
Eugenia uniflora



Paladar
Vista superior - Vegetação



ESCALA GRÁFICA





Paladar
Planta

ESCALA GRÁFICA
0 0.75 1.50 2.25 m

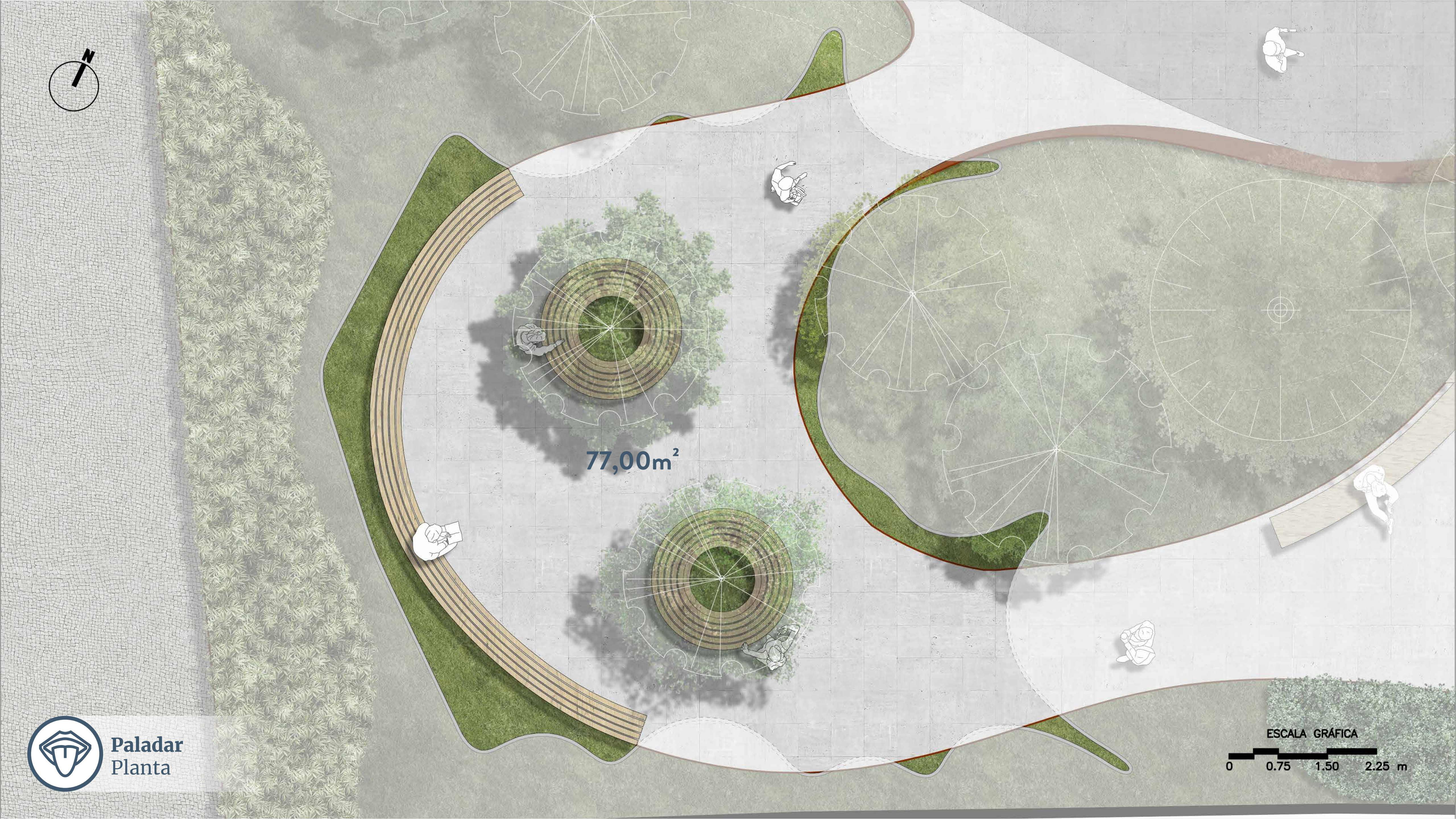




**Paladar
Planta**

77,00m²

ESCALA GRÁFICA





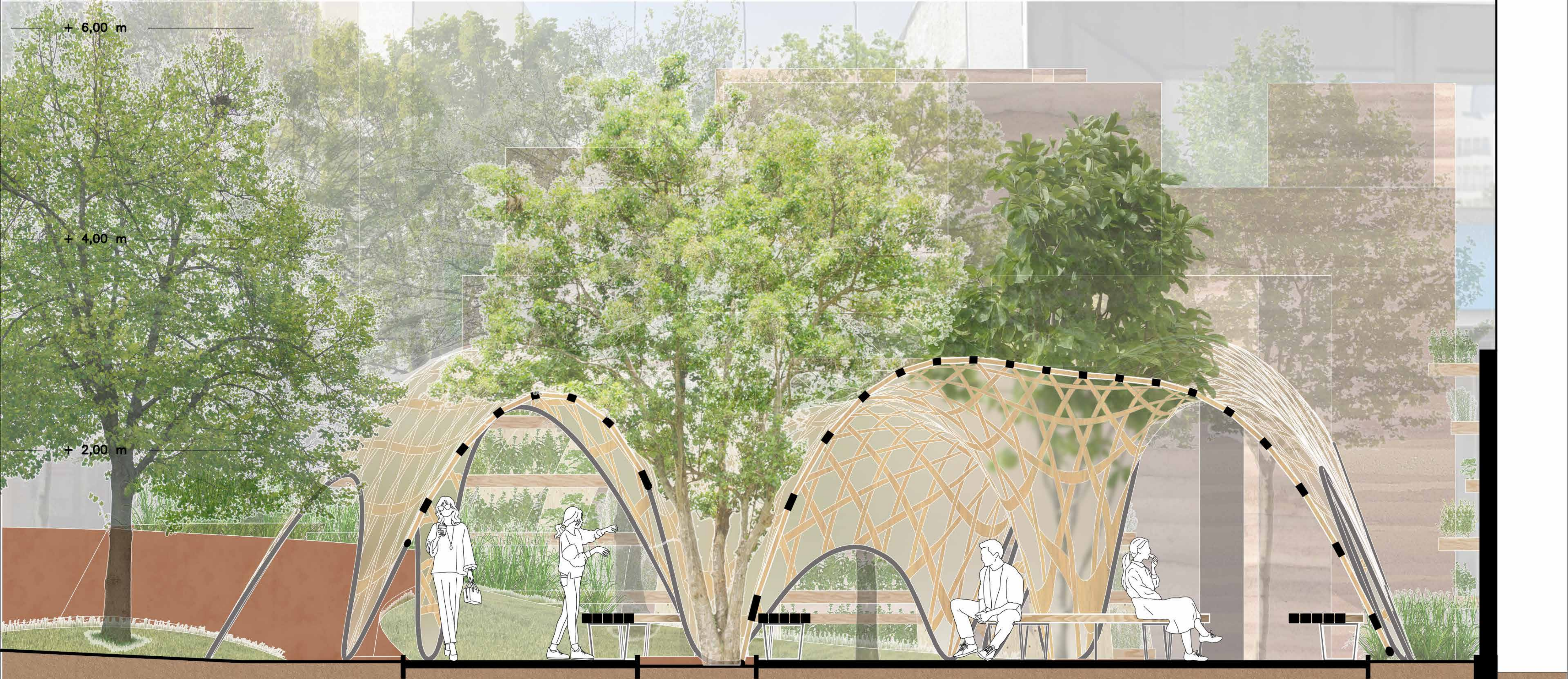
Paladar
Planta



+ 6,00 m

+ 4,00 m

+ 2,00 m



Paladar
Corte

ESCALA GRÁFICA



+ 6,00 m

+ 4,00 m

+ 2,00 m

Chapa de policarbonato
alveolar transparente

Laminado de bambu
2,5x5 cm

Tubo de aço galvanizado 2"

+ 6,00 m

+ 4,00 m

+ 2,00 m

Laminado de bambu
8x8 cm

Tubo retangular
35x25 mm galvanizado



Paladar
Corte

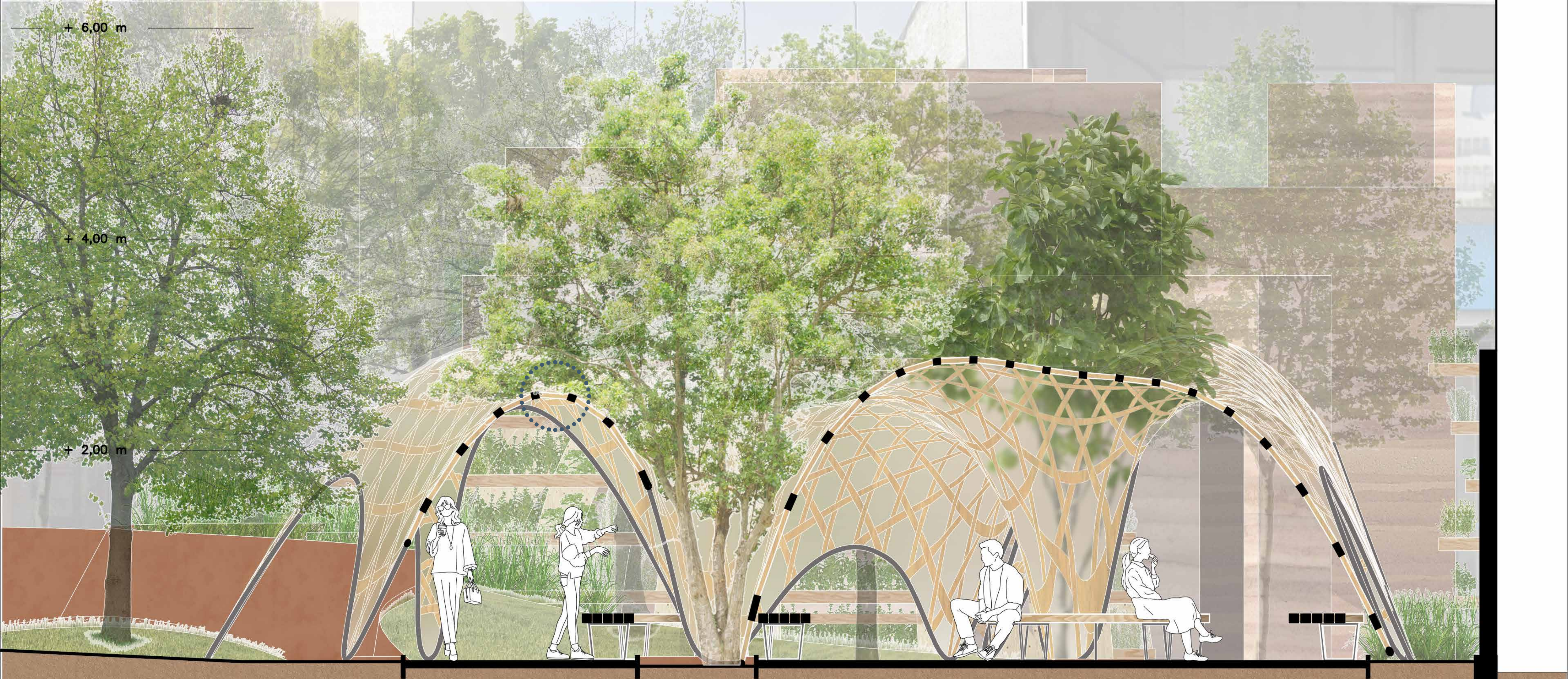
ESCALA GRÁFICA



+ 6,00 m

+ 4,00 m

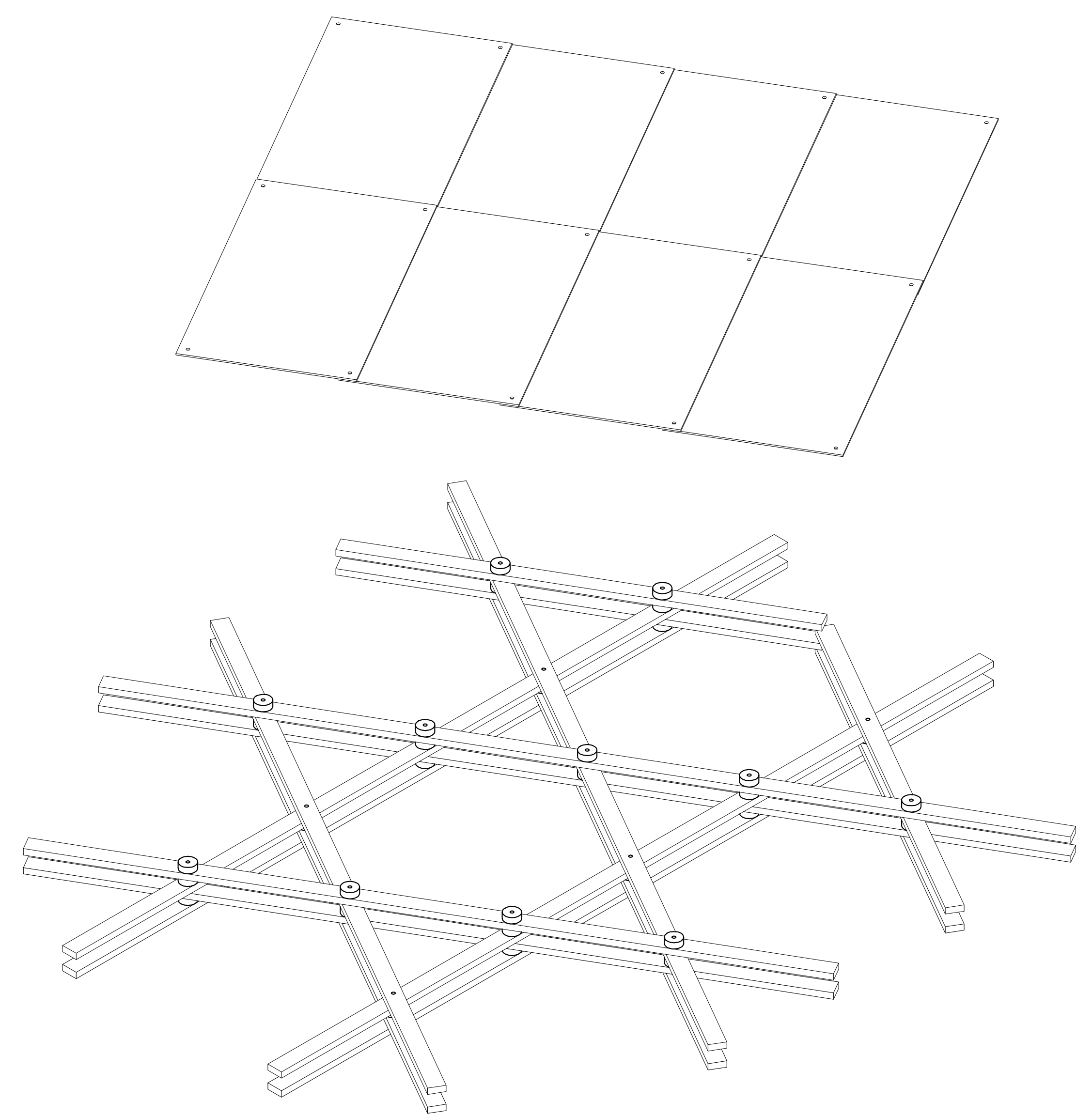
+ 2,00 m

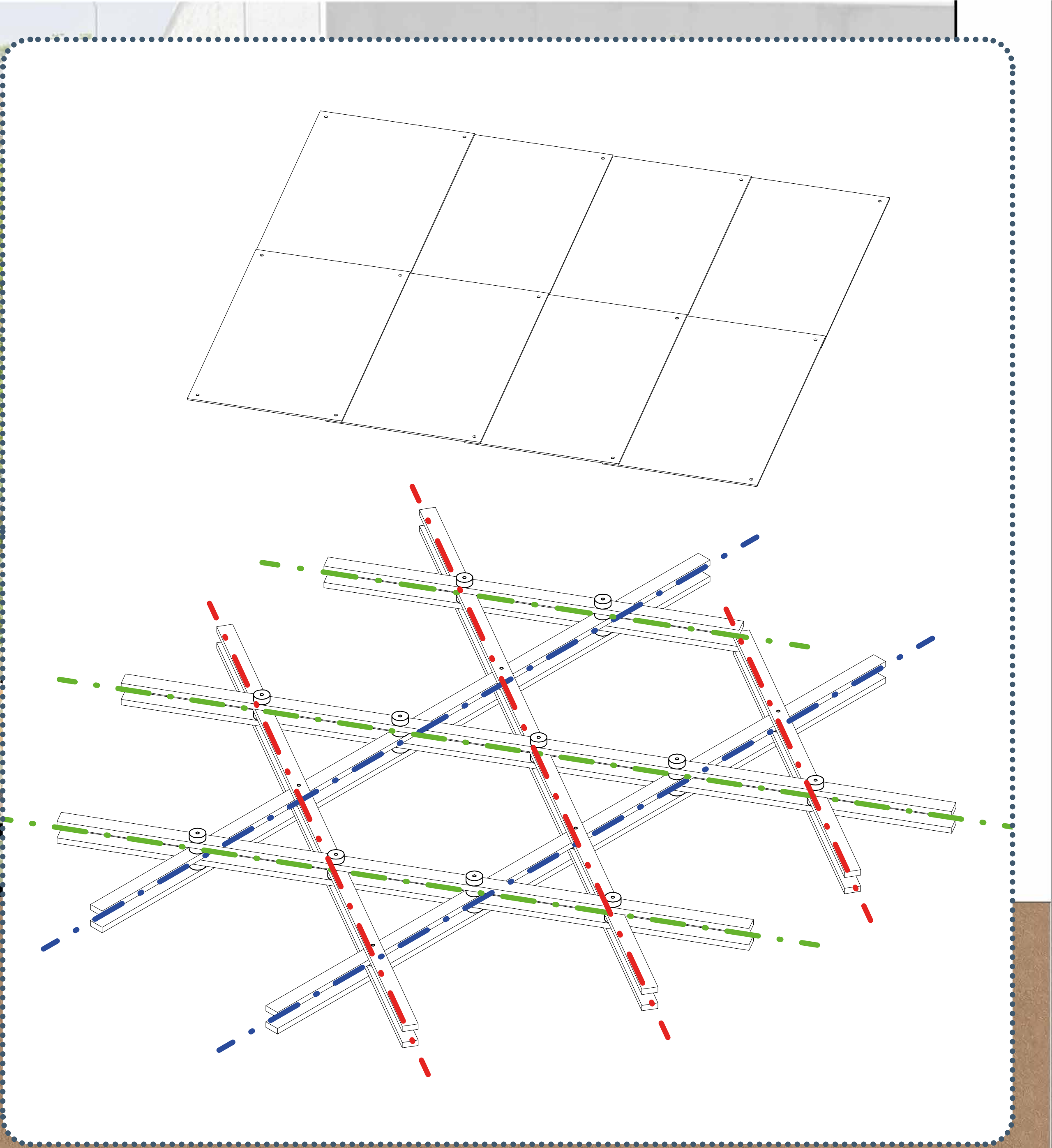


Paladar
Corte

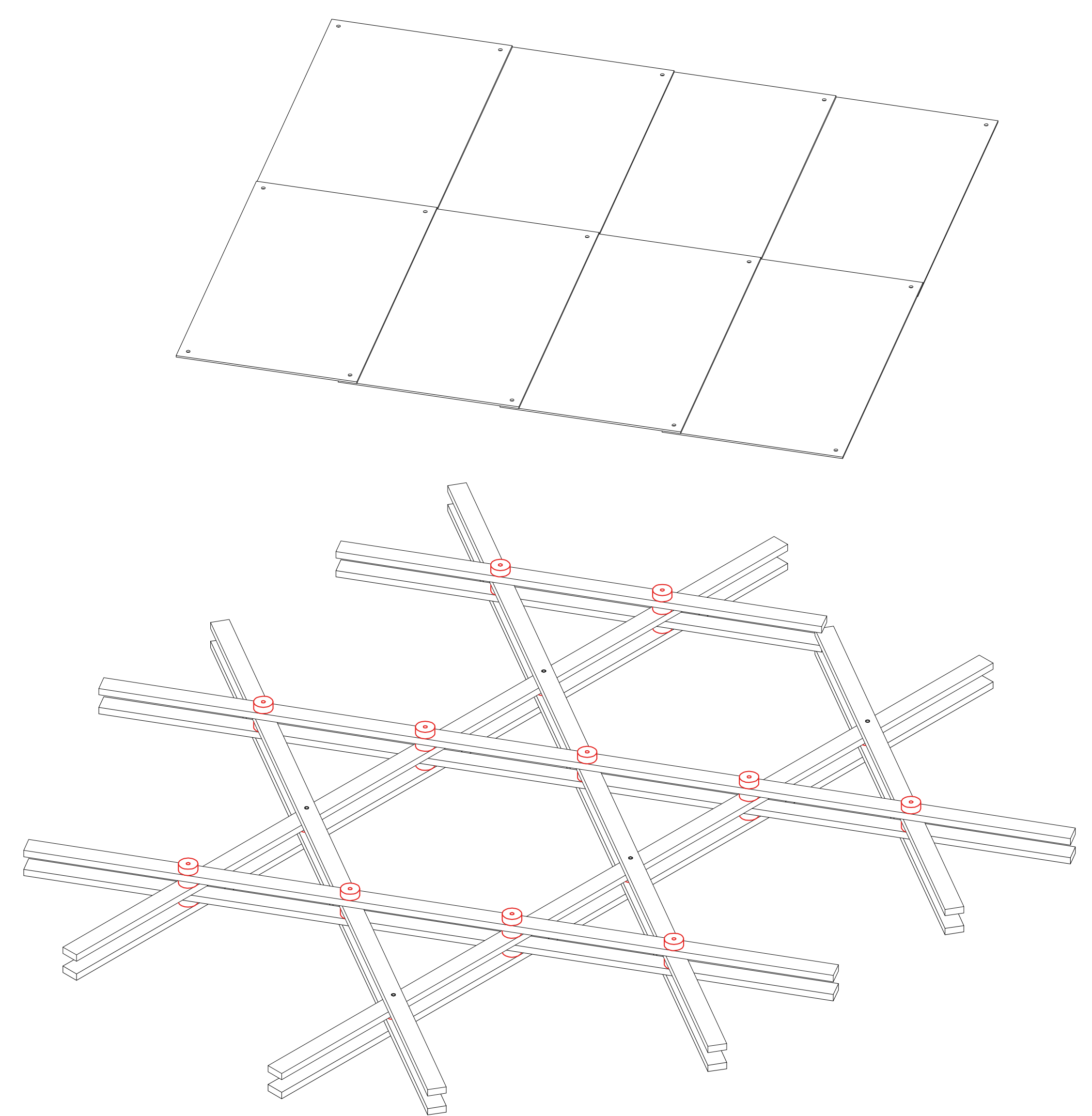
ESCALA GRÁFICA

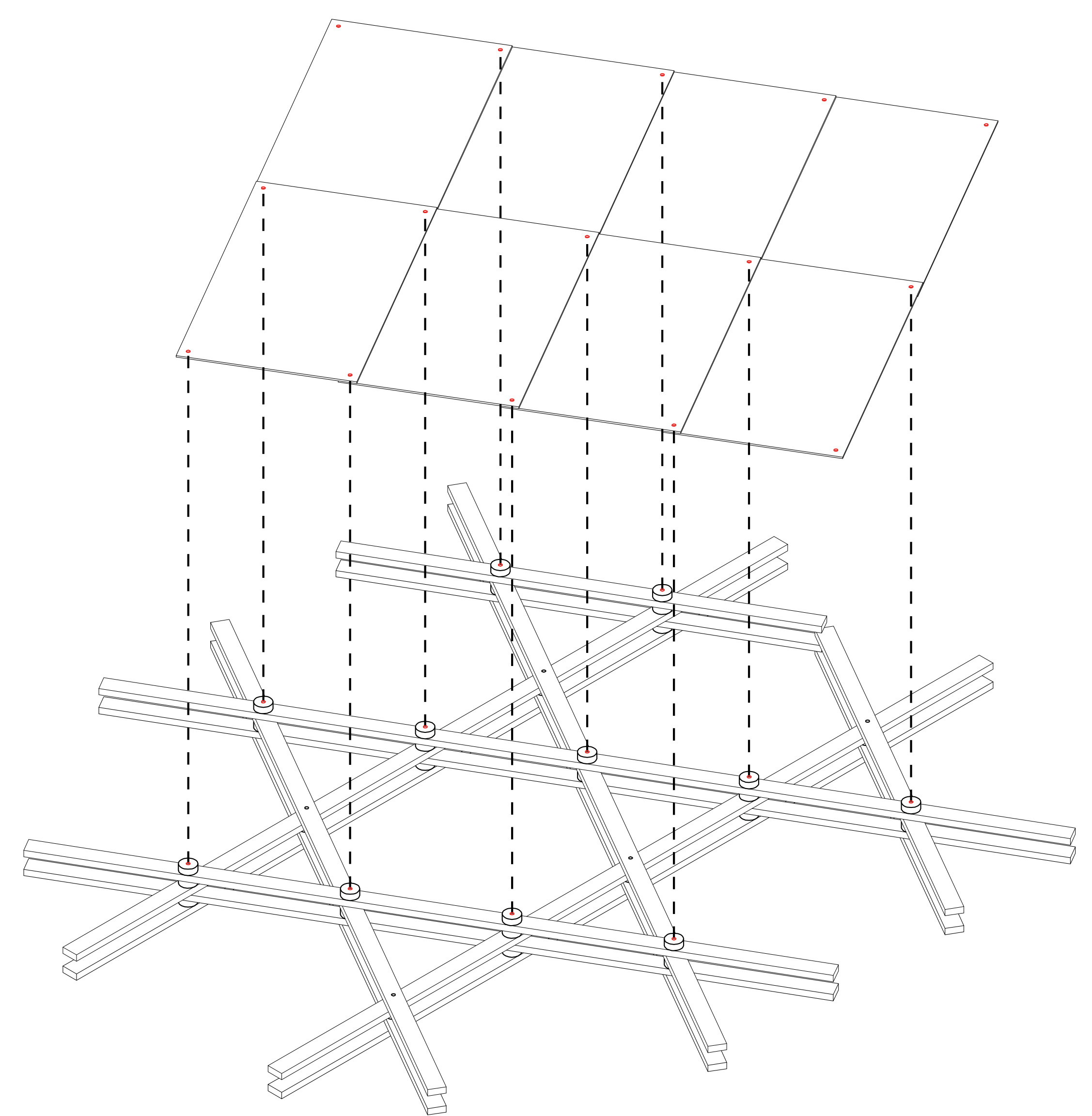


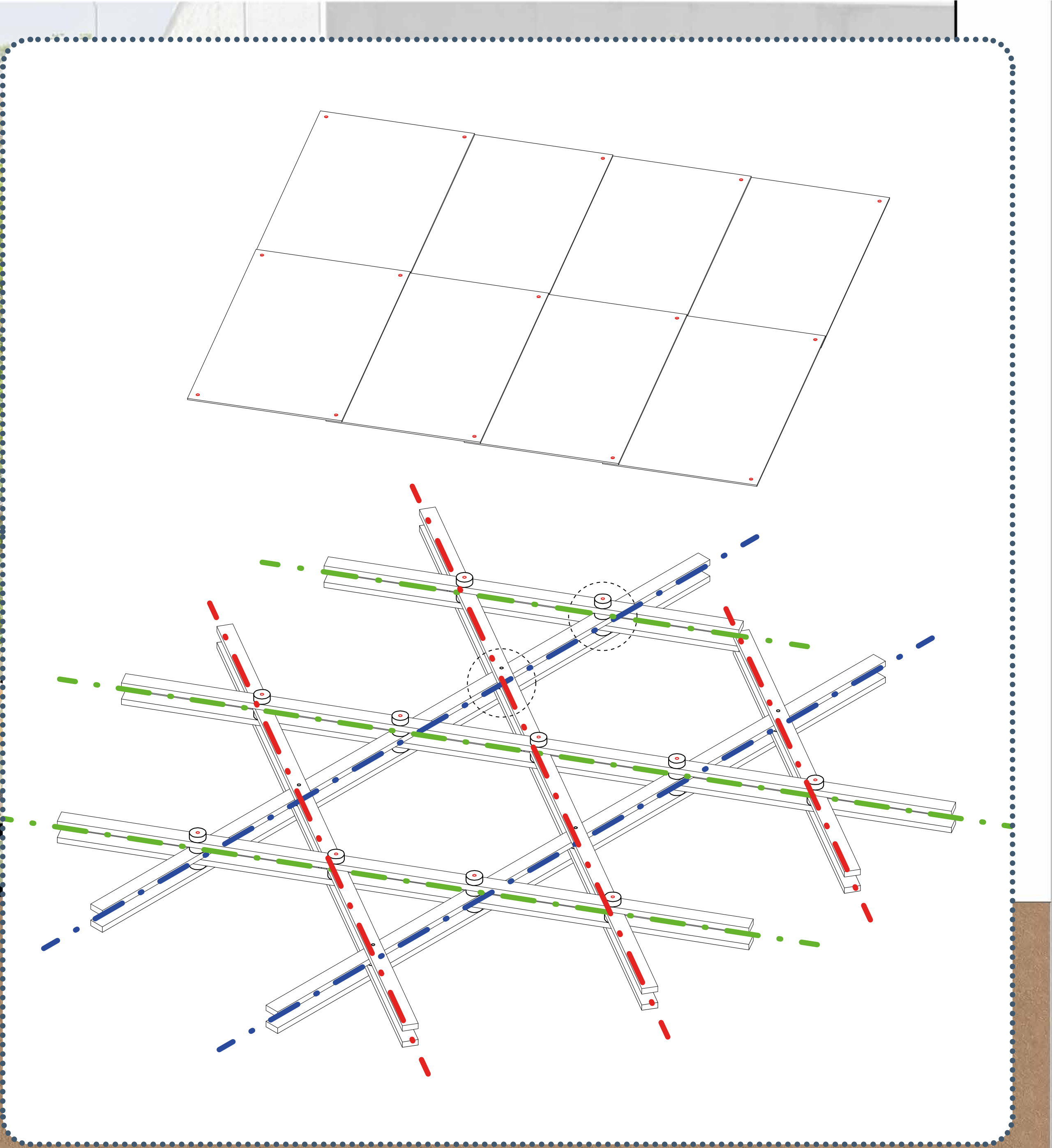




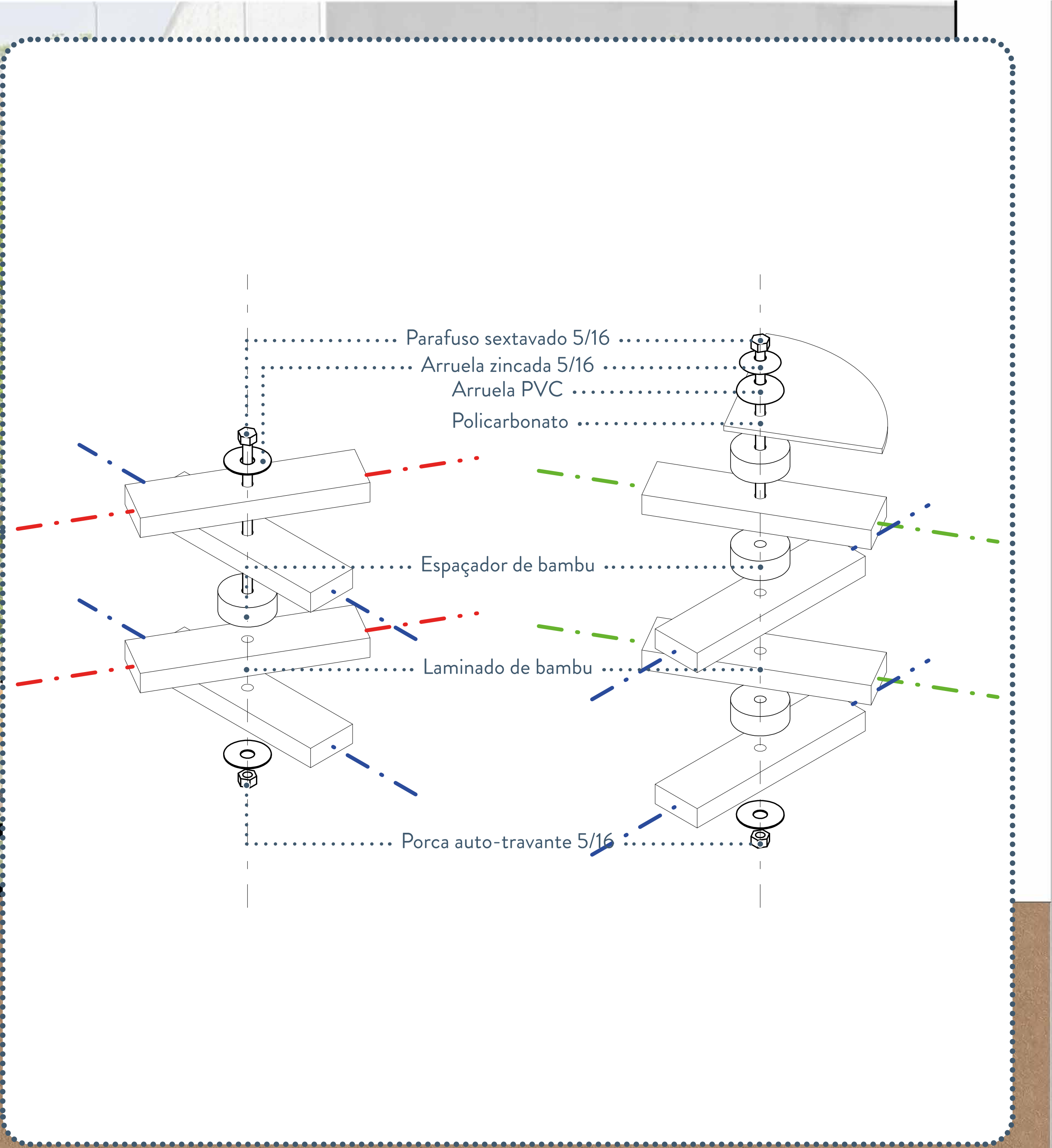
Paladar
Detalhe







Paladar
Detalhe

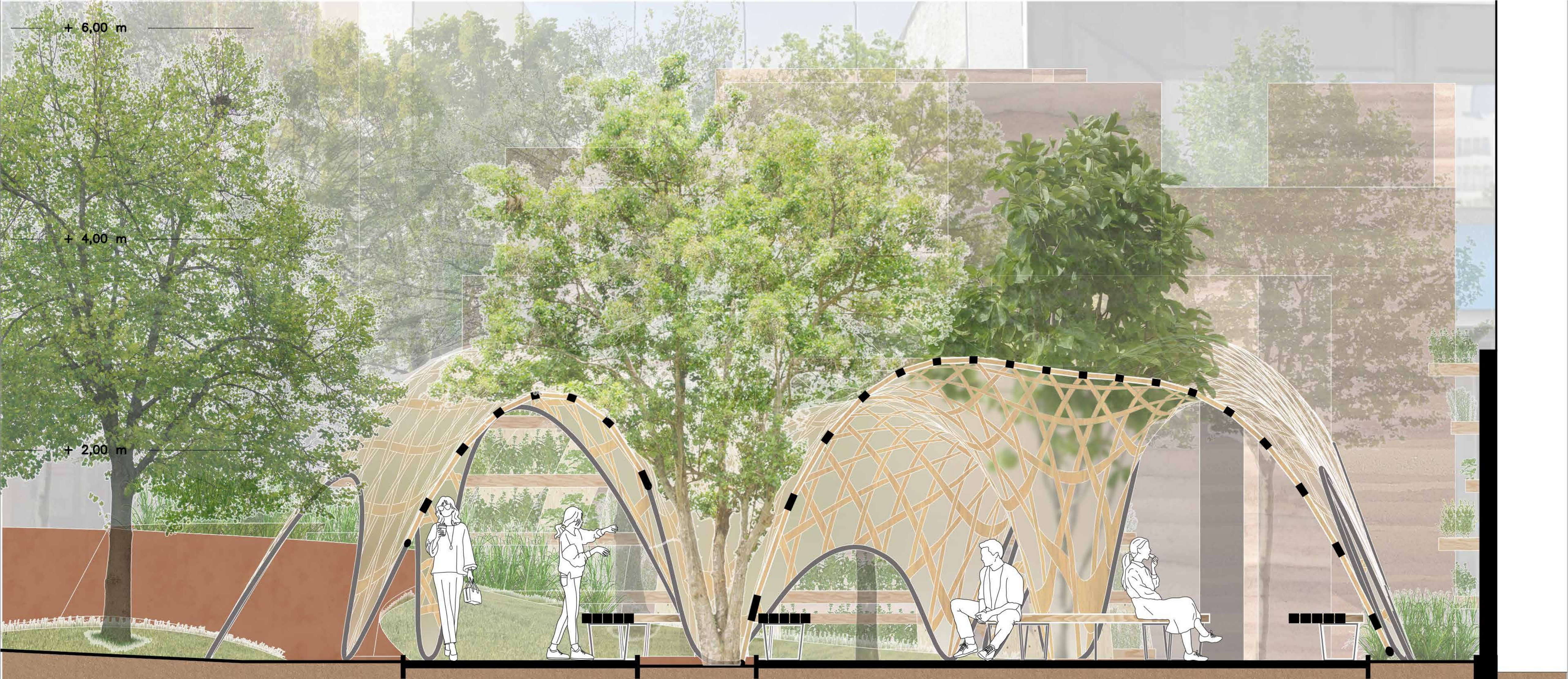


Paladar
Detalhe

+ 6,00 m

+ 4,00 m

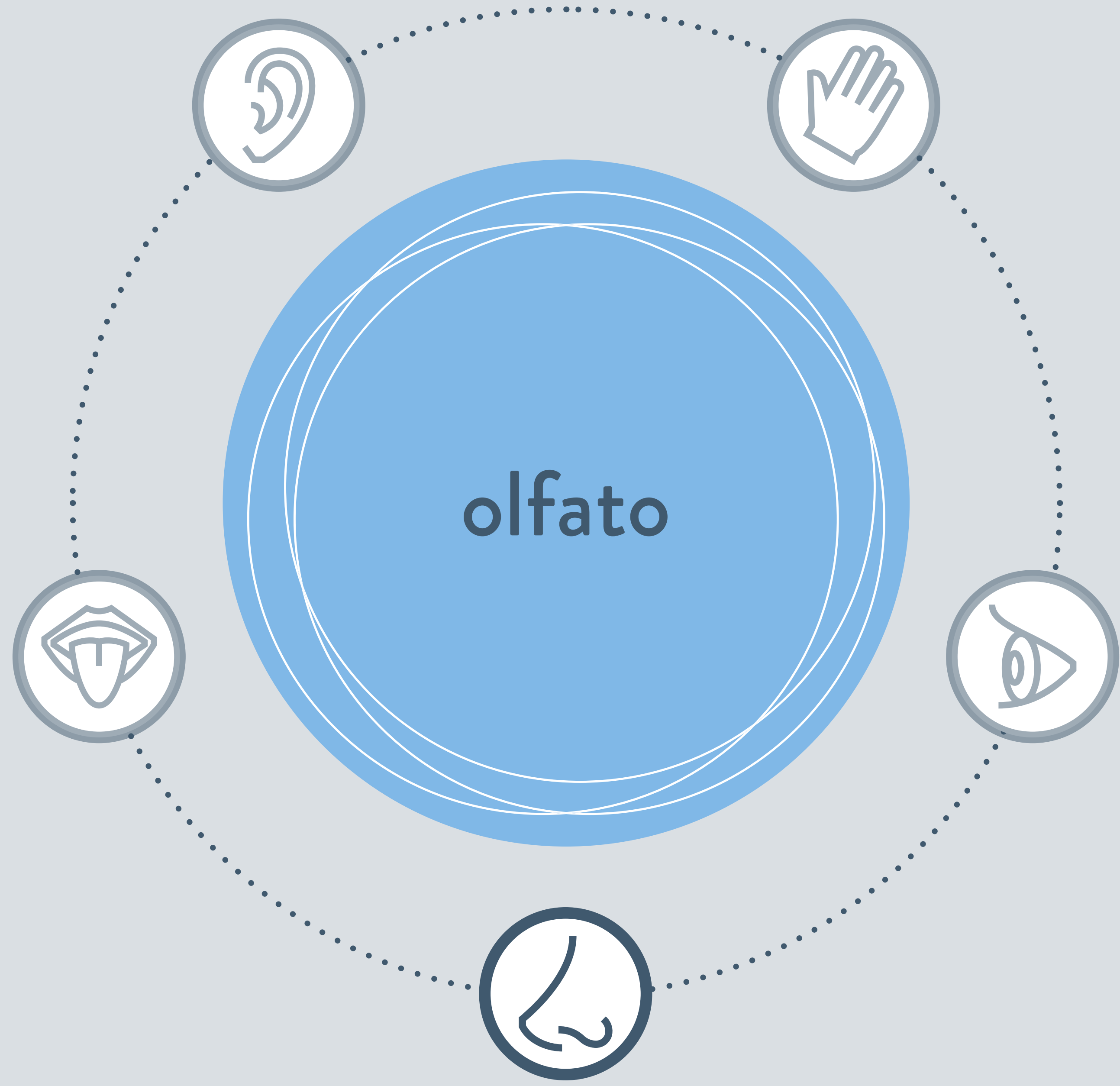
+ 2,00 m



Paladar
Corte

ESCALA GRÁFICA

0 0.50 1 1.50 m











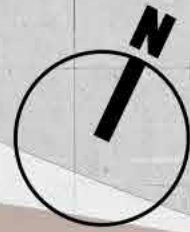
The Growroom
SPACE10





Olfato
Vista superior

ESCALA GRÁFICA
0 0.75 1.50 2.25 m

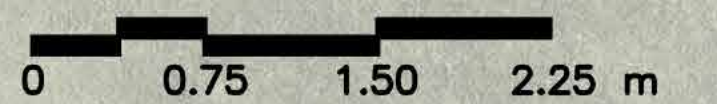


Jasmin
Plumeria rubra



Olfato
Vista superior - Vegetação

ESCALA GRÁFICA



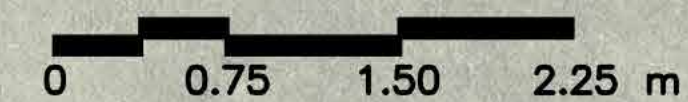


Melissa
Melissa officinalis



Olfato
Vista superior - Vegetação

ESCALA GRÁFICA



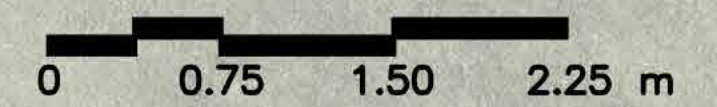


Funcho
Foeniculum vulgare



Olfato
Vista superior - Vegetação

ESCALA GRÁFICA



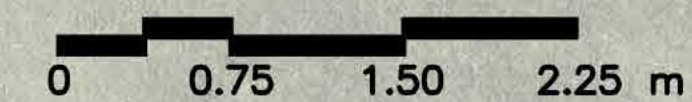


Sálvia
Salvia officinalis



Olfato
Vista superior - Vegetação

ESCALA GRÁFICA





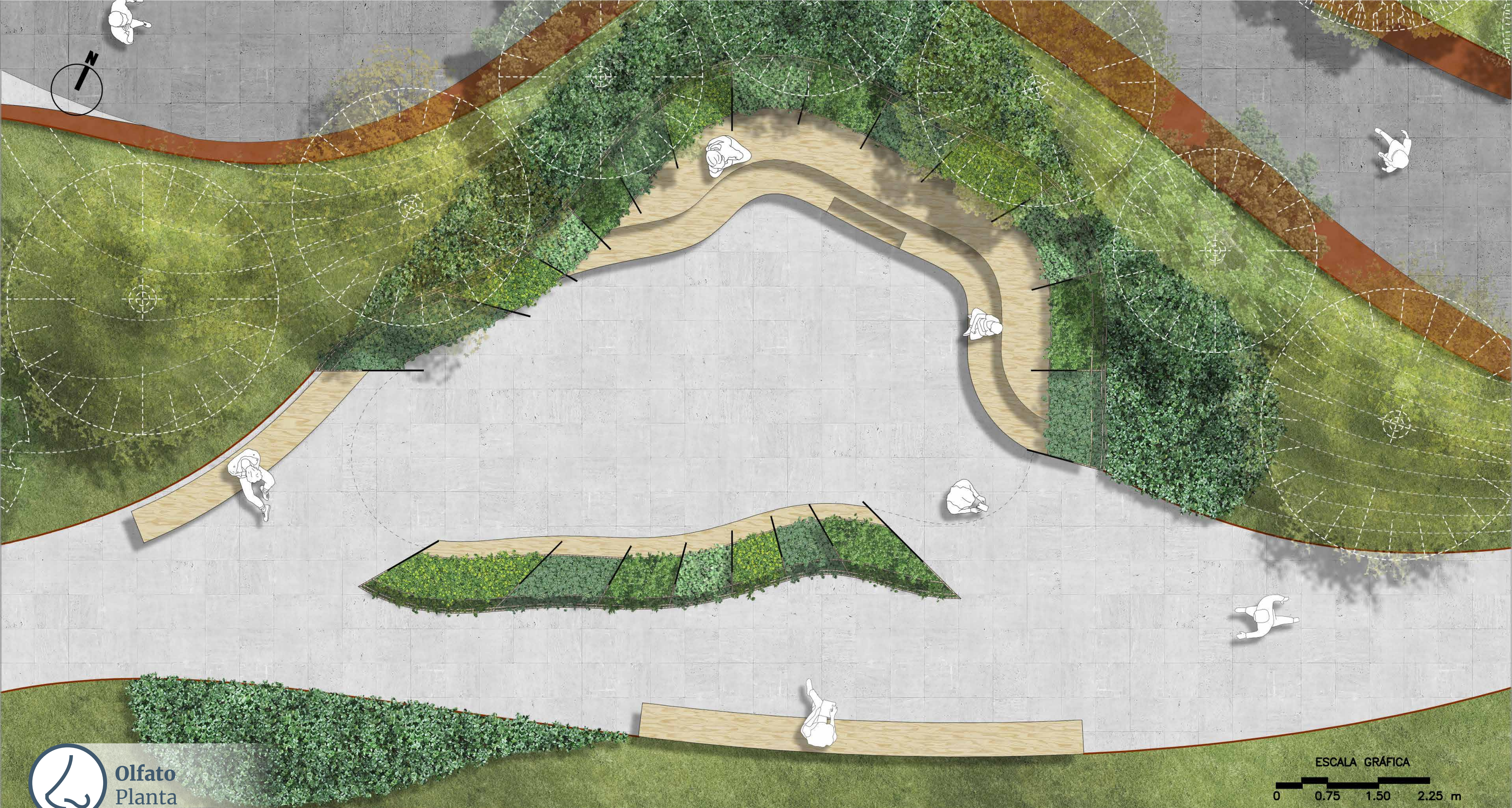
Alecrim
Salvia rosmarinus



Olfato
Vista superior - Vegetação

ESCALA GRÁFICA

0 0.75 1.50 2.25 m



Olfato
Planta

ESCALA GRÁFICA
0 0.75 1.50 2.25 m

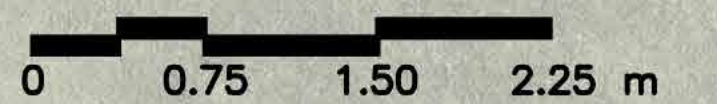


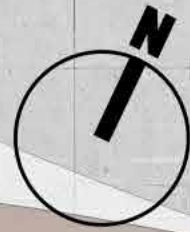
47,50m²



Olfato
Planta

ESCALA GRÁFICA



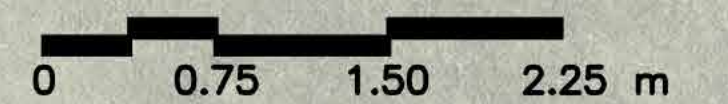


Capim-limão
Cymbopogon citratus



Olfato
Planta - Vegetação

ESCALA GRÁFICA





Olfato
Planta

ESCALA GRÁFICA



+ 6,00 m

+ 4,00 m

+ 2,00 m



Olfato
Corte

ESCALA GRÁFICA

0 0.50 1 1.50 m

+ 6,00 m

+ 4,00 m

+ 2,00 m

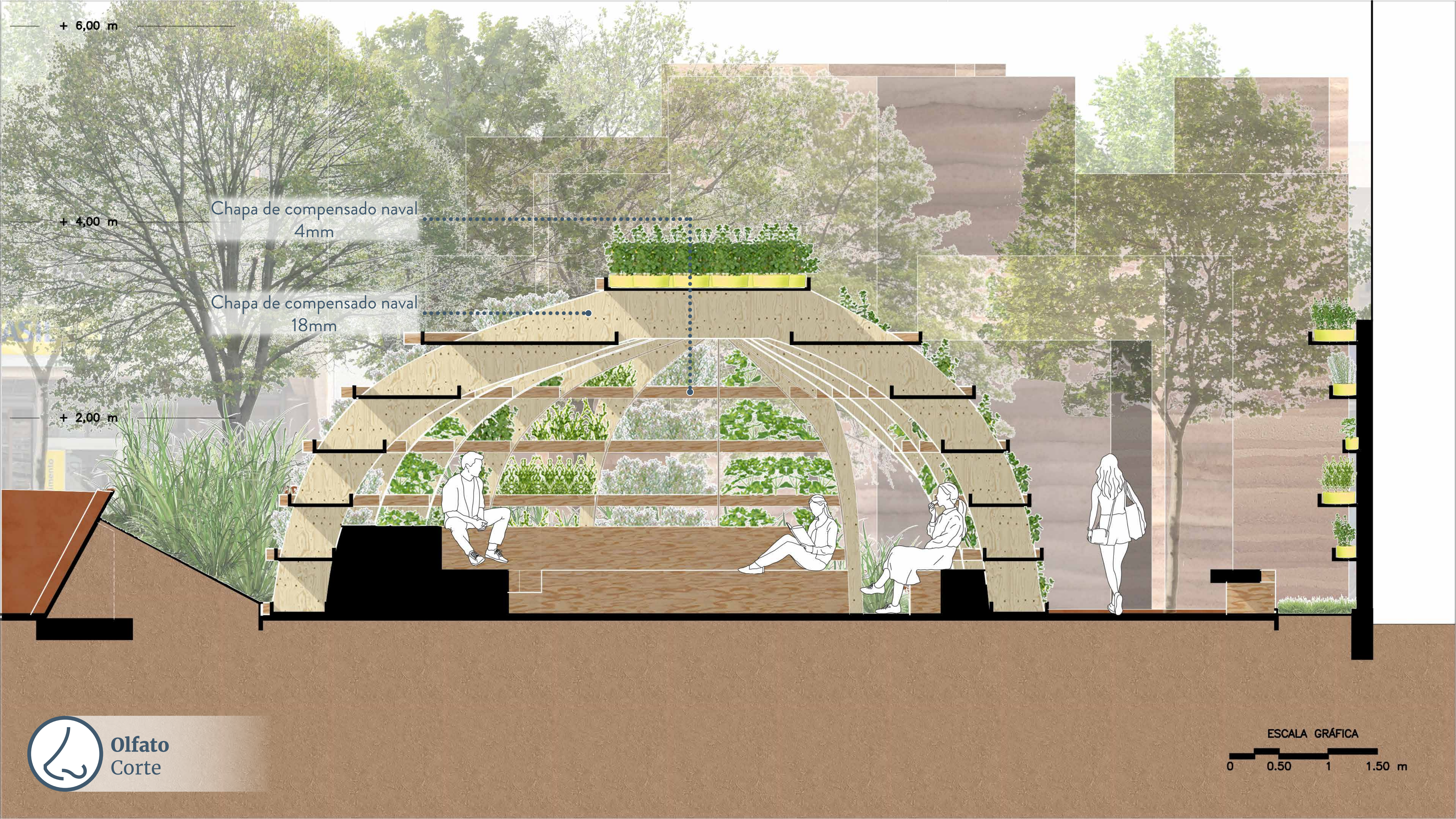
Chapa de compensado naval
4mm

Chapa de compensado naval
18mm



Olfato
Corte

ESCALA GRÁFICA



+ 6,00 m

+ 4,00 m

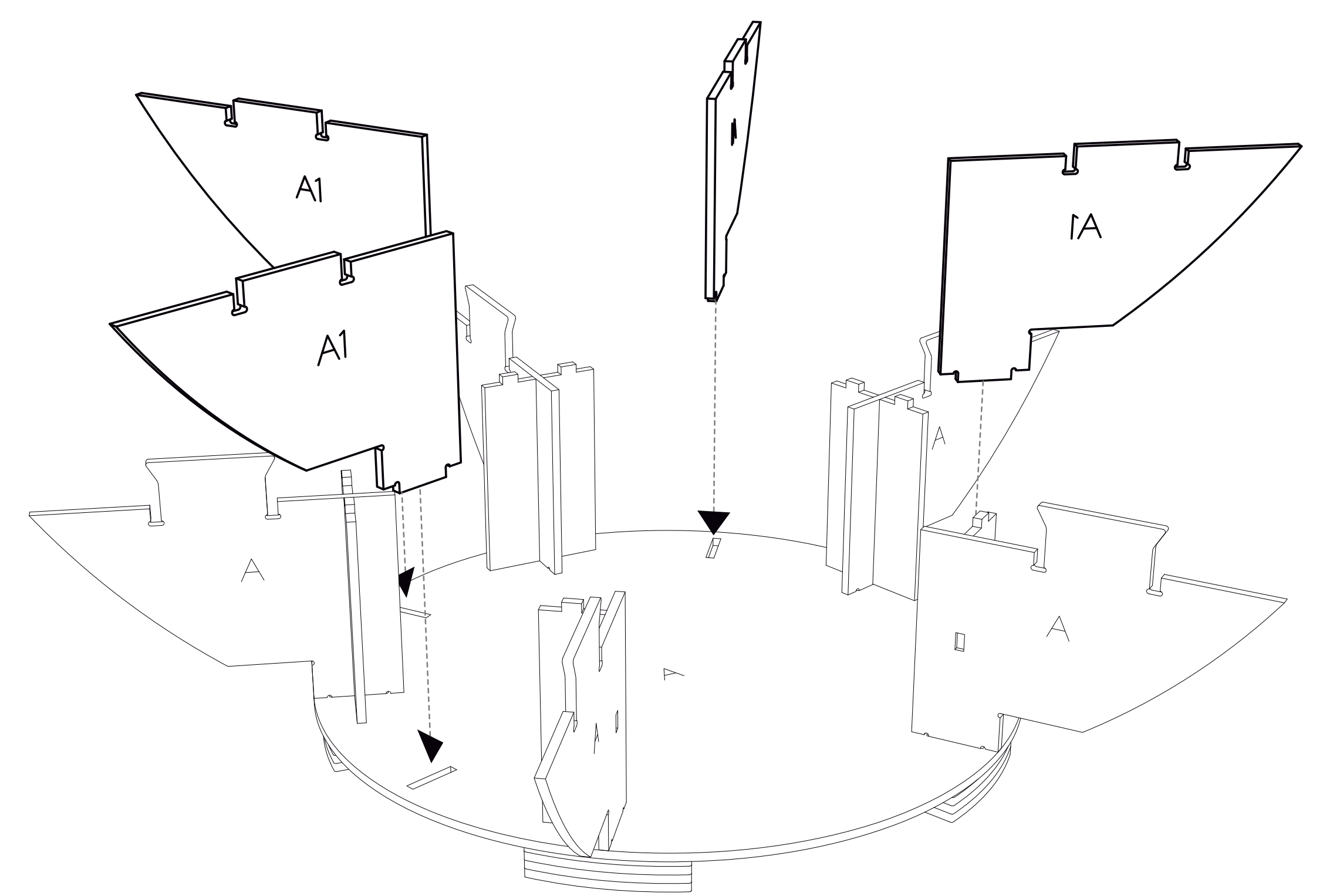
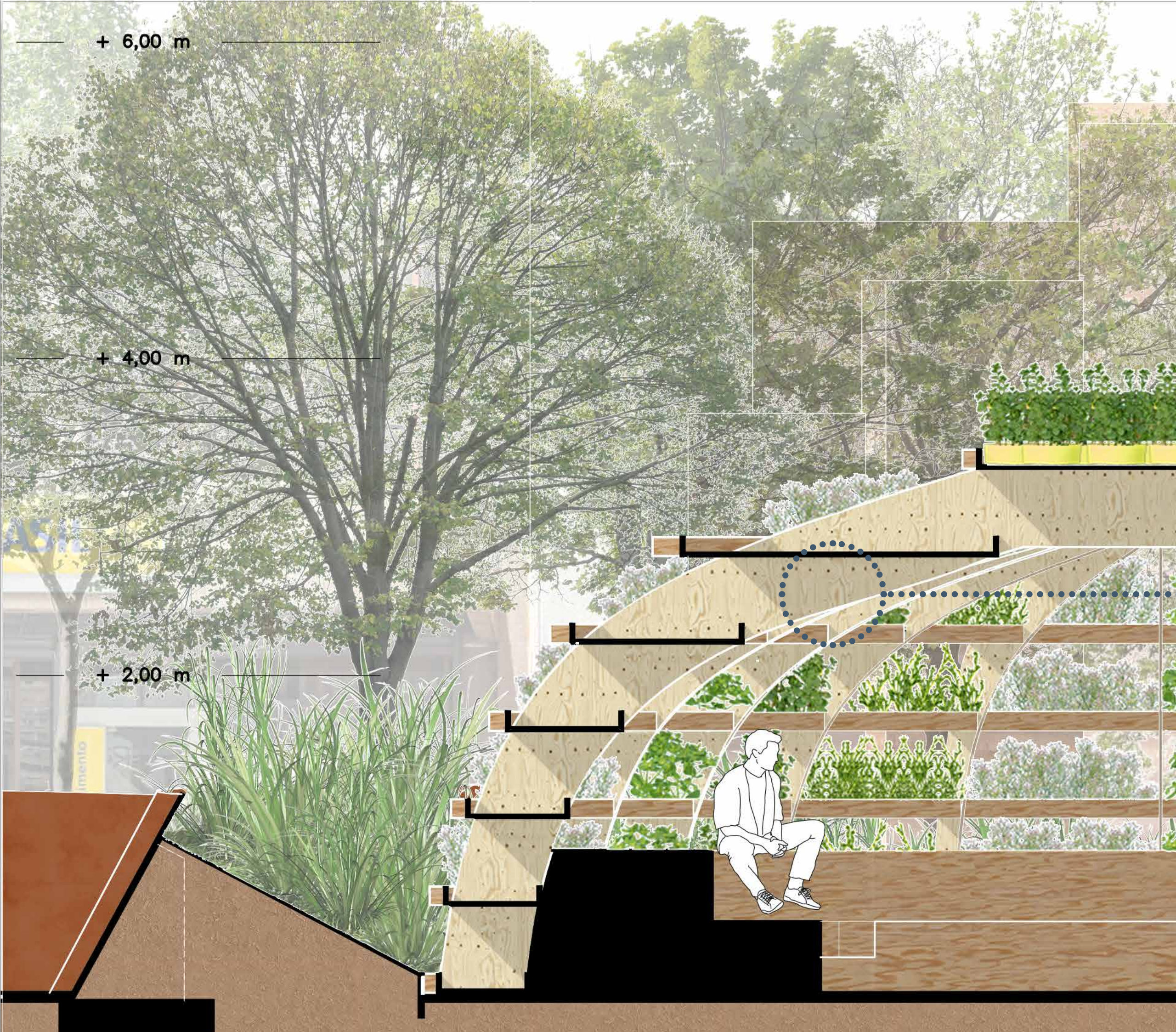
+ 2,00 m

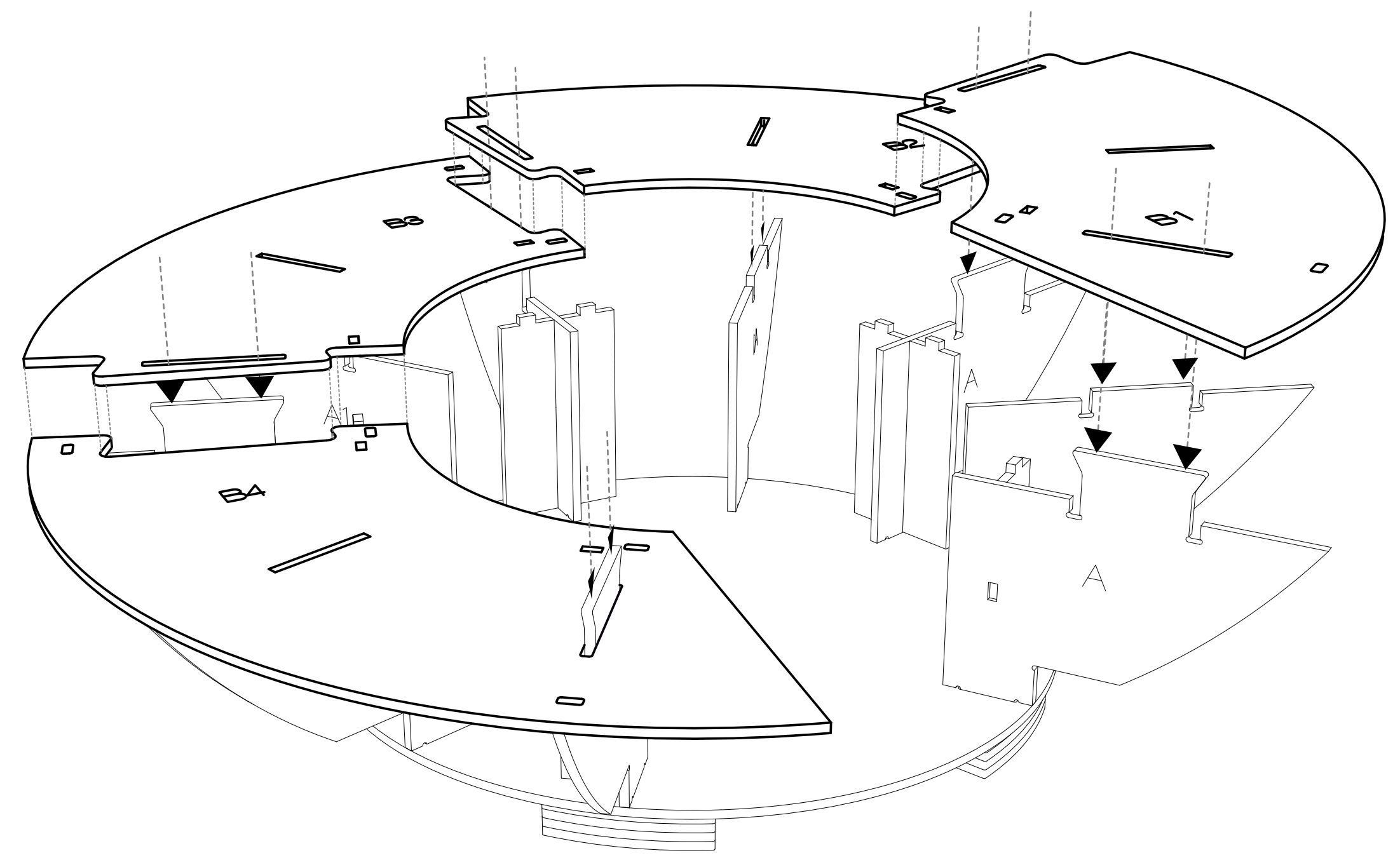
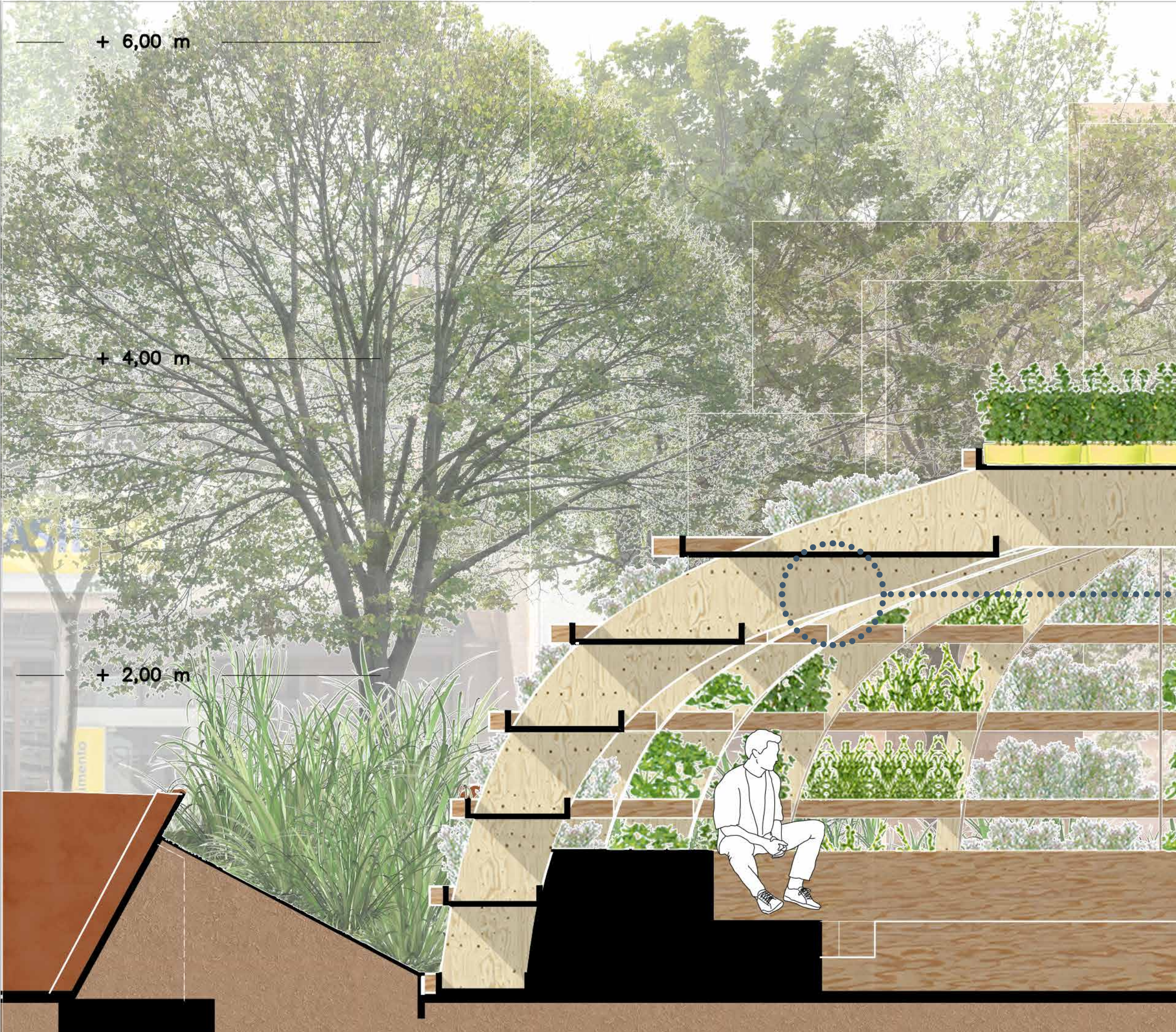


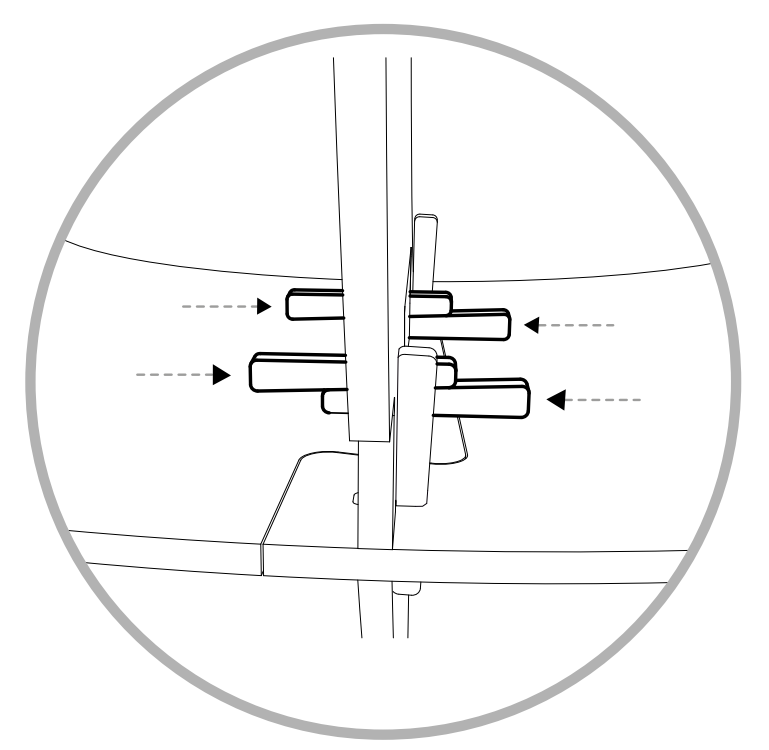
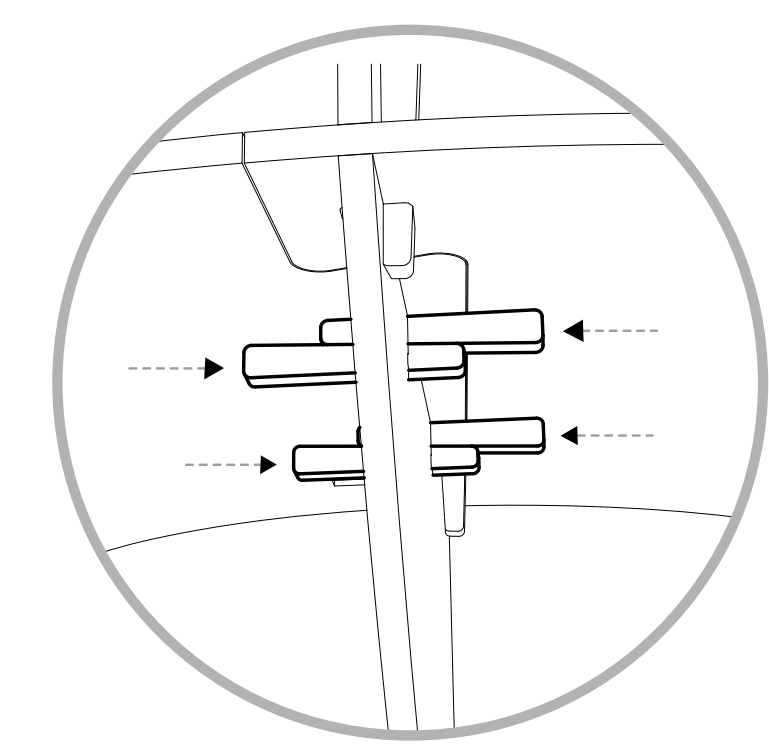
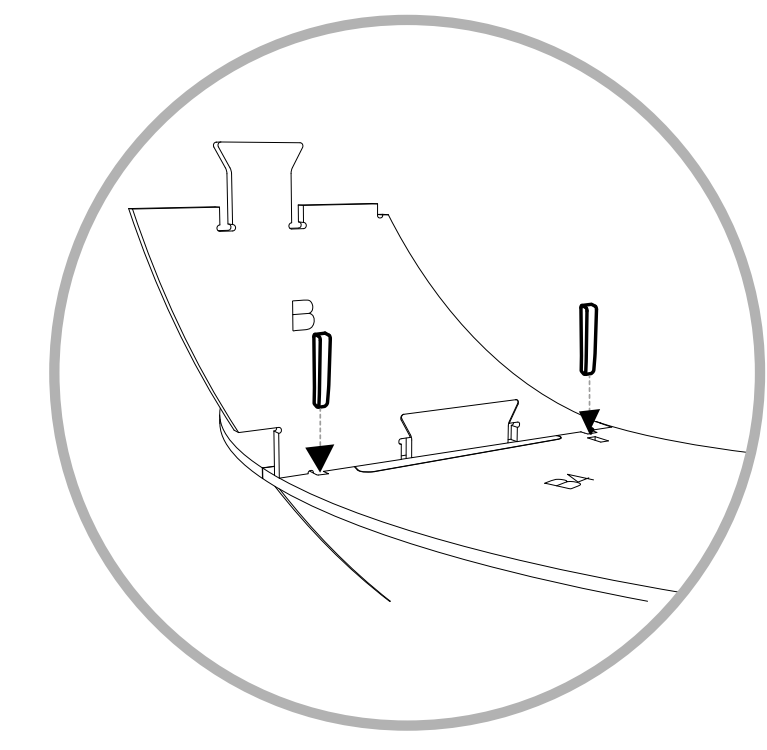
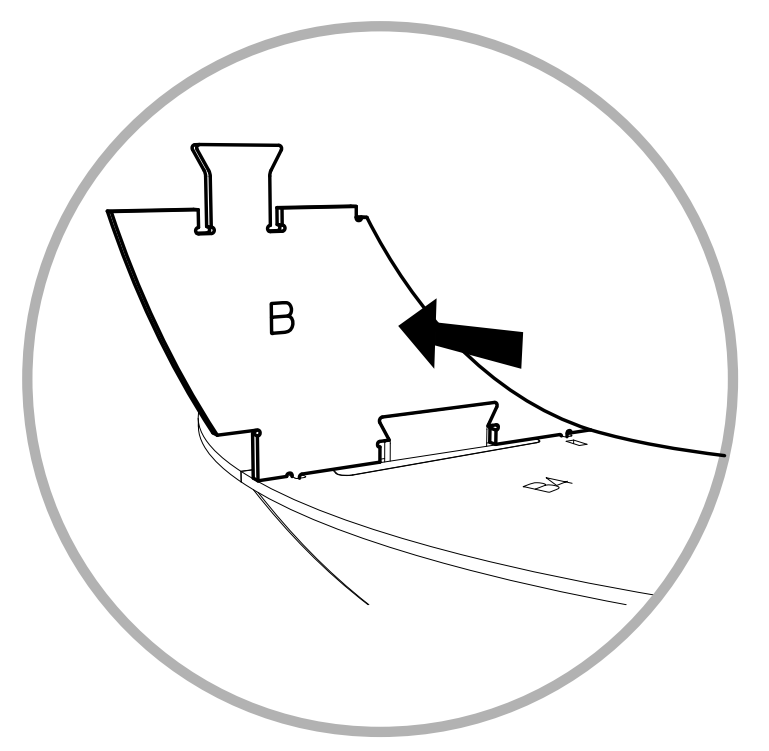
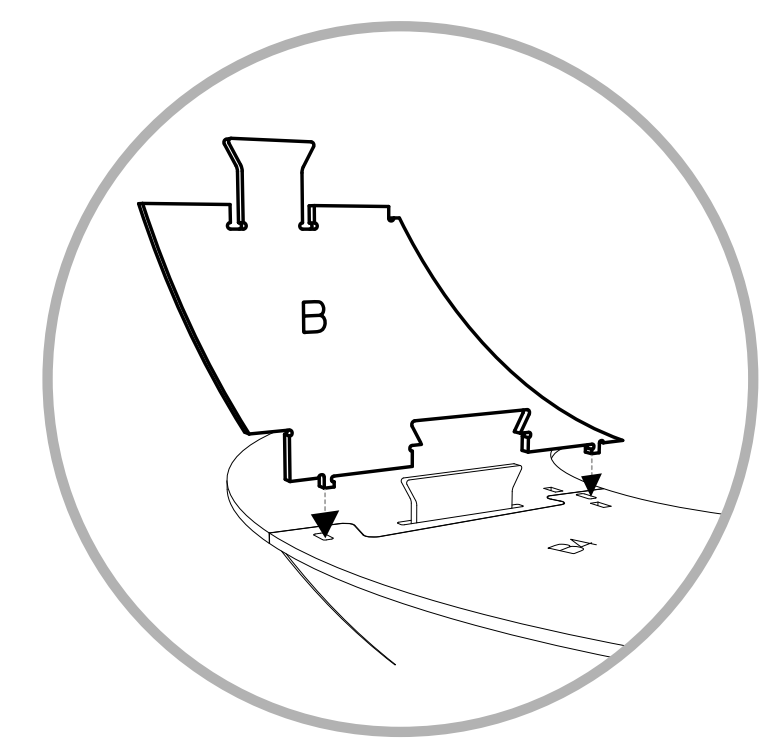
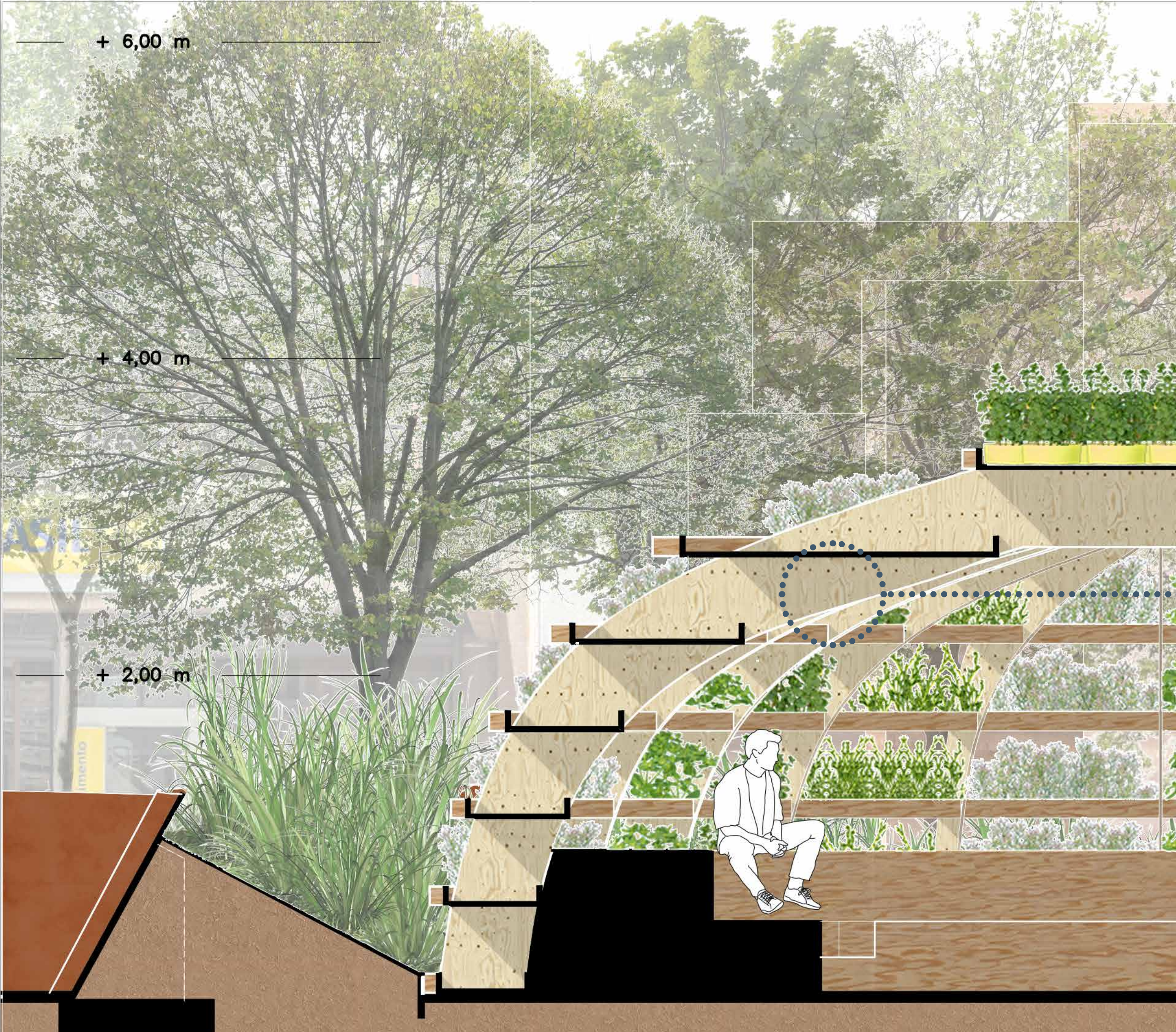
Olfato
Corte

ESCALA GRÁFICA

0 0.50 1 1.50 m



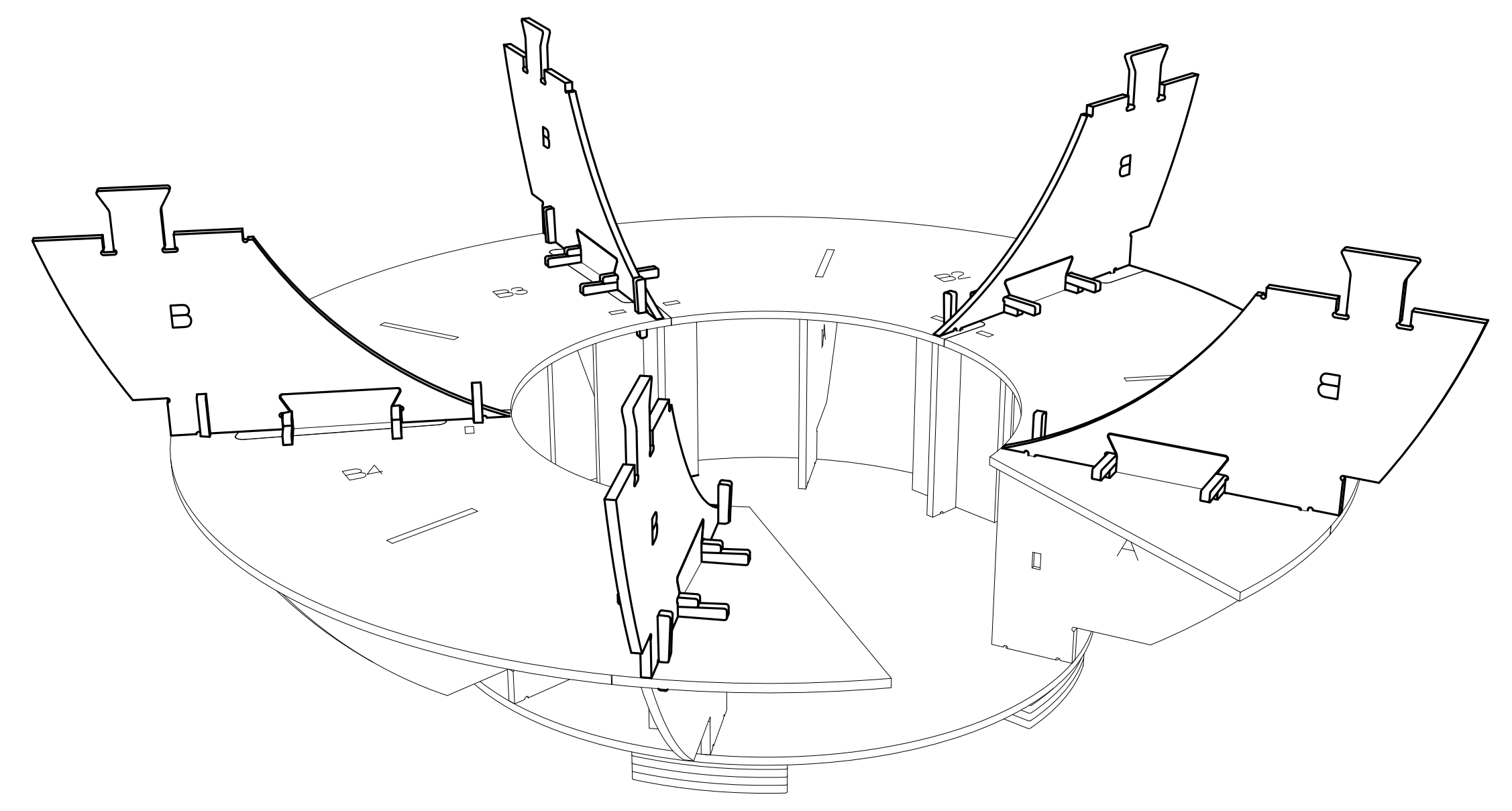
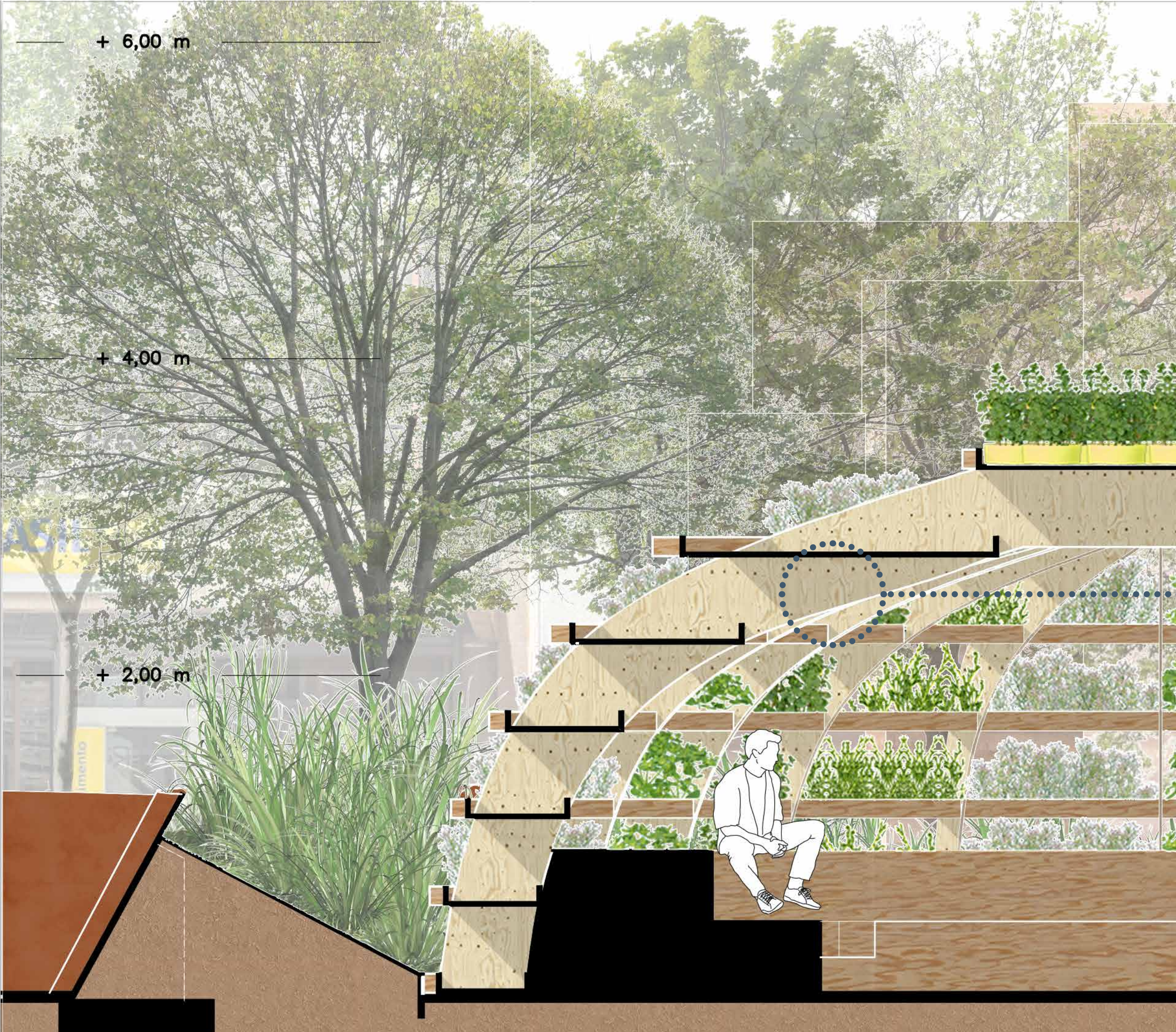




+ 6,00 m

+ 4,00 m

+ 2,00 m



Olfato
Detalhe

+ 6,00 m

+ 4,00 m

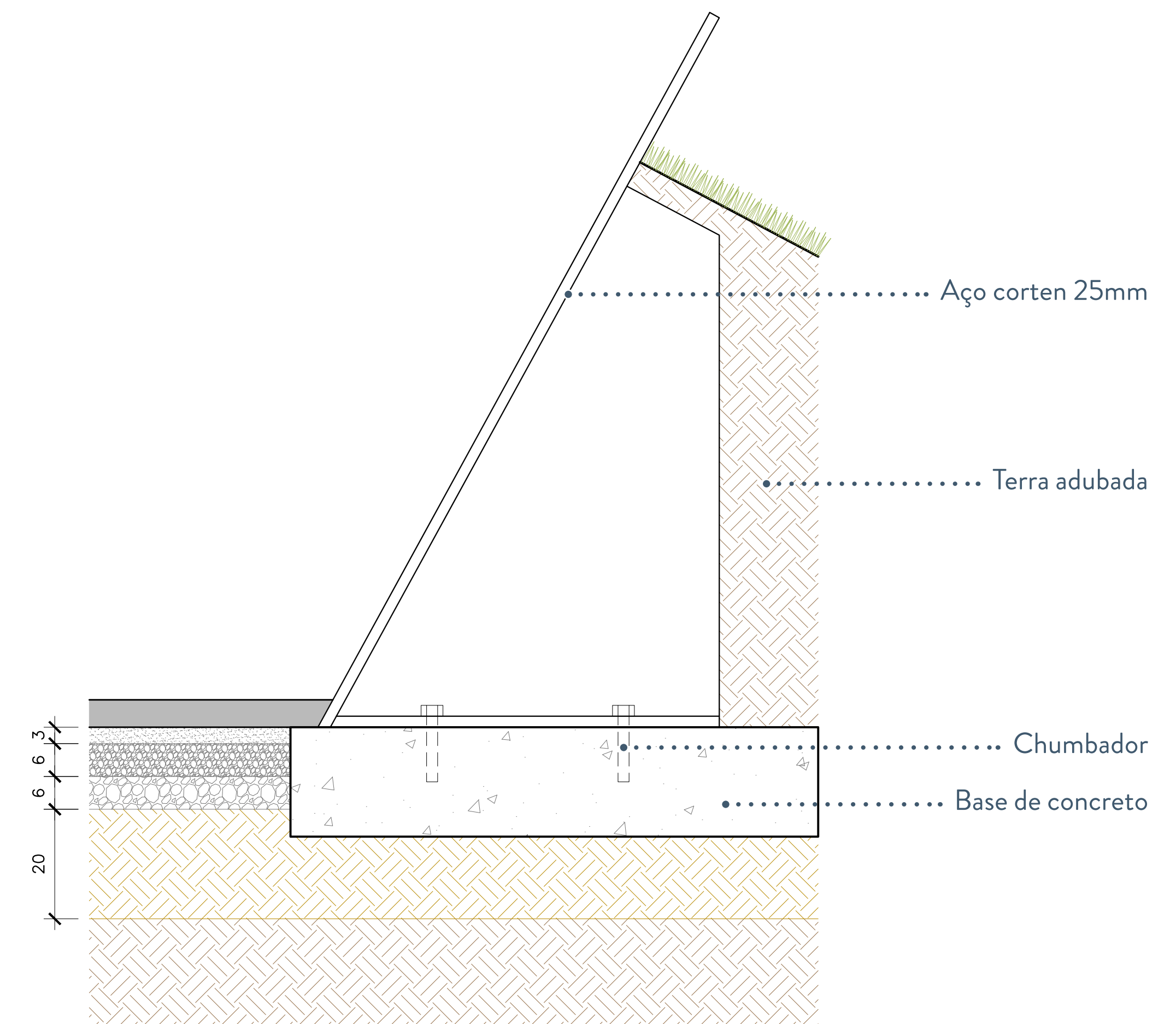
+ 2,00 m



Olfato
Corte

ESCALA GRÁFICA

0 0.50 1 1.50 m



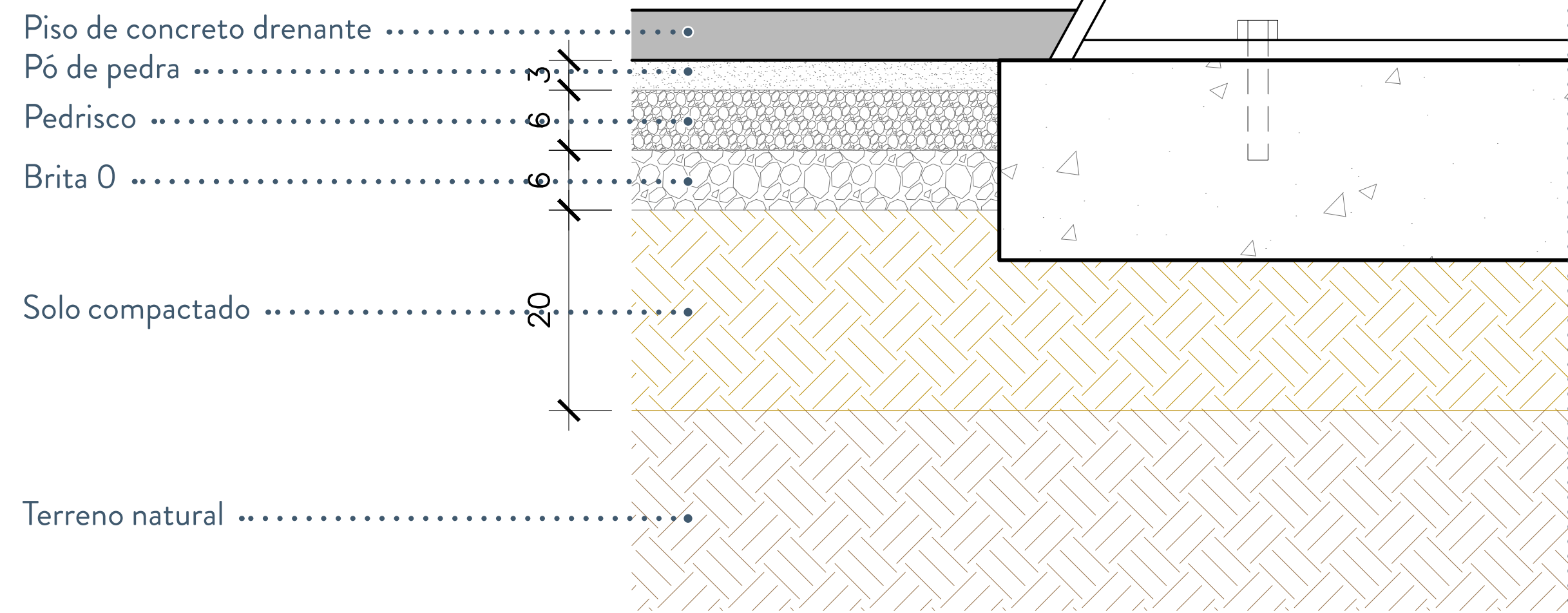




+ 6,00 m

+ 4,00 m

+ 2,00 m



+ 6,00 m

+ 4,00 m

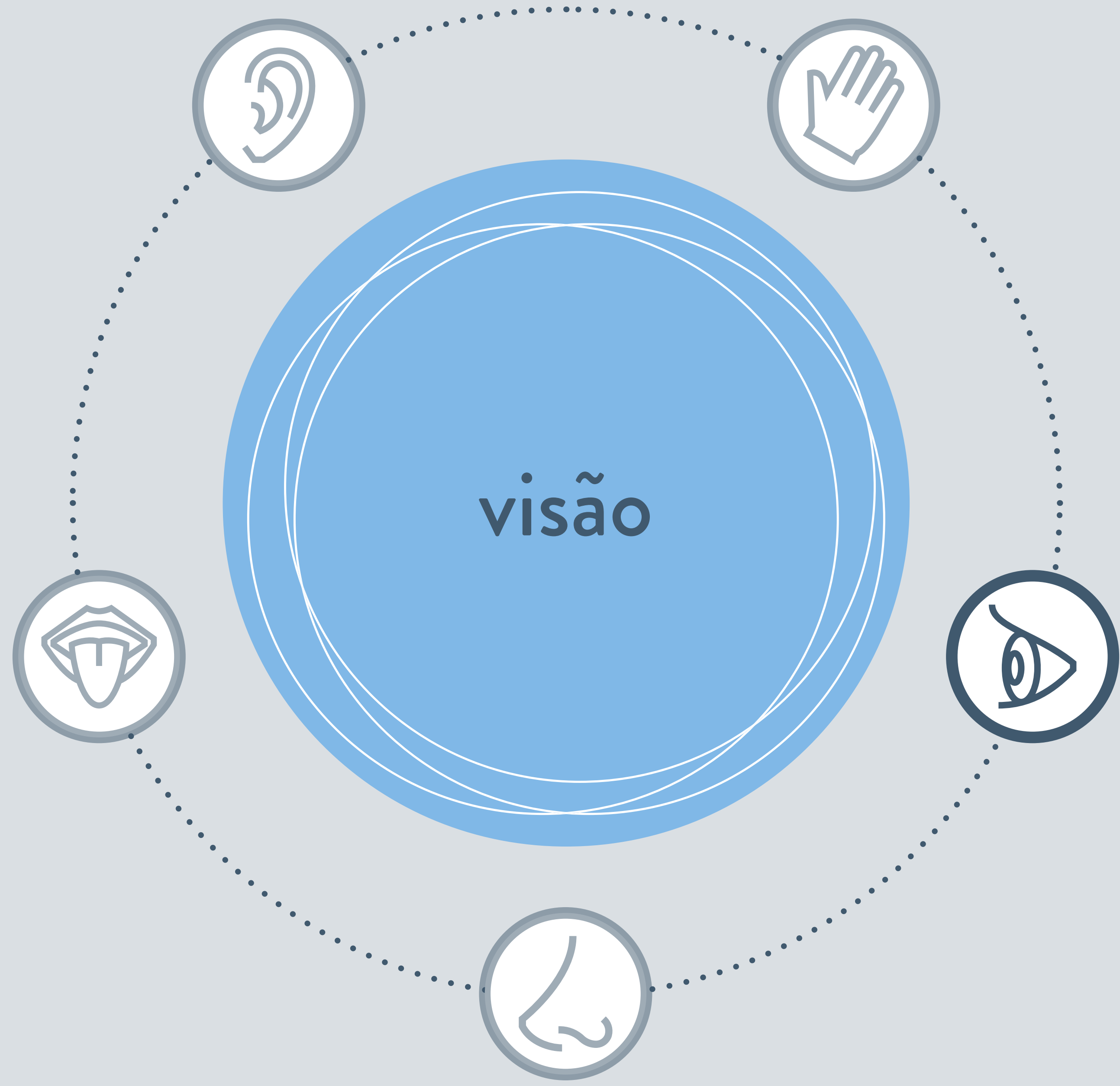
+ 2,00 m



Olfato
Corte

ESCALA GRÁFICA





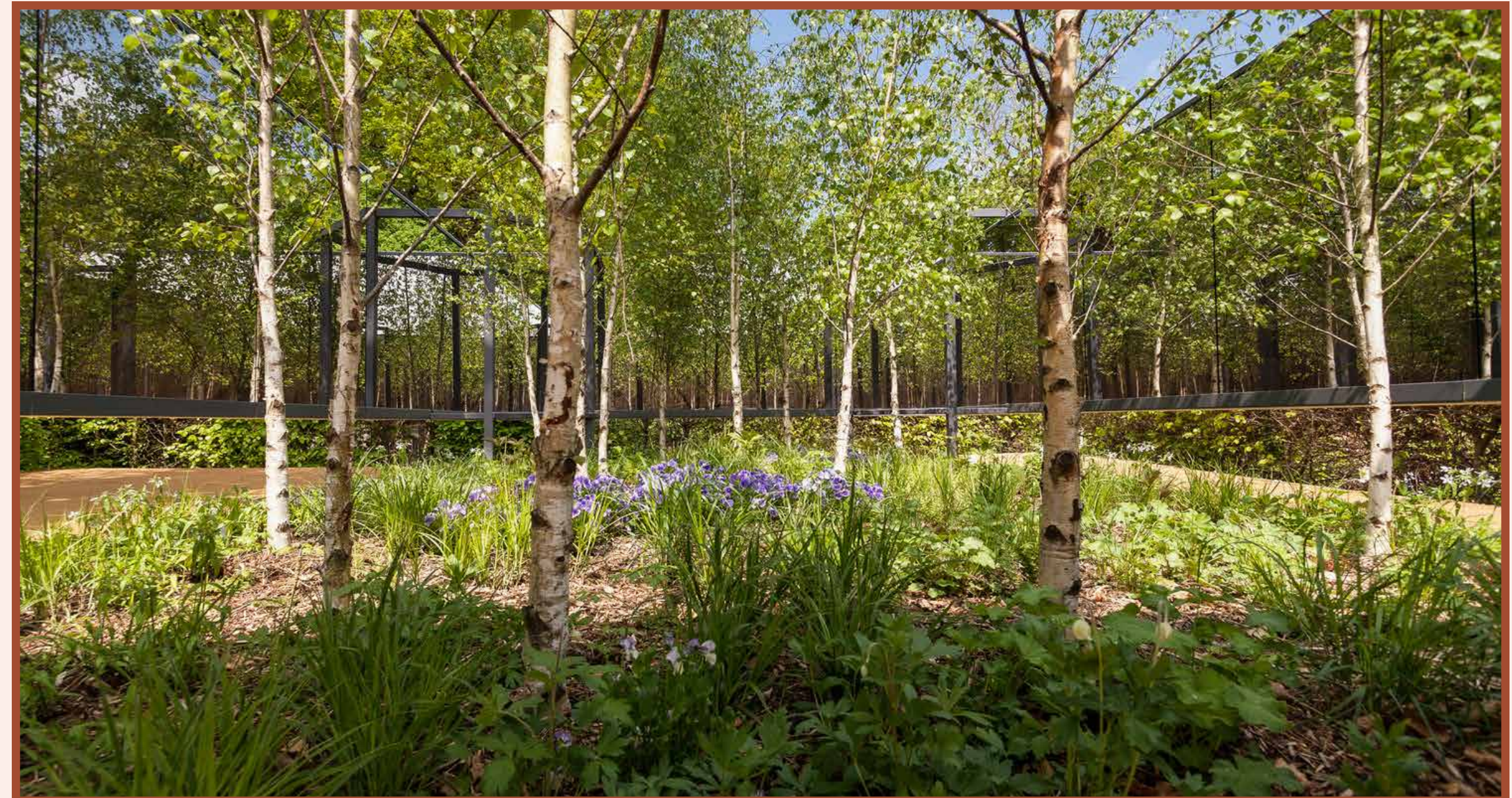
visão











Outside-In

Meir Lobaton Corona + Ulli Heckmann + Julia Pankofer
Chaumont-sur-Loire, França

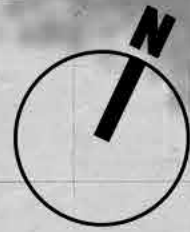


Casa das Árvores
Vo Trong Nghia Architects
Distrito de Tan Binh, Vietnã

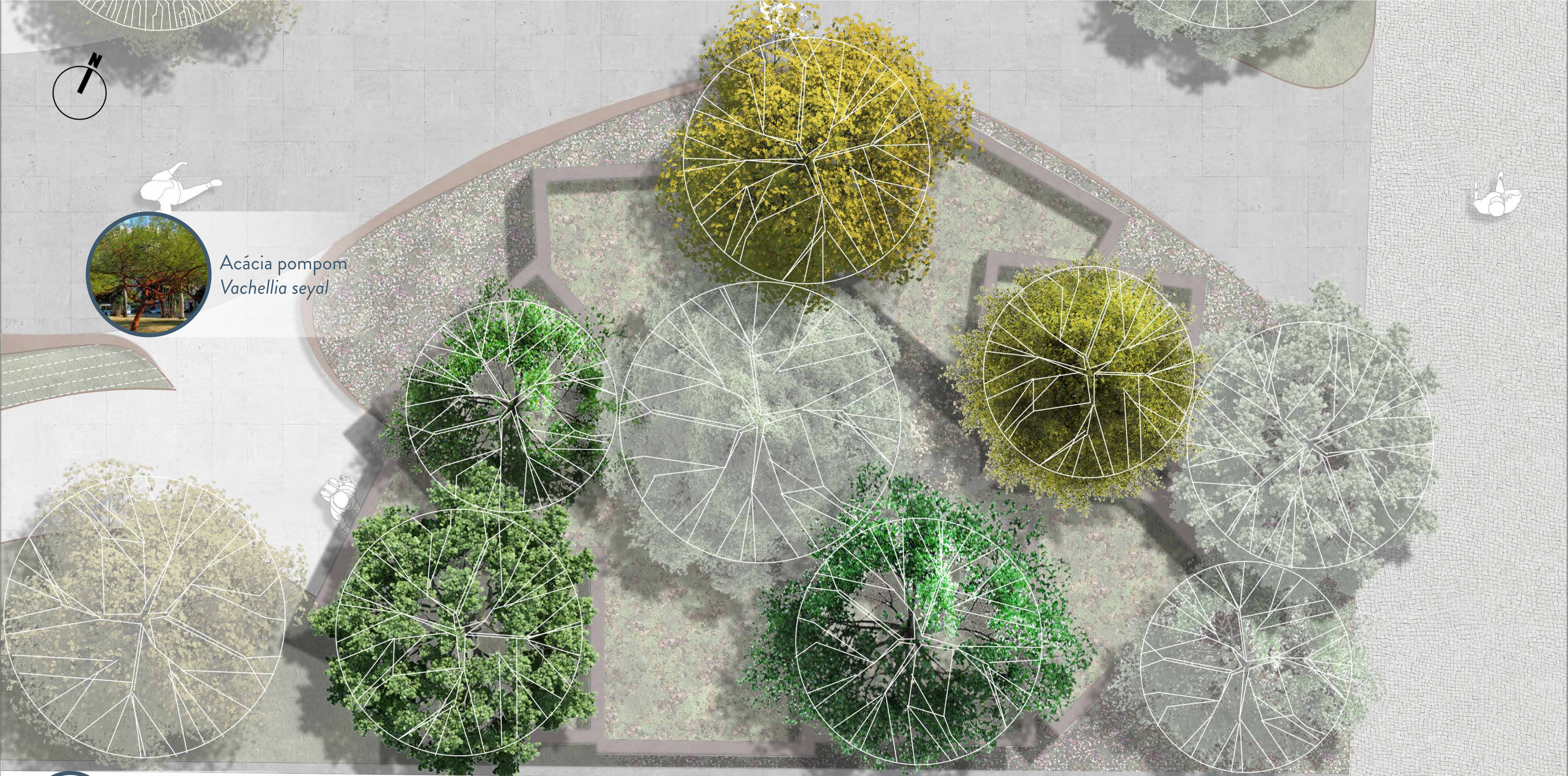


Visão
Vista superior

ESCALA GRÁFICA
0 0.75 1.50 2.25 m



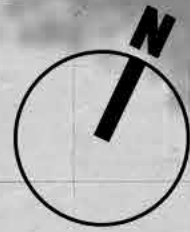
Acácia pompom
Vachellia seyal



Visão
Vista superior - Vegetação

ESCALA GRÁFICA





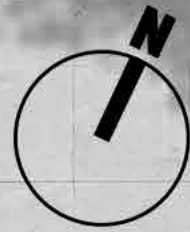
Ipê-roxo
Handroanthus impetiginosus



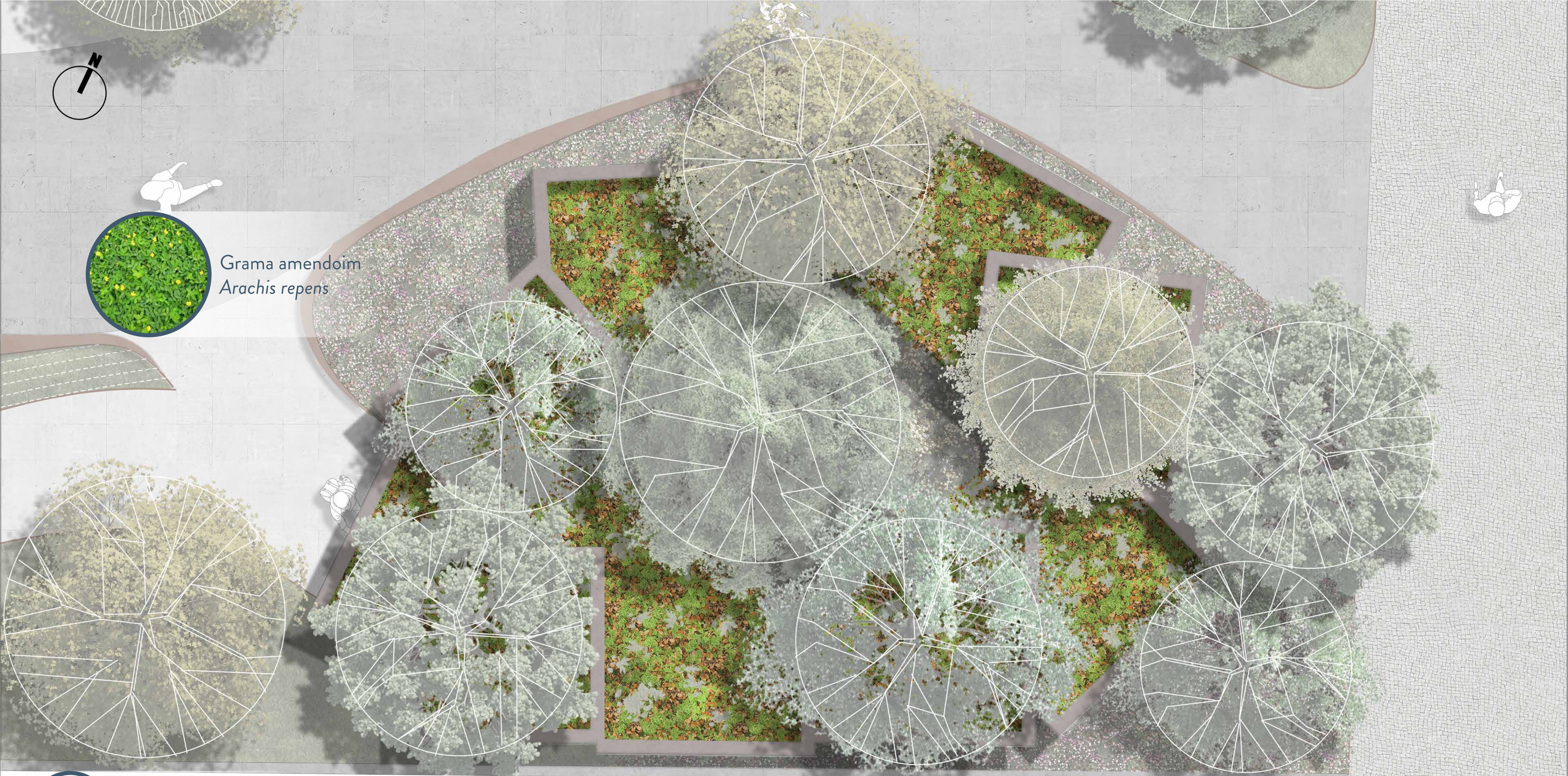
Visão
Vista superior - Vegetação

ESCALA GRÁFICA





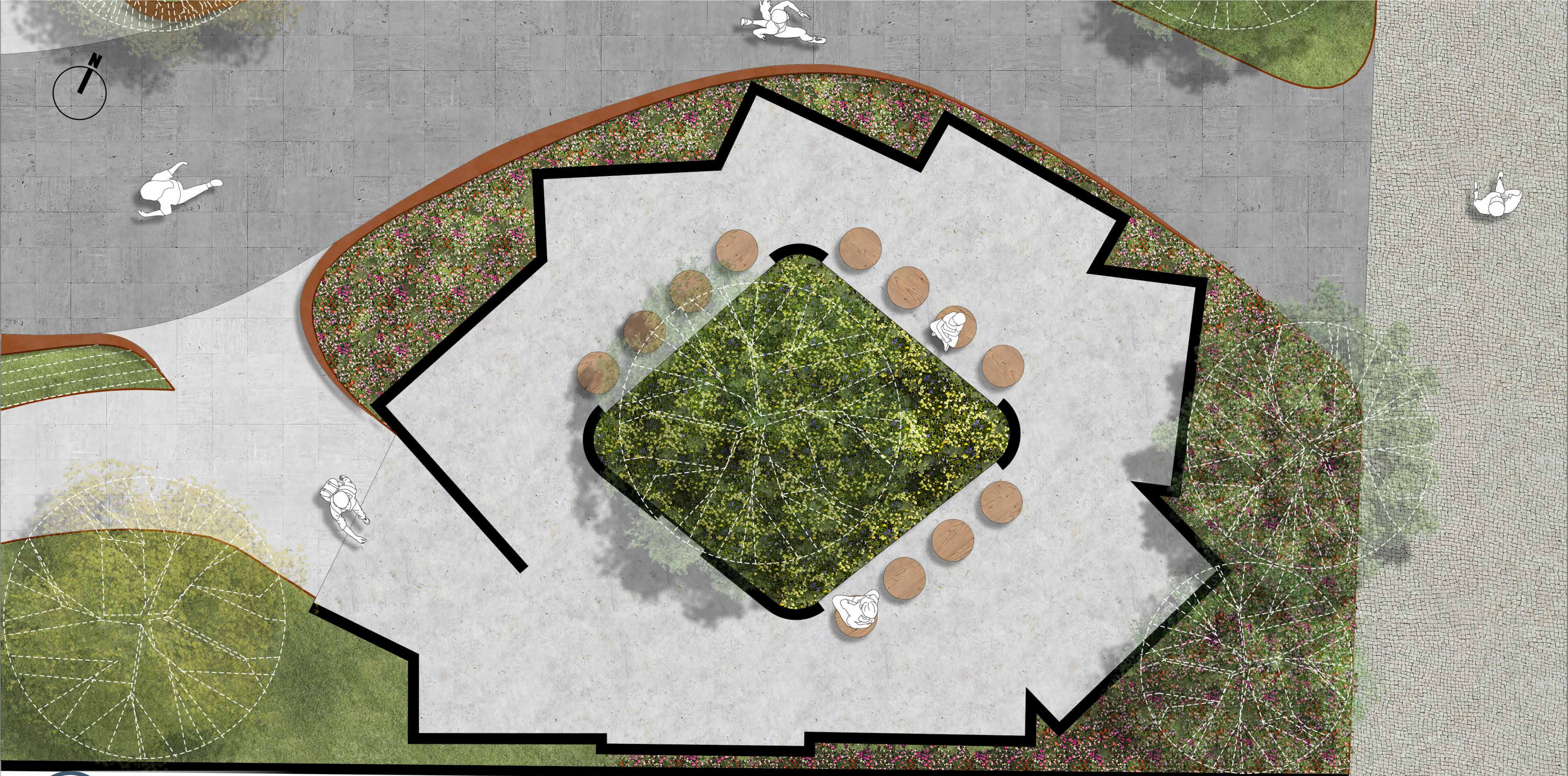
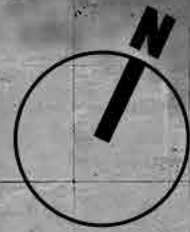
Gramma amendoim
Arachis repens

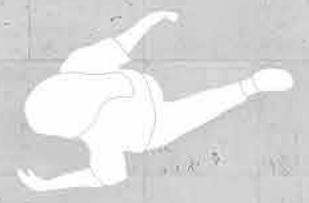
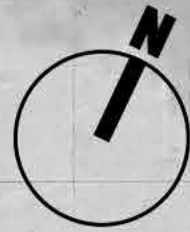


Visão
Vista superior - Vegetação

ESCALA GRÁFICA







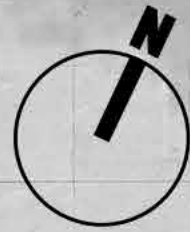
84,00m²



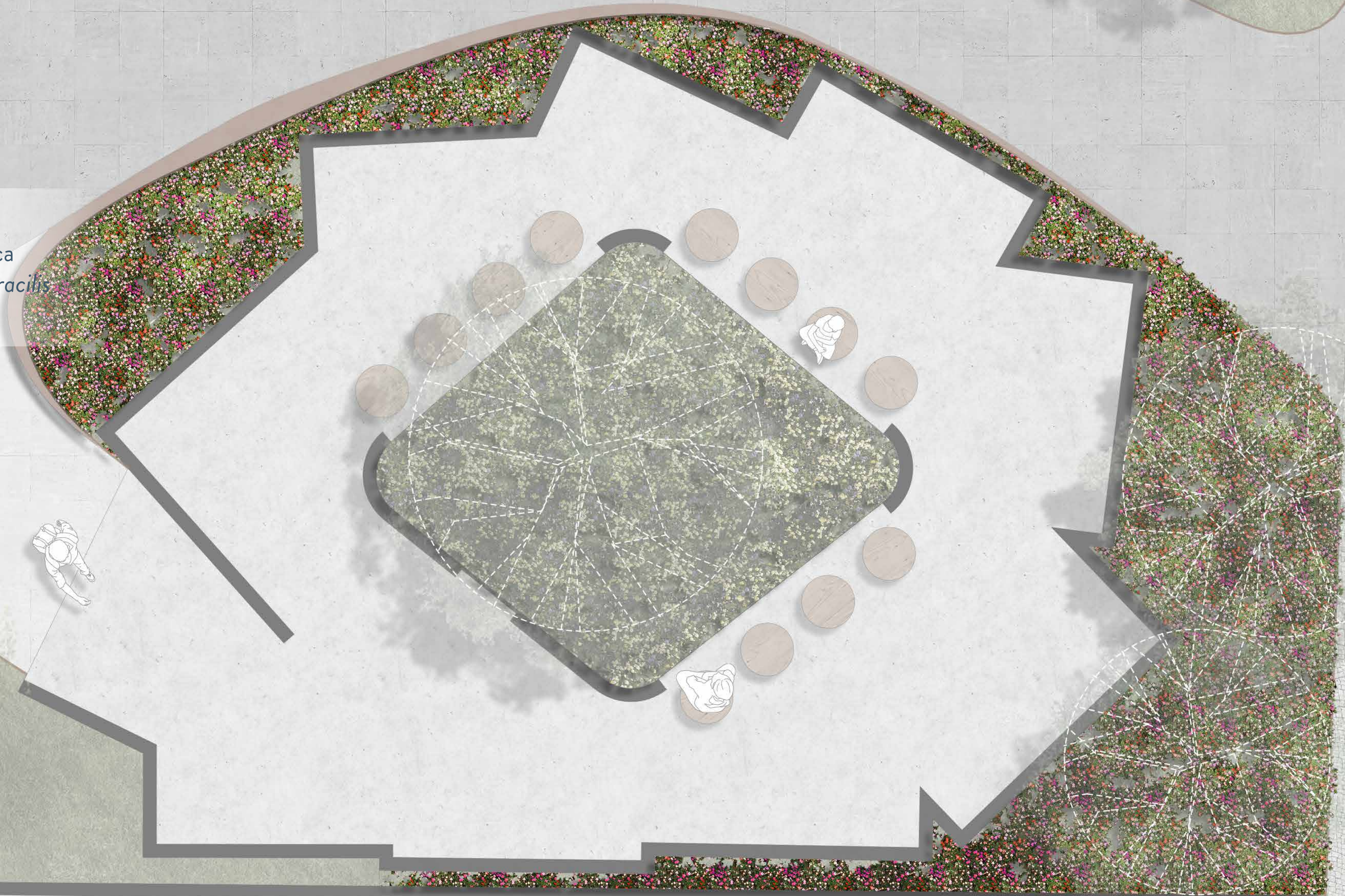
Visão
Planta

ESCALA GRÁFICA





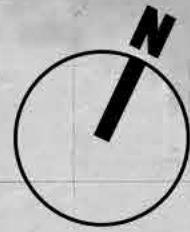
Falsa-érica
Cuphea gracilis



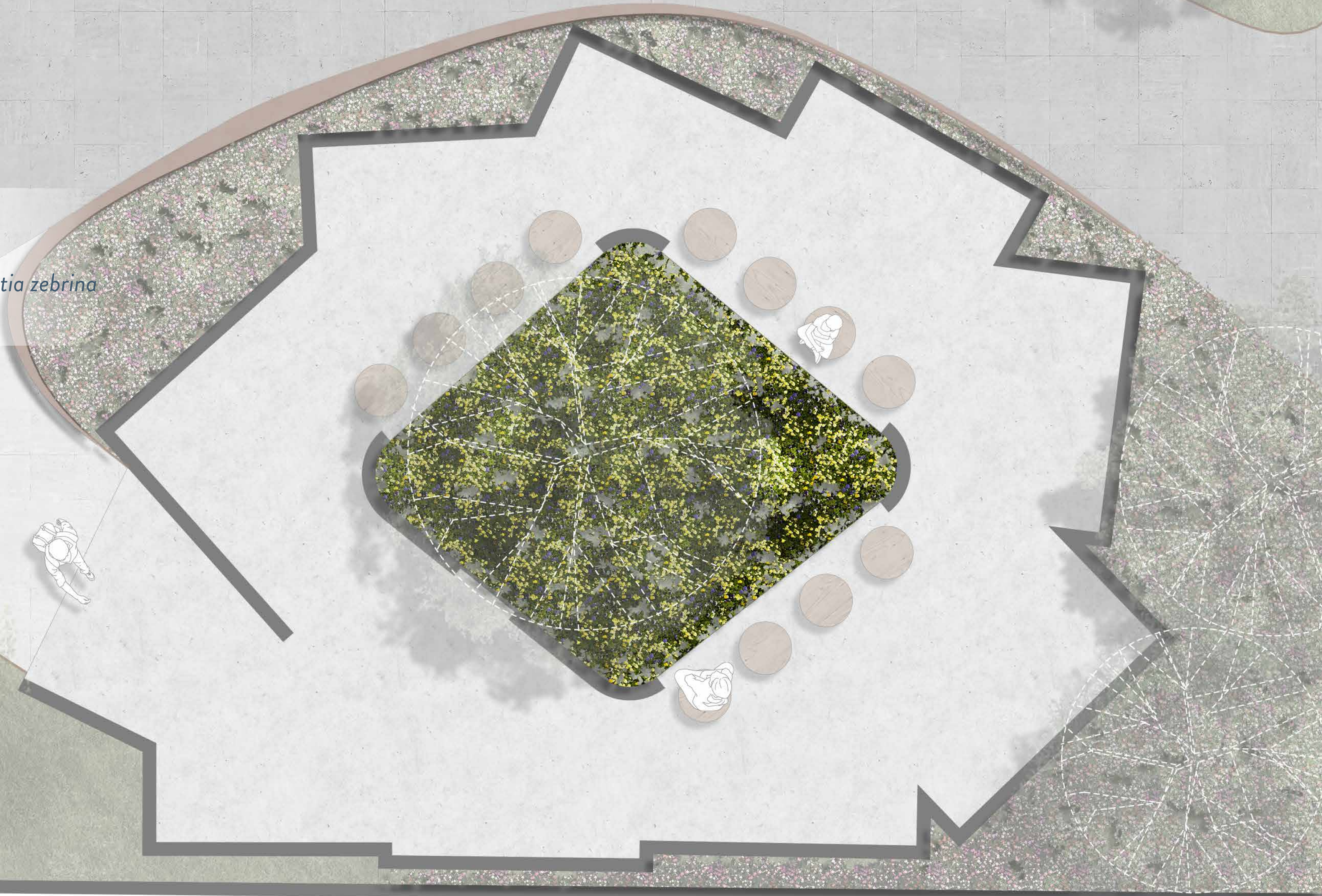
Visão
Planta - Vegetação

ESCALA GRÁFICA





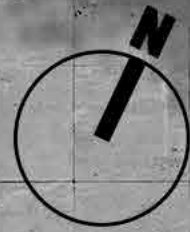
Lambari
Tradescantia zebrina



Visão
Planta - Vegetação

ESCALA GRÁFICA





Visão
Planta

ESCALA GRÁFICA



+ 6,00 m

+ 4,00 m

+ 2,00 m



Visão
Corte

ESCALA GRÁFICA

0 0.50 1 1.50 m

+ 6,00 m

+ 4,00 m

+ 2,00 m

Taipa de pilão
Fechamento externo

Estrutura de concreto

Espelho de duas faces





+ 6,00 m

+ 4,00 m

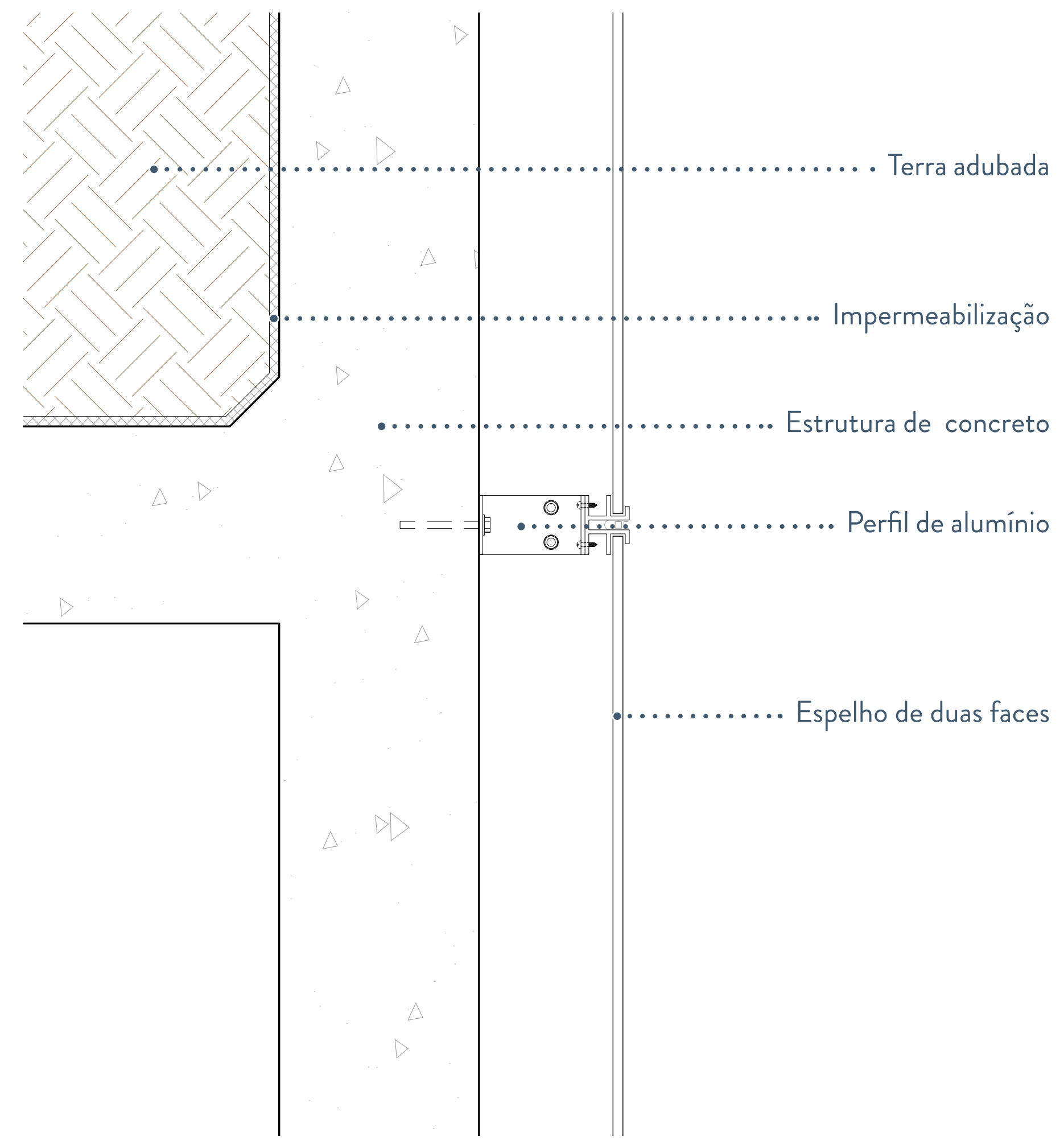
+ 2,00 m



Visão
Corte

ESCALA GRÁFICA

0 0.50 1 1.50 m





+ 6,00 m

+ 4,00 m

+ 2,00 m



Visão
Corte

ESCALA GRÁFICA

0 0.50 1 1.50 m



tato











Boldern Reflection Space
Vehovar & Jauslin Architektur
Männedorf, Suíça

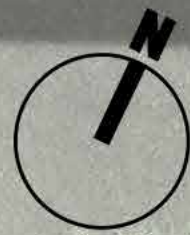


Bruder Klaus Field Chapel
Peter Zumthor
Mechernich-Wachendorf, Alemanha



Tato
Vista superior

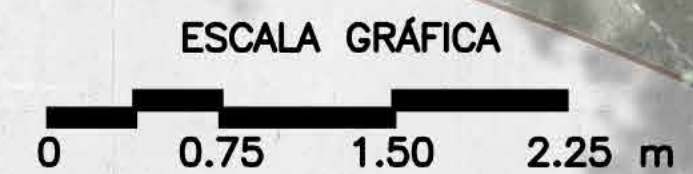
ESCALA GRÁFICA
0 0.75 1.50 2.25 m

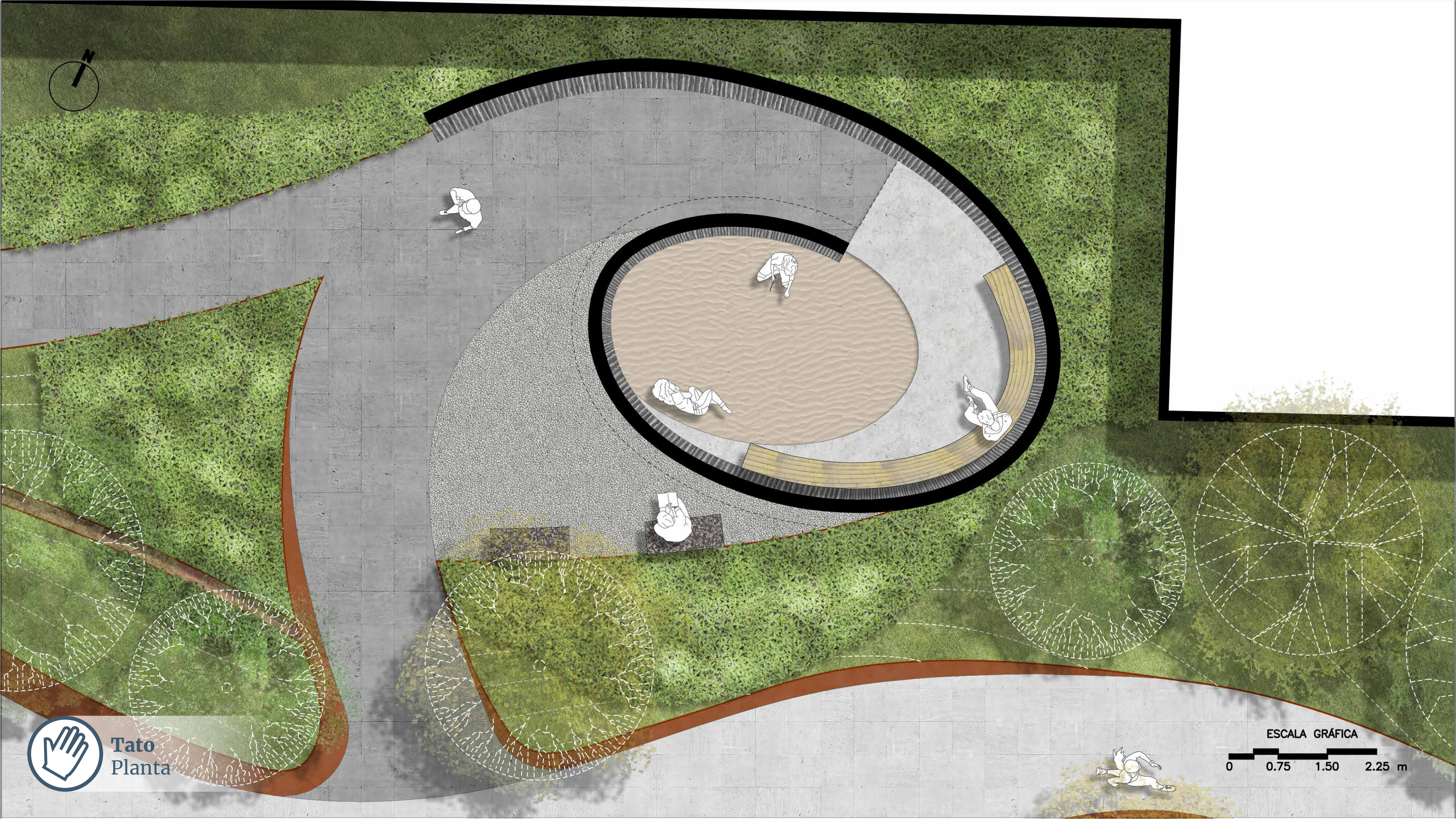


Pau mulato
Calycophyllum spruceanum



Tato
Vista superior - Vegetação



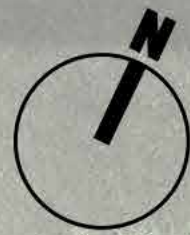


Tato
Planta

ESCALA GRÁFICA

0 0.75 1.50 2.25 m





22,10m²

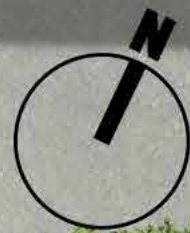


Tato
Planta

ESCALA GRÁFICA

0 0.75 1.50 2.25 m

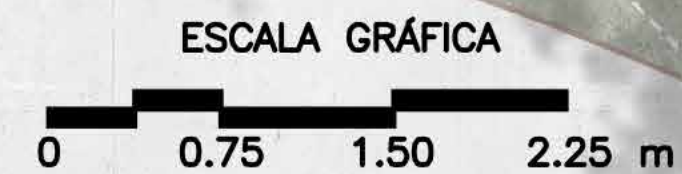




Peixinho da horta
Stachys byzantina



Tato
Planta - Vegetação





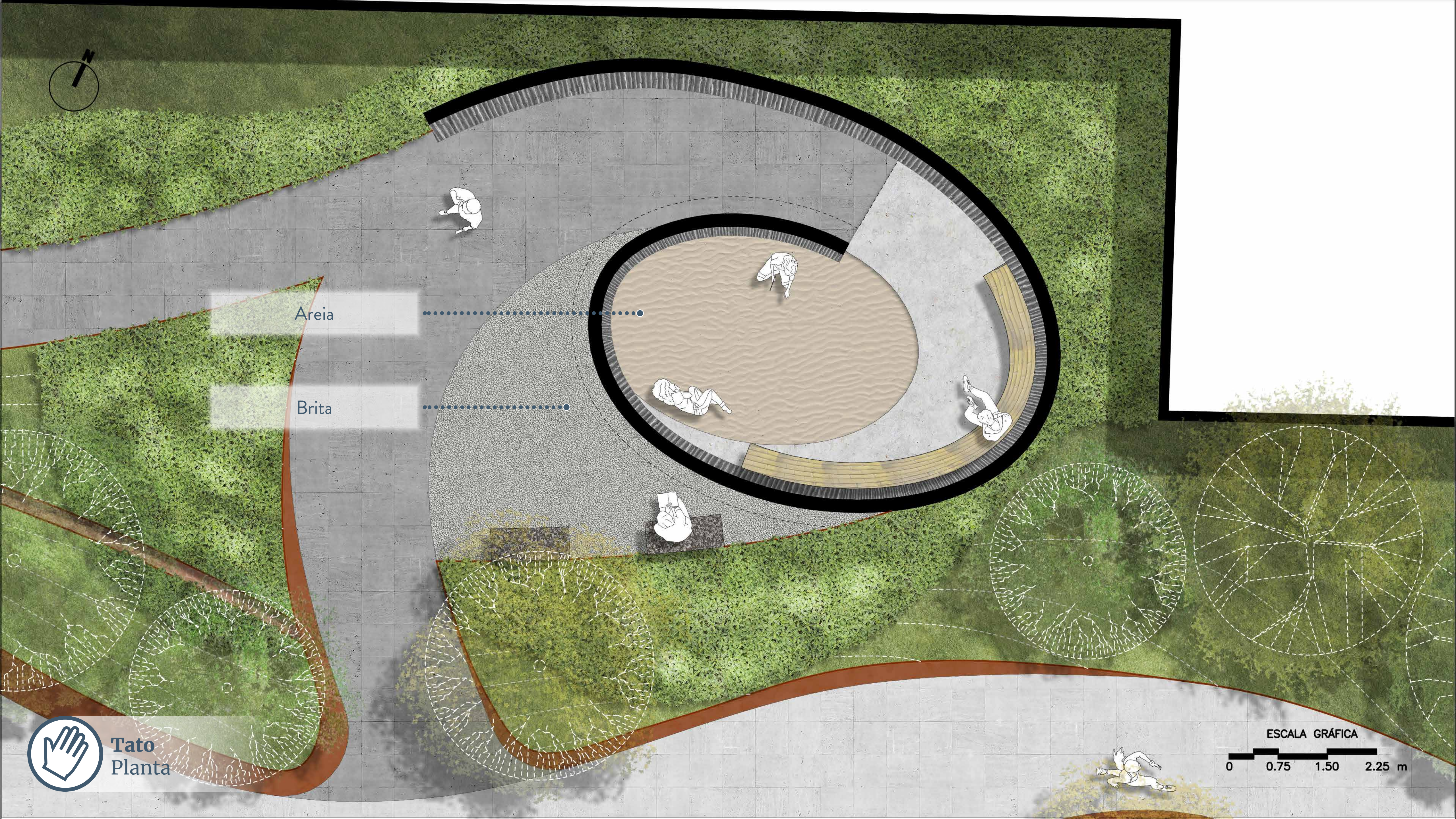
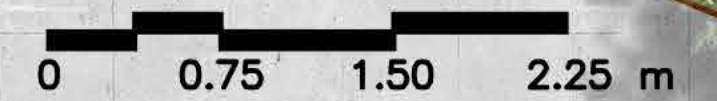
Areia

Brita



Tato
Planta

ESCALA GRÁFICA





Banco de bambu

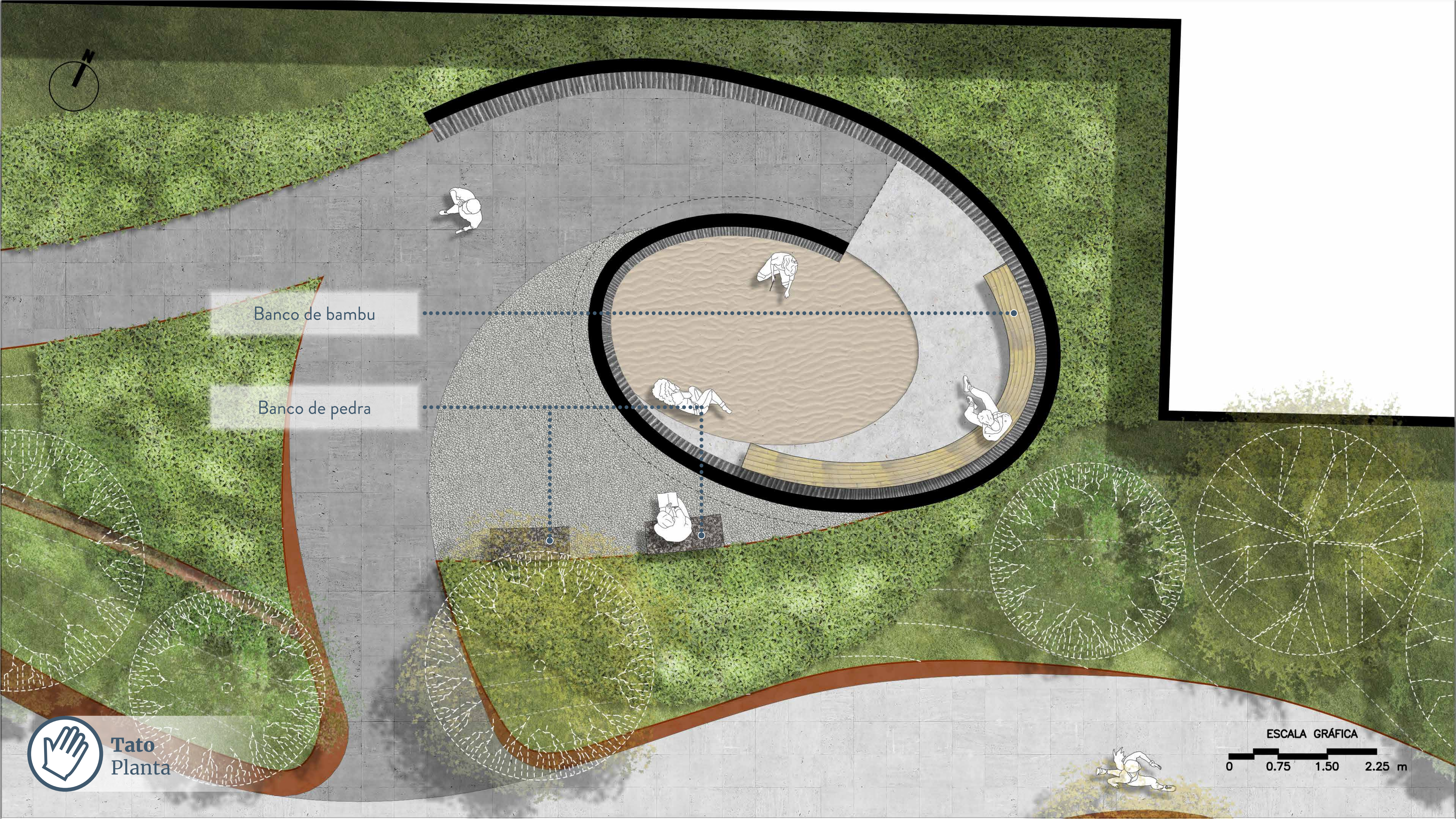
Banco de pedra

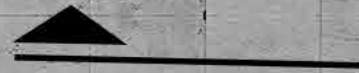


**Tato
Planta**

ESCALA GRÁFICA

0 0.75 1.50 2.25 m

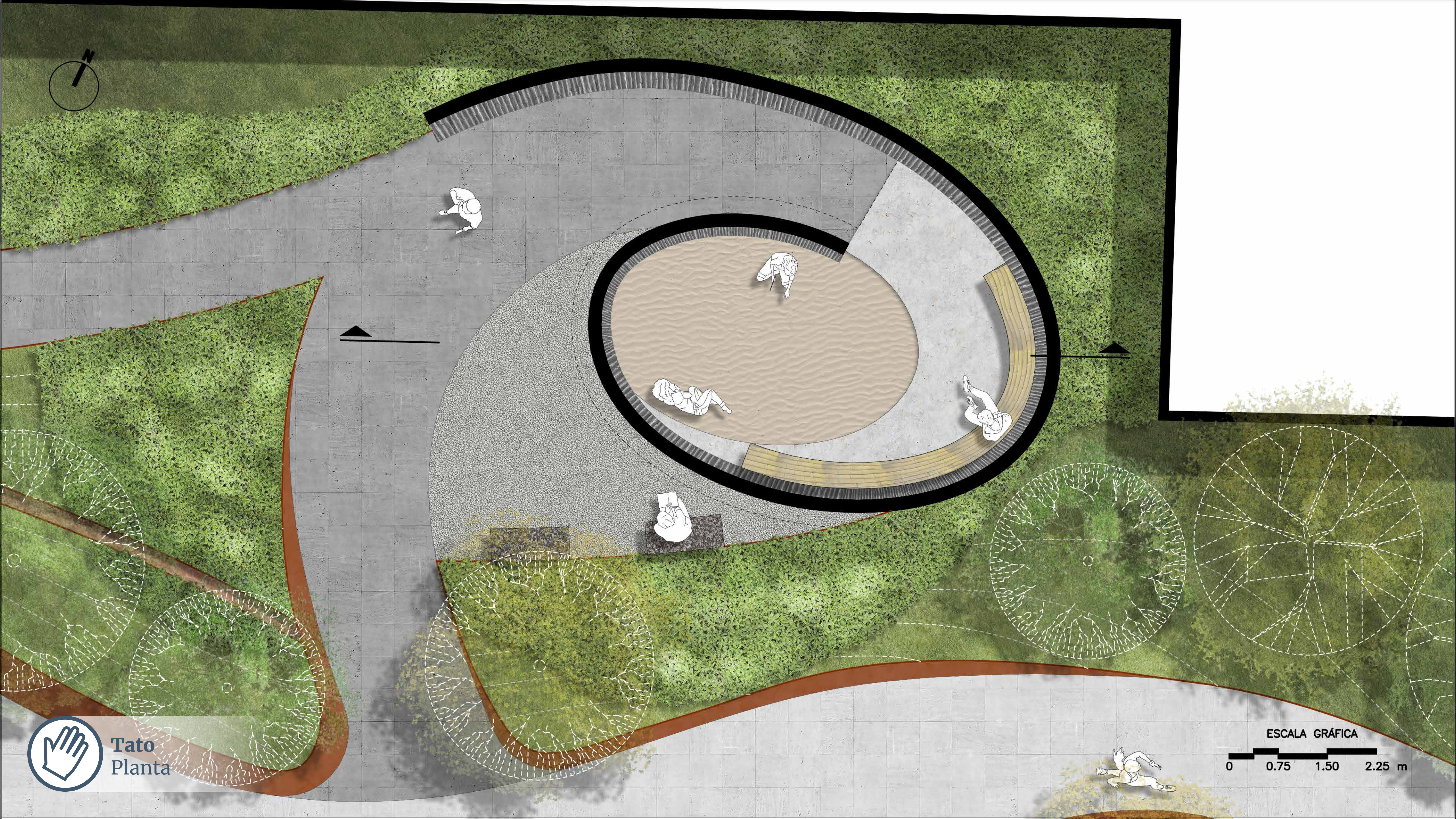




Tato
Planta

ESCALA GRÁFICA

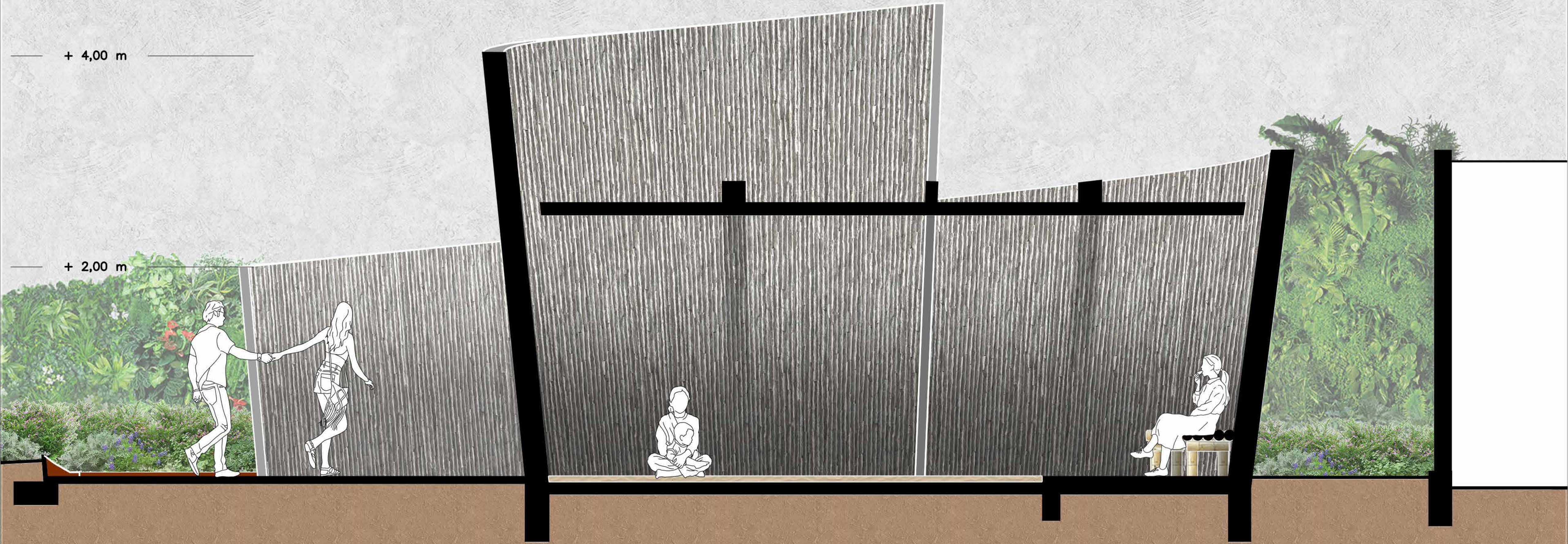
0 0.75 1.50 2.25 m



+ 6,00 m

+ 4,00 m

+ 2,00 m



Tato
Corte

ESCALA GRÁFICA



+ 6,00 m



Aspargo pluma
Asparagus densiflorus

+ 4,00 m

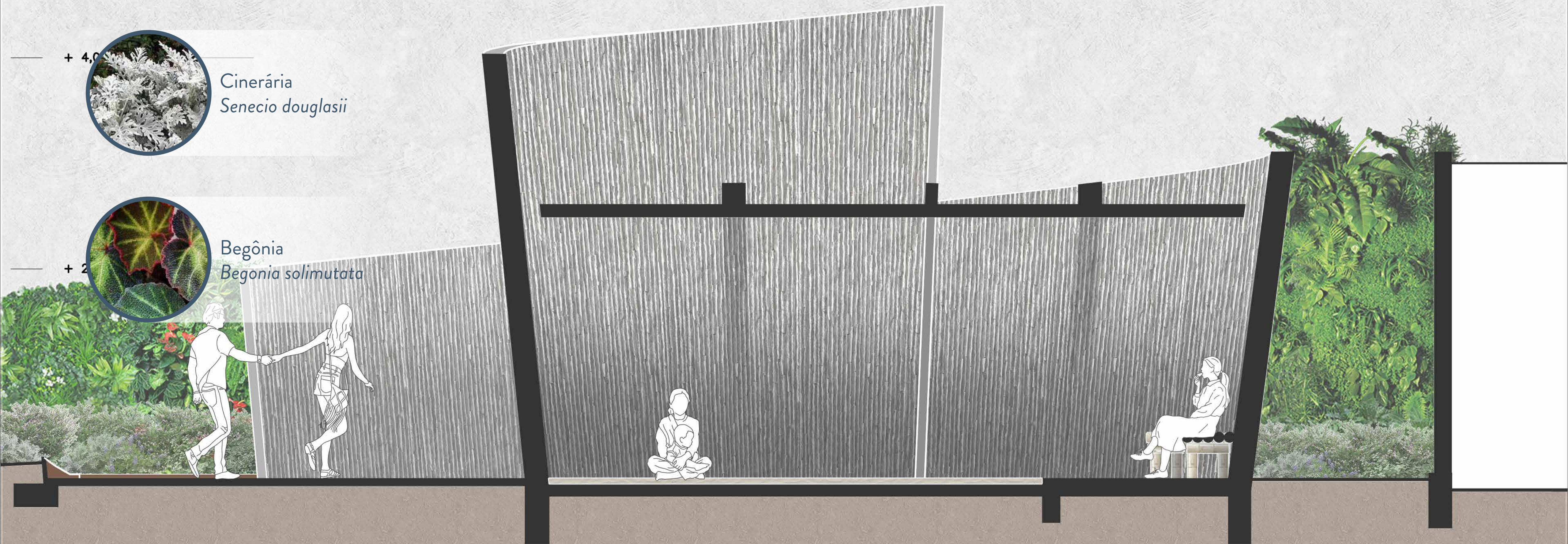


Cinerária
Senecio douglasii

+ 2,00 m



Begônia
Begonia solimutata



Tato
Corte - Vegetação

ESCALA GRÁFICA



+ 6,00 m



Antúrio
Anthurium

+ 4,00 m

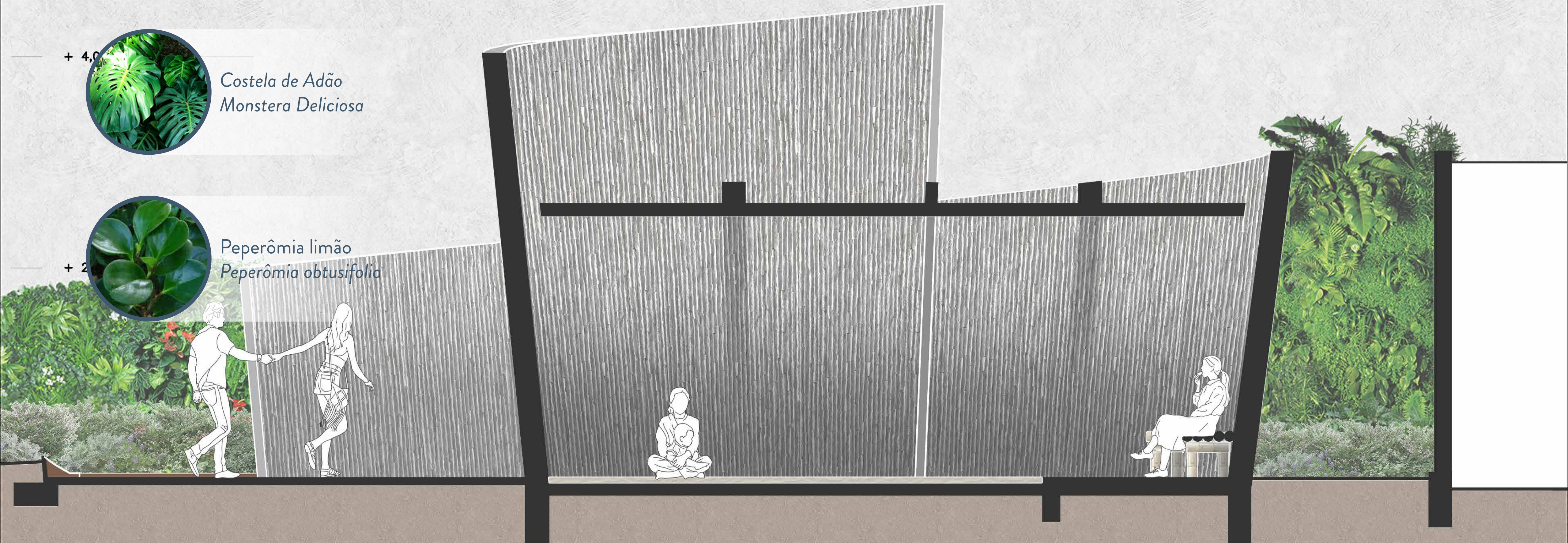


Costela de Adão
Monstera Deliciosa

+ 2,00 m



Peperômia limão
Peperomia obtusifolia



Tato
Corte - Vegetação

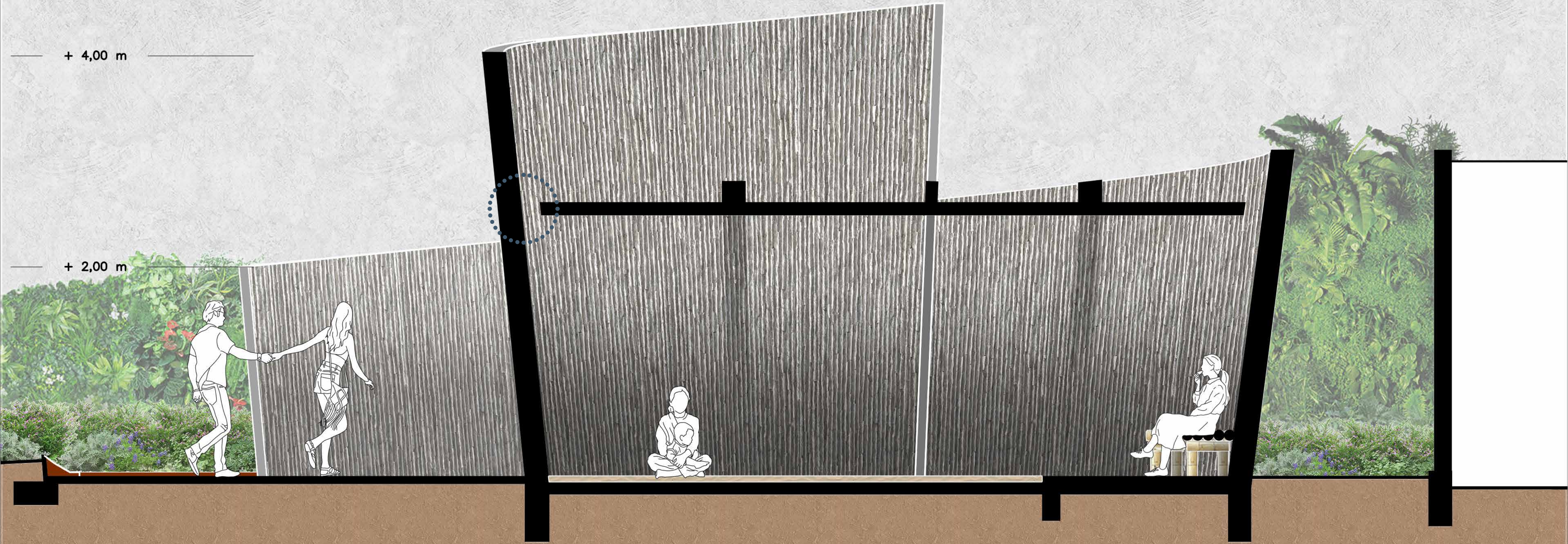
ESCALA GRÁFICA



+ 6,00 m

+ 4,00 m

+ 2,00 m



Tato
Corte

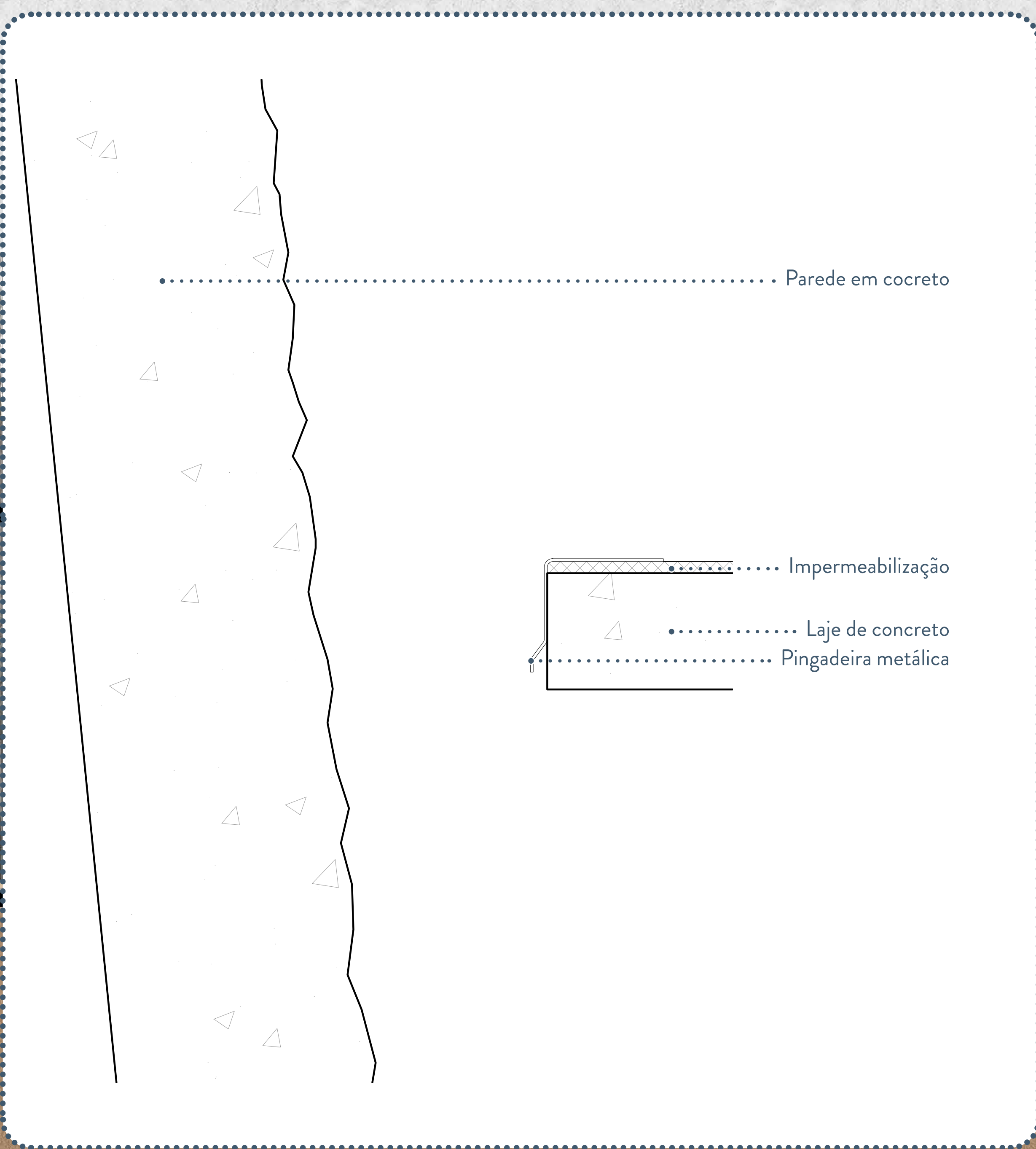
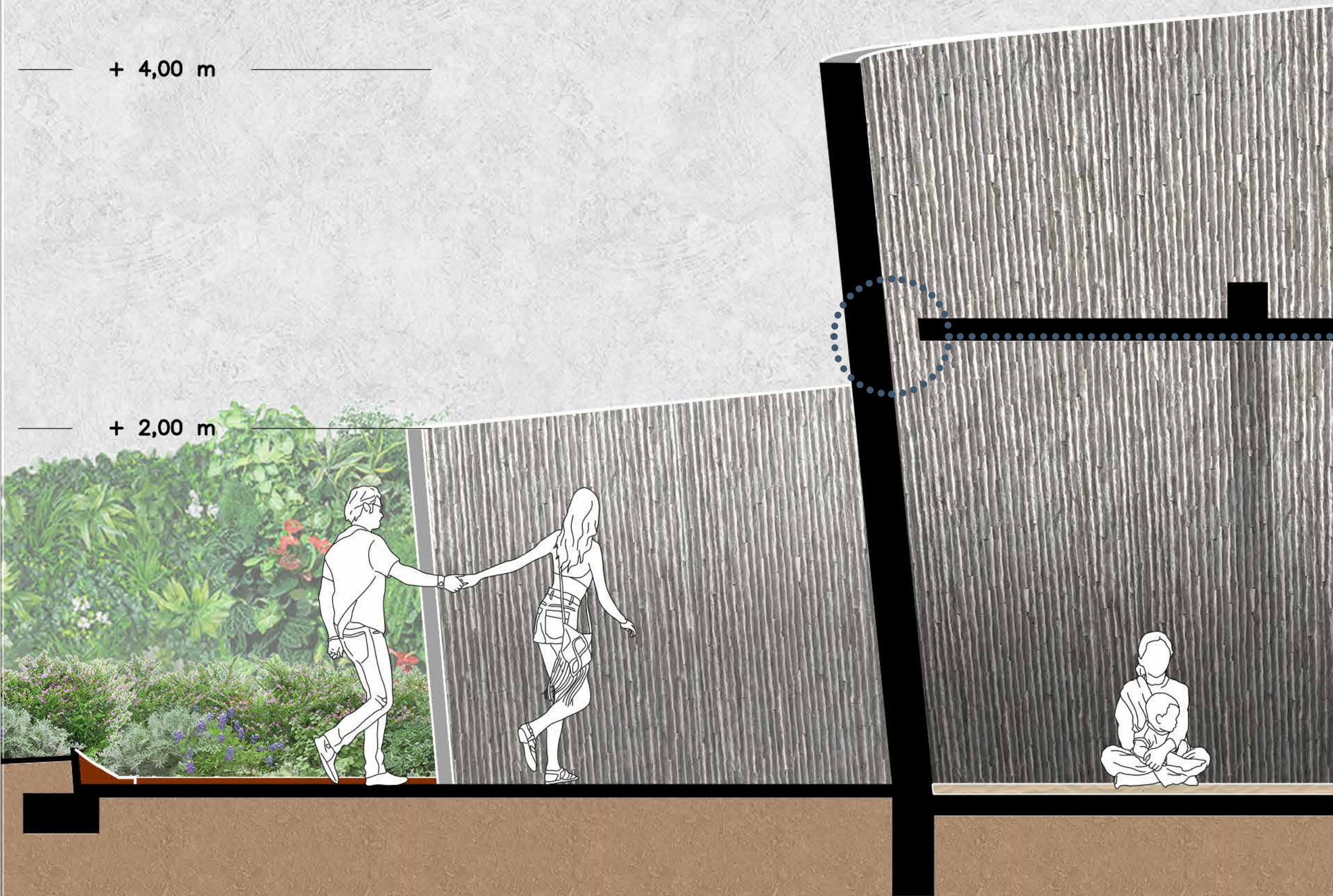
ESCALA GRÁFICA



+ 6,00 m

+ 4,00 m

+ 2,00 m



Parede em concreto

Impermeabilização

Laje de concreto

Pingadeira metálica

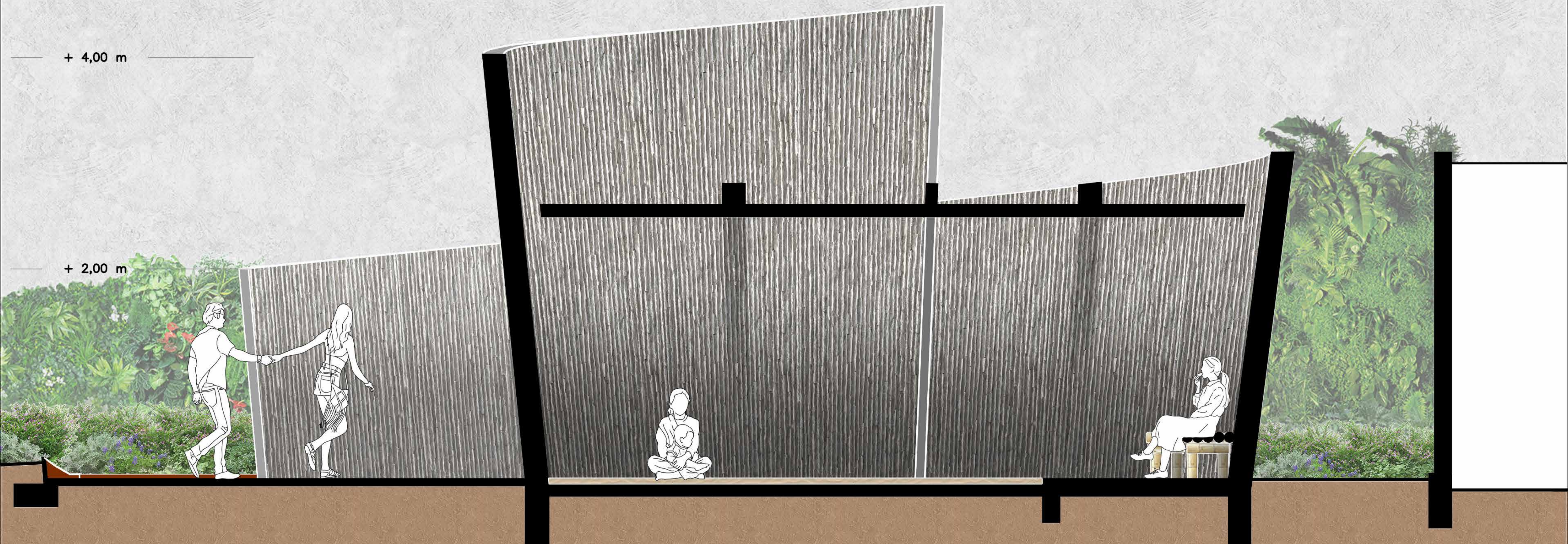


Tato
Detalhe

+ 6,00 m

+ 4,00 m

+ 2,00 m



Tato
Corte

ESCALA GRÁFICA





