

Where do you spend most of your time?

Think about where you live and work.

At Home

- Does your home reflect and support the person you are?
- Do you feel connected to the healing energy of the natural world there?
- Would you like your physical space to support your meditation practice?
- In our 21st century culture of speed how do you meet the physical need for rest, reflection and renewal?
- How can your physical space help to bring you into balance for healthier living?

At Work

- How does your work environment impact you? your co-workers? your clients?
- Does the space support the mission and the people who use it?
- Can you focus and effectively create there?
- Does the workspace encourage a balance of interactive and personal space?
- Is there a place for quiet contemplation available for staff and/or clients?



Rebekah Younger is an accomplished artist and entrepreneur with over 30 years of design experience. Her expert eye for design was honed through years as a picture framer, painter, knitwear designer, ikebana arranger, installation artist, photographer and illustrator. She has an MFA in Interdisciplinary Art from Goddard College.

Along with her art training, Rebekah brings over 10 years of meditation practice as a Shambhala Buddhist to her design process, with additional training in mixing art and meditation as a Shambhala Art teacher.

inSite Contemplative Design combines her aesthetic expertise and meditative mind in active service to the vision of creating enlightened society through uplifted environments.



Mindful design of public and private space; including office, home and institutional settings.

Site-conditioned designs to awaken the senses, encourage contemplative awareness and spiritual renewal.

Working together to bring the body, mind and inhabited space into accord.

inSite Contemplative Design
can design your home, office or
business to enhance and support
mindful living for a healthier and
more creative life.

inSite Contemplative Design

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*“Art’s purpose is to sober and
quiet the mind so that it is in
accord with what happens.”
John Cage*

ONE CLIENT'S EXPERIENCE

What prompted me to begin this process was a realization that I was spending more waking hours in the office than I was at home yet spent no effort making the space my own. After many years of working with whatever corporate furnishings were available I figured there had to be more. When I saw your website I was struck by the open, quiet atmosphere you had created in the student lounge. [the Rest...Room Installation]

The calm sense I feel in the office space now is quite obvious. My concentration has improved and my workflow has increased all with no obvious effort on my part. I began just wanting the space to look nicer and have become a convert to the notion that the space has a clear power to affect what happens within it.

Perhaps what I appreciated most about the process was also what has made it so comfortable for me. That is, the careful attention to 'me'. There was almost as much time spent interviewing me and getting to know my work needs and my personal passions as there was in doing the physical work of transforming the space. The result is a space that is uniquely mine in a way that I could not have verbalized. . . in a way that I perhaps didn't even fully understand.

The process was fun, the result was better than expected. I am comfortable strongly recommending your services to other professionals.

Neil Duval, M.D.

THE DESIGN PROCESS

Instead of starting with a conceptual vision based on schools of thought, styles or trends, each design begins with synchronizing mind and body; then opening to the specifics of site, client and function. My role is as sensor, facilitator and conduit for the design to be born from skillful engagement with the interdependent elements of the space.

The initial meeting with a client is spent actively listening to the individual's perceived use of the space and what needs are currently unmet. I then take my own reading of the specific site and greater environs, noting details of placement, color, light, smell, sound, furnishings and functionality through direct sensory input, taking note of areas to discuss further with the client.

Having taken a thorough reading of the environment, an initial design proposal is prepared, with priorities set based on the client's budget and time frame.

The process continues as a collaborative effort between the client, myself and the phenomenal world working together to achieve a harmonious design, using mindfulness and awareness to refine the vision and bring all elements into balance.



Before and After pictures of the "Rest...Room" installation in an empty office space at Goddard College, created as a temporary contemplative space for students and faculty, using fabric, natural objects and materials found on-site.



Comments from visitors to the "Rest..Room"

"Thank you for creating this beautiful, restful place!"

*"Soft light and stillness, a moment of poetry"
"Sanctuary. Breathing space. Thank you for bringing us the Rest Room. Peace. Ahh..."*

"I had a breath and then another...to give space is such a generous gift."