

# Concept Three: A Place to Unplug



This scenario is about relaxation, connecting to nature, and unplugging from our hectic lives.

As the site of the former Rehabilitation Centre, Concept Three explores how natural areas and parks can be therapeutic places for our mental well-being. There are opportunities for commemoration to bring awareness to mental health issues.

Features include a meditation labyrinth, a yoga lawn, and a hilltop lookoff. The trails are designed for meandering through meadows, forests and along the lakeshore, with seating areas and meditation spots along the way. A sun dial and night sky viewing area help connect us to the natural cycles and rhythms of the changing seasons. A fenced area and the outer perimeter trail are designated for off-leash dog use.

## Overview:

- 1 Meditation Labyrinth
- 2 Yoga Lawn
- 3 Sun Dial/ Night Sky
- 4 Hope Garden & Statue
- 5 Meadow Meanders
- 6 Forest Meanders
- 7 Lakeshore Meanders
- 8 Fishing Pier/ Pavilion
- 9 Walking Paths
- 10 Dog Off-leash Paths
- 11 Dog Off-Leash Area
- Quiet Seating Spots
- P Parking Lot

