

EM BODI MENT

WE WANT TO STOP BODY-SABOTAGING OURSELVES BY CREATING SPACES THAT ARE NOT MEETING OUR NEEDS.

WE WANT TO CREATE SPACES THAT ACCOMMODATE ATMOSPHERES AND ARE PART OF A NETWORK OF GLOBAL SAFE SPACES THAT DO NOT OVER-STIMULATE US.

WE CALL FOR STOPPING THE BLINDNESS TO MULTISENSORY IMPORTANCE IN ACCOMMODATING BODIES.

The manifesto calls for a radical transformation in AnthroArchitecture, challenging the dominance of the visual-centric paradigm to embrace the full spectrum of human senses. The current state of affairs neglects the impact of the underestimated senses on the natural and built environment. Architectural practice lacks research on the relationship between sensory experiences and design. The focus of our approach is the concept of embodying space which recognizes the human body as the main mesh of receptors and primary sensory organ and urges for a multisensory understanding of space in architectural design. We advocate for a reevaluation of senses and reject the outdated hierarchy which is in opposition to realising the potential of multisensory representation of space. Our vision reaches as

far as a utopian created environment which enhances our growth through reacting to multisensory stimuli. We highlight the significance of touch in childhood learning and the Montessori method's emphasis on tactile exploration, which are the basics of empiricist philosophy. We urge the embrace of embodiment to enter a symbiotic relationship between human and architectural forms. We manifest an inclusive built environment that doesn't call for a norm defined space that can only be by default copy pasted in completely different areas. It's an understanding of the needs of bodies that should be re-evaluated and reworked when applied to another area. Our aim is to point out the importance of thinking on a human scale rather than "what can we see from space that says there's life on this planet" approach.