

# Design for Wellness: Unite Yourself, Health & Design<sup>TM</sup>

## WORKSHOP OUTLINE

01

What is holistic interior design?

02

How does a holistic approach affect the design plan? What design methods can you apply?

03

Let's understand how our brain works. Insights from neuroarchitecture and psychology of design.

04

How design principles and elements impact the stimulation of the senses.

05

Who is the client? All the questions you need to ask to accomplish a holistic design approach?

06

What is a true holistic interior design style?

07

Consciously create a design plan for your well-being covering every area.

08

Hands-on Practice : How to Use Your Holistic Interior Design Guide.

[www.TheHolisticInteriors.com](http://www.TheHolisticInteriors.com)