



## Metamorphosis Yoga Shala in Portugal

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This project is about a Yoga Shala proposal submitted in an International Architecture Competition Call. The site is part of a mountain Yoga Retreat Complex located in a breathtaking forest region of central Portugal. The new Yoga Shala building is inspired from the Yoga philosophy, being a spiritual practice rather than a physical exercise. The new development apart from the Shala with an atrium space, consists of the Teahouse cave volume. Both buildings are framed by the biomorphic xeriscaping garden islands, the curvilinear walking concrete stone paths and the cultivation activities levels.

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