

# The Japan Center at Stony Brook

presents

**Yoko Kawai**

Yale School of Architecture & Penguin Environmental Design

## “Mindfulness and Japanese Spatial Concepts”



Frost Valley YMCA, New York ©2018 Penguin Environmental Design

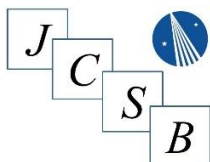
**Monday, Nov. 19, 2018, 5:30 PM**  
**Charles B. Wang Center, Lecture Hall 2**

Why do we feel contemplative in Japanese gardens and architecture? Can our physical environment foster mindfulness? The lecture examines how Japanese spatial concepts help us to be aware at the present moment.

Traditional concepts like *ma* (in-between-ness), *utsuroi* (transience), and *yugen* (the unknown) are discussed as the foundation to create the instrumental mind-body-space relationship. Elements of tea gardens and teahouses are introduced as examples.



**Yoko Kawai, PhD**, is lecturer at Yale School of Architecture and principal of Penguin Environmental Design where she focuses on incorporating landscape into architecture. The firm’s works include a residential project that received CTC&G Award in 2015 and a Japanese Garden at Frost Valley YMCA in 2014. She also co-founded Mirai Work Space Alliance that brings “Space for Well-Being” to contemporary workplaces. She has published articles in various scholarly journals, including Journal of Green Building and Journal of Asian Architecture and Building Engineering.



The Japan Center at Stony Brook  
1046 Humanities Building  
Stony Brook University  
Stony Brook, NY 11794-5343  
<http://www.sunysb.edu/japancenter>  
[japan\\_center@notes.cc.sunysb.edu](mailto:japan_center@notes.cc.sunysb.edu)



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