

The Tao of Lifestyle®

Our work, rest, and play are:
Equally important;
Uniquely expressed;
Alive, connected, and always changing

Safety

Active/Yang/Father
Time-dependent Productivity
Places to **WORK** –kitchen; home office
Safe furniture shapes & materials
Hand-holds; Stairs; Floor coverings
Lighting - too much/too little
Circulation & Space between things

Comfort

Inactive/Yin/Mother
Non-time-dependent Restoration
Places to **REST** –bedroom; bathroom;
dining area; meditation space
Furniture height/width/depth
Temperature – staying warm/cool
Accumulation and Quality of things

THE GOLDEN TRIANGLE

Trinity of Influences

Beauty

Active & Inactive/Yang & Yin/Child
Enjoyable Activities & Quiet Pastimes
Places to **PLAY** –dance/movement space;
studio/music/room for creative expression
Furniture for Reading/Lounging
Personal Taste – Colors, Art, Mementos
Places for socializing and celebrating life