

extremis®



Receive your free 'guide to biophilic design'

91 pages of life-changing insights

Of course I love nature, and you likely do too. It seems like common sense, right? But understanding our evolutionary connection to nature may help us better understand its true impact on our modern-day wellness and how best to incorporate it into daily life.



Some learnings

What, Why & How?

After years of locking ourselves in clean and lifeless buildings, there is a **growing need for design that reconnects us with nature**: biophilic design.

There are numerous reasons and ways to connect with nature in the built environment. **This guide explains** what biophilic design is, why we need more nature for your benefit, and the planet.



[Download your guide now](#)



Advantages

After reading this guide you will:

- Understand what biophilic design is
- Know how to make the right intervention in the right place
- Be inspired by furniture that is biophilic on multiple levels
- Live happily ever after!

[More biophilic insights](#)

"We design zoos for animals better than we design buildings for humans."

Judi Heerwagen, Researcher & Faculty Member at University of Washington School of Architecture

Podcast series

Why on earth? #Epsiode 2

Not a reader? Listen to the second episode of the 'Why on earth' podcast and learn more about biophilic design.

In this 30-minute podcast the connection between people and nature is explained through an inspiring interview with expert **Judith Heerwagen**, faculty member at the University of Washington, and one of the pioneers in the field of biophilic design, who shares the latest view on biophilic design.

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