



# MY IDEAL

*morning*

@myjourney.app

# ROUTINE



## 1. WAKE UP

6.20am



## 2. JOURNAL

6.25am

500ML



## 3. HYDRATE

6.40am



## 4. EXERCISE

7.00am



## 5. HOT BATH

7.15am



## 6. DRESS

7.25am



## 7. HAIR + MAKE UP

7.45am



## 8. BREAKFAST

8.00am



## 9. START YOUR DAY

8.15am

# Morning Routine This Week

**Wenbin Ji**



**Morning Routine This Week:**

The Enigmatic Realm of **Morning Routine This Week**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Morning Routine This Week** a literary masterpiece penned by a renowned author, readers attempt a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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web swiss architect valerio olgiati has just shared with us a series of images that show the unrelentingly precise forms of the visiting center at swiss national park insulated white in situ

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web plantahof auditorium switzerland by valerio olgiati architect a hybrid of pillars and walls expressing an architectural concept 2012 03 24 goood0000000000000000 00 00000000 0000000000000000 00000000 00 00000000 00000000

*feature valerio olgiati a u architecture and urbanism magazine* - Jan 14 2023

web this october issue of a u is our second monograph dedicated to swiss architect valerio olgiati back in our a u 12 12 issue olgiati shared with us in an interview with markus breitschmid about his theory on making a building that is not arbitrary and is also not determined by an ideal

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web sep 20 2021 the cult swiss talent valerio olgiati creates austere often concrete spaces that eschew references to history or place

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web apr 1 2015 completed in 2014 in portugal images by archive olgiati this project is located in alentejo about 10 km inland from the atlantic ocean the area features a hilly rural landscape and is covered

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web valerio olgiati has 10 projects published in our site focused on residential architecture cultural architecture offices their headquarters are based in switzerland data based on built

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web mar 4 2013 pure architecture and newness as referenced in neustein s article olgiati s stated aim is to create architecture that is not symbolic and not historical but purely architectural the question of whether architecture is capable of negating or transcending any symbolic and historical interpretation is central

[valerio olgiati 12 iconic projects rtf rethinking the future](#) - Jul 20 2023

web jul 17 2023 while actively involved in humanitarian work a lot of her free time is spent in reading thinking about life and writing about her revelations architect valerio olgiati is a multiple award winning swiss architect who has

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web dec 10 2021 the red brown concrete structure by valerio olgiati incorporates house shaped columns that carry horizontal slabs and form earthy stone shelves in the center of the building four massive pillars

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web valerio olgiati born 1958 is a swiss architect he initially studied architecture at eth zurich a public research university in zurich switzerland after which he lived in switzerland followed by los angeles in the united states

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web feb 28 2013 the elder olgiati was a revered figure whose work merged modernist principles with vernacular swiss architecture olgiati junior describes growing up in his father s shadow confronted by the 500 year old objects his father collected and stashed in

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web bsc1 valerio olgiati resp architecture is the creation of human space in learning architecture one does not merely learn how to read and respond to one s context but how to exercise a discipline in its own right it is commonly believed that architecture expresses a zeitgeist and materializes a cultural form of life

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web 14 08 09 this is not minimalism declares valerio olgiati with a defiant stare describing two white concrete cubes punctured with symmetrical windows it s his latest building the swiss national park visitors centre in zernez deep

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web valerio olgiati studied architecture at eth zurich following his studies he lived and worked first in switzerland and later in los angeles in 1996 he opened his own practice in zurich and then in 2008 together with his wife tamara in flims

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web aug 19 2016 of a project s life working from his office in flims a small town in the swiss canton of graubünden valerio olgiati has created an impressive portfolio of works including the paspels school das gelbe haus atelier bardill and the national park centre at the swiss national park among others

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