Yoko Kawai’s mission is to create “Space for Well-Being” by utilizing the spatial concepts of Japanese architecture and gardens. Scientists have documented the value of Japanese space on the health and mind, which can include healing and calming effects. Yoko advocates this value both through education and design practice.

Yoko is a lecturer at Yale University, where she has taught theories of Japanese architecture since 2010. She believes that many Japanese spatial concepts, including the famous “ma” and “mu,” are universal, their meanings and the space derived from them can touch the bodies and minds of people in the world. At her talks at universities, conferences, and public meetings, she presents both the historical origins and modern applications of these concepts to guide the audience on a trip across the time and space to a serene “Space for Well-being.”

Yoko is the cofounder and principal of Penguin Environmental Design, which is based in Hamden, Connecticut, and Osaka, Japan. Her firm focuses on incorporating landscape into architecture, often by using the spatial concepts of Japanese architecture and gardens. The firm’s major works include a residential project that received a CTC&G Innovation in Design Awards in 2015, a Zen garden for the Frost Valley YMCA in 2014, and a stone-scape at the Yale University Art Gallery in 2009.

In 2016, her firm cofounded the Mirai Work Space Alliance in New York. There, by incorporating another research subject (the influence of information technology on our working spatial environment), she and her colleagues bring “Space for Well-Being” to contemporary work places.

**Topics:**
Yoko gives talks on spatial designs for health and well-being. Popular topics include the following:
- What can space do for your well-being: The mystery of Japanese space
- Healing gardens & Japanese gardens: Their curious relationship
- Retreat spaces at home and in your office

**Audience:**
Anyone who is interested in the well-being of one’s self, family, colleagues, and employees, particularly business owners, knowledge-based employees, Millennials, Baby Boomers, and those in health-related industries.

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SELECTED WORKS

DESIGN WORKS

- Japanese Garden at Frost Valley YMCA, NY
- A Window to the Serenity (CTC&G Award 2015, 2nd Place)
- Residential Renovation & Addition, CT
- Residential Healing Garden, CT
- Residential Facade and Garden, CT
- Interior Stone Garden, Yale Art Gallery Exhibition

BOOKS

- *Kyoto: City of Japan-ness*, on-going project with Kyoto University & Ritsumeikan University
- *Remote Work: for Sustainable Cities and Healthy Life*, expected to be published in 2018
- “Choose, Create, and Connect: How Telework is Changing Space Around Us”, in *Residential and Community Spaces in the Future*, Asakawa-shoten, Tokyo, 2014