



HOLISTIC HEARTH

owners: JOAN TONYAN AND MARY HUDAK

architect: PAUL CATE



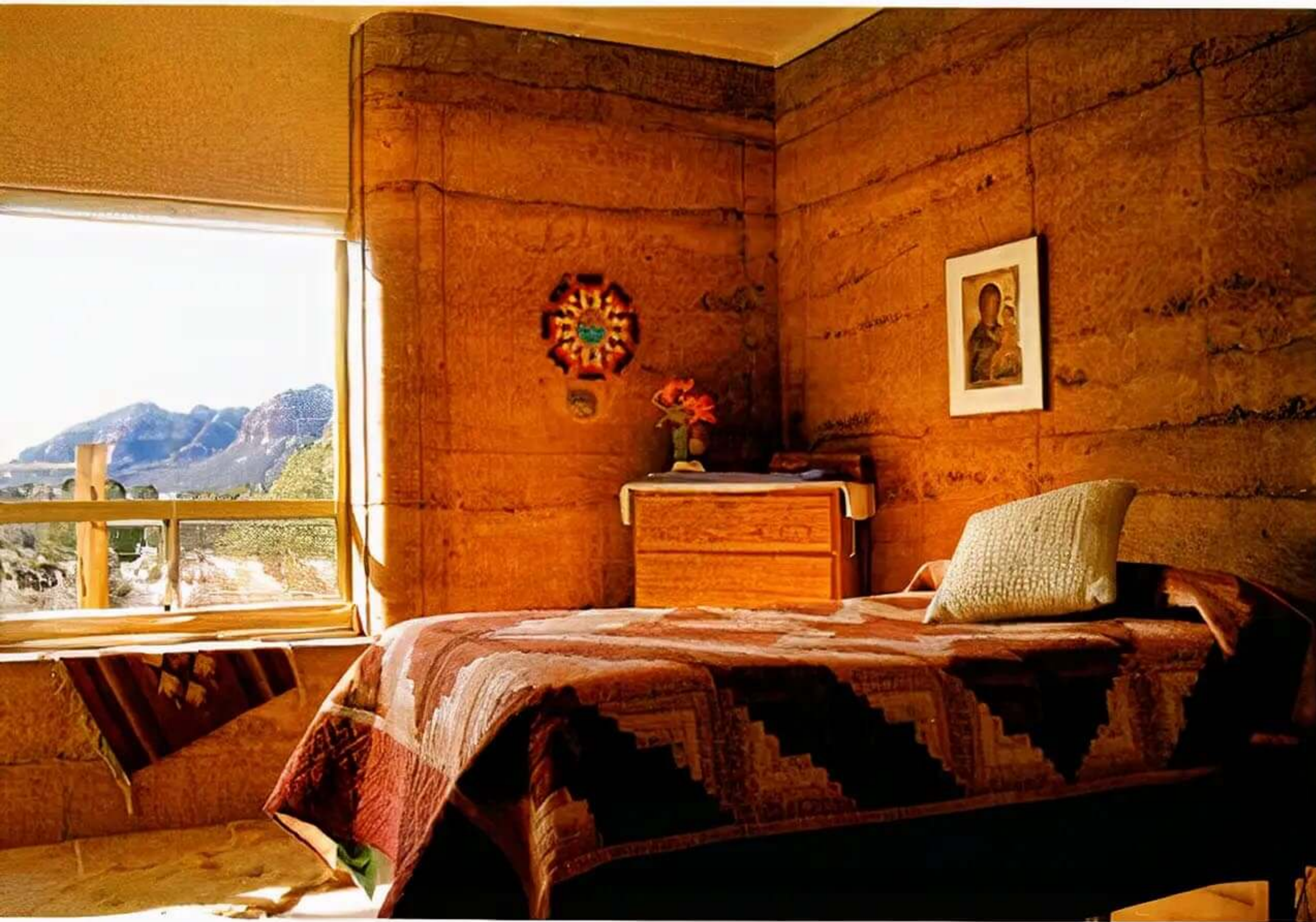
JOAN TONYAN AND MARY HUDAK'S DREAM began about twenty-five years ago when they embarked on a holistic health pursuit of life. They lived in the Bay Area of California and traveled north to Columbia Gorge in Washington. Their search for a more ideal living environment eventually led to Sedona, away from the water and into the sunshine.

They were attracted by the healing energy they perceived to be housed within the majestic red rock formations of the Holy Cross Chapel area. There, after considerable feng shui observations, two major geopathic energy pathways were discovered on the site. It is believed that this retreat sits in the radiance of divine life-generating energy flows. Mary and Joan felt at once that this was the right place to support their spiritual goals for modeling a healthy plan and a teaching program in holistic health.

Mary and Joan also felt that it was fitting for the "birthing" of their house to design it with an organic integrity that expressed their respect for this bountiful setting. A rammed-earth construction was chosen for its ability to become an integral part of the beauty and energy of their surroundings.

LEFT: *The breezes dazzle the copper wind sculpture.*

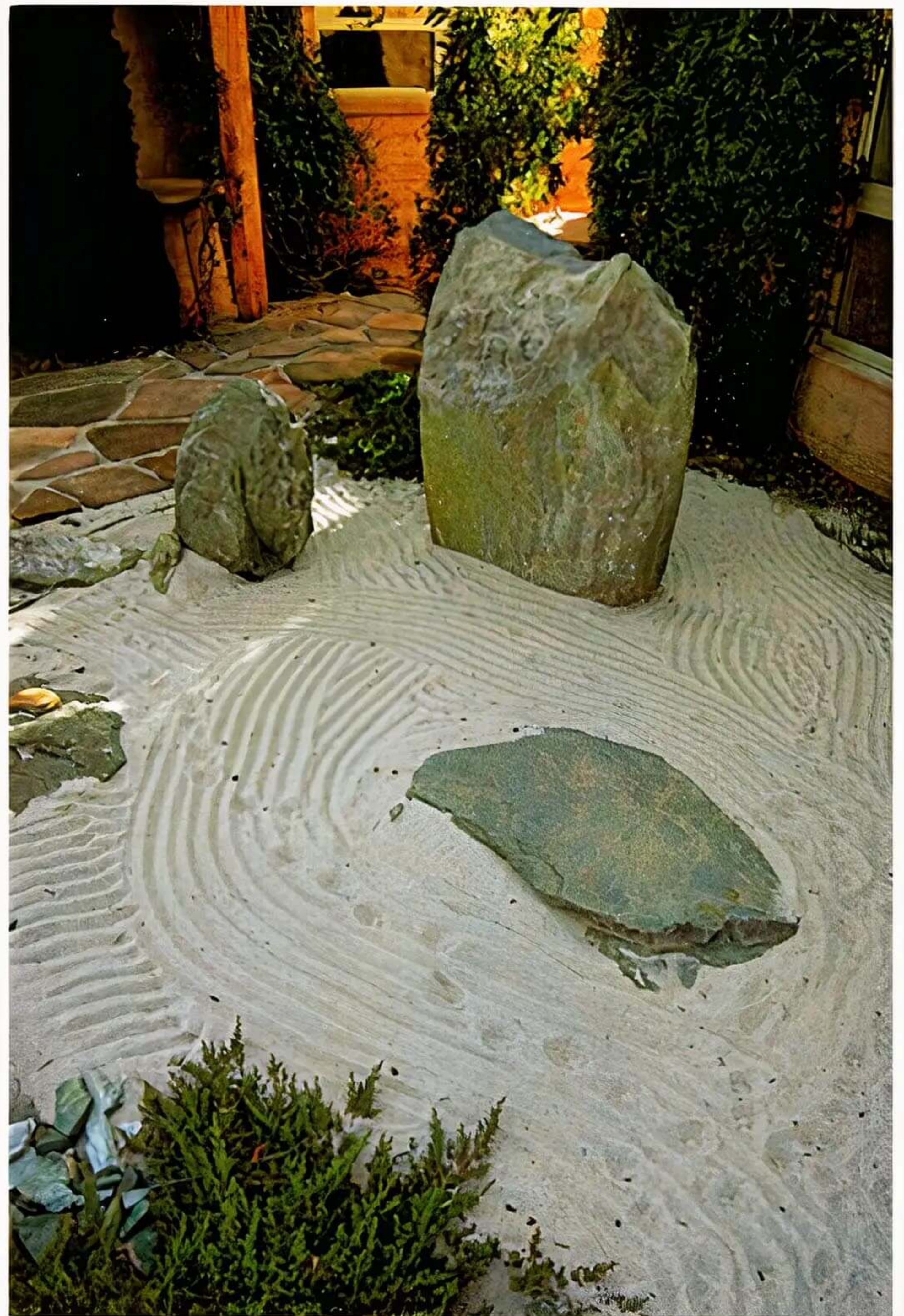
OPPOSITE: *A stone path leads visitors into the entry courtyard.*



ABOVE: *The raw rammed-earth surface of the walls offers a sense of protection by the forces of Nature herself.*

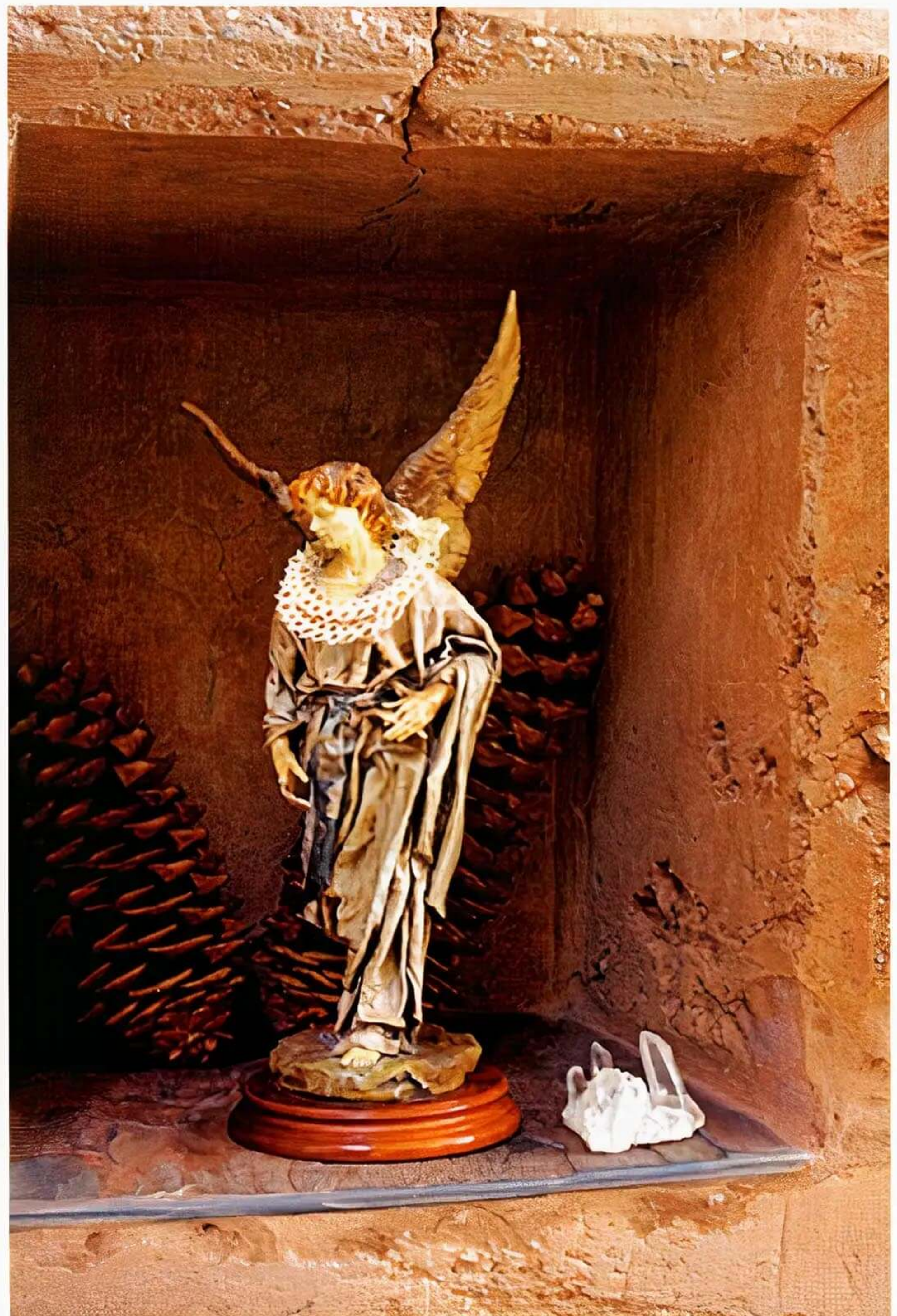
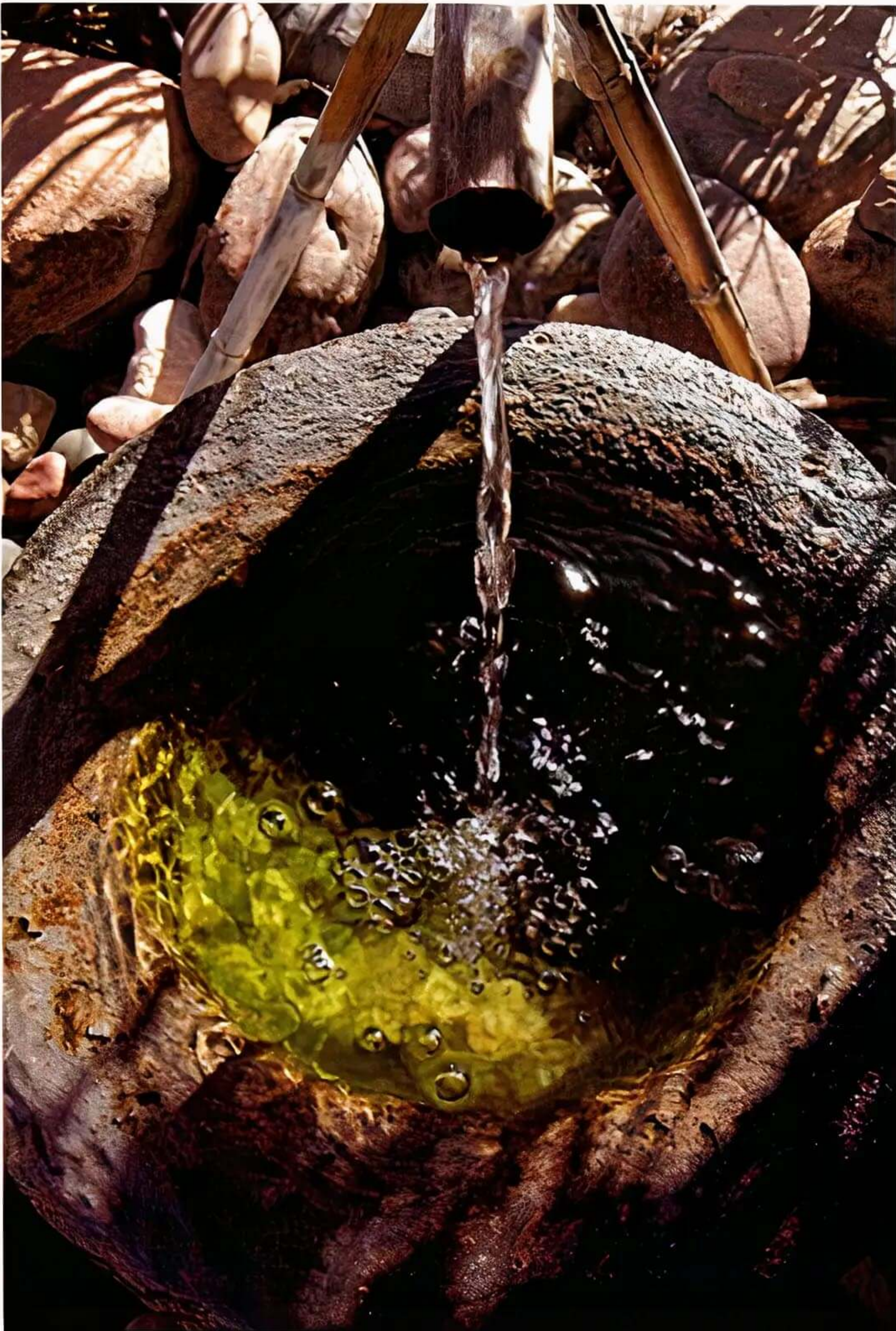
RIGHT: *The raked rock meditation garden is a favorite place for cats.*

The house is sculpted from the red rock found on the building site. Its thick walls provide a steadfast buffer against the occasionally harsh outside elements. Large and expansive windows allow the sun to bring nourishment for body and soul inside the walls. Radiant in-floor heating during the winter months provides a gentle warmth throughout the house. The walls are conveniently thick for the creation of niches. The owners have also planted meditation, courtyard, and organic gardens. The gardens' harvest brings joy, peace, and food, reinforcing their beliefs that to teach and live in a healthy, organic, and energy-efficient environment is a meaningful adventure.



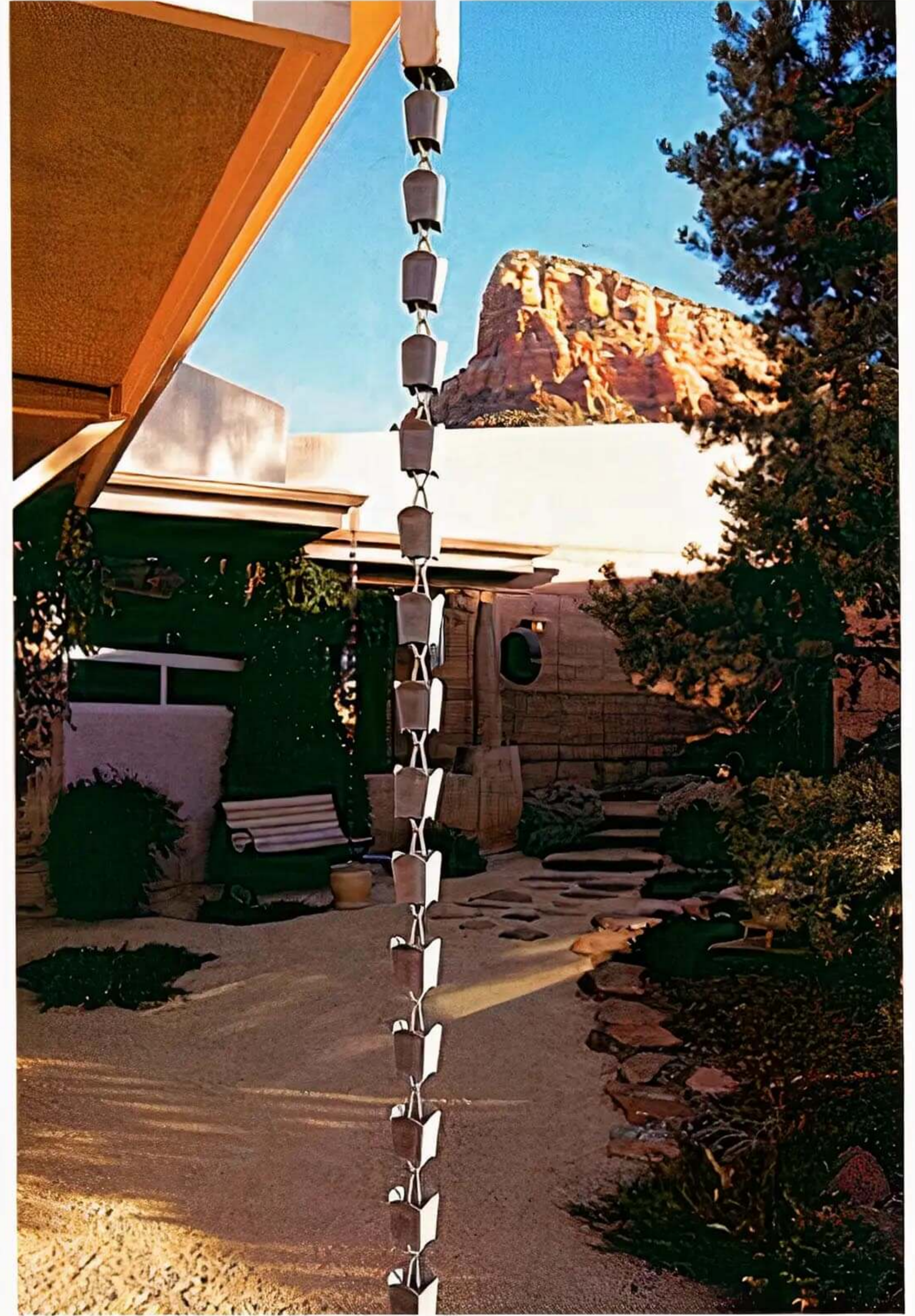
LEFT: Rain water is captured in a stone basin.

RIGHT: Deep niches in the eighteen-inch-thick walls offer an ideal place to display and protect sacred objects.





LEFT: *Artifacts in niches become a part of small altars.*



RIGHT: *A rain chain of tiny buckets.*



A private courtyard with red rock peaks overhead.