

一场共同探索的求知之旅
A Journey of Collection Exploration
and Learning

“手把青秧插满田，低头便见水中天。
六根清净方为道，退步原来是向前。”

— 唐朝布袋和尚《插秧诗》

Sang · ha / sañgha,
A Sanskrit word for community.

04 音显水中天介绍
Introduction to SANGHA BY OCTAVE

08 意行互动学习区
VILLAGE

10 意行居所
FELLOW TRAVELER

12 大会堂
Town Hall

14 典礼堂
The Sanctuary

16 谈天说地
Connection Rooms

18 演讲厅
The Auditorium

20 意膳坊市集
THOUGHT FOR FOOD Market

22 社区广场
Market Plaza

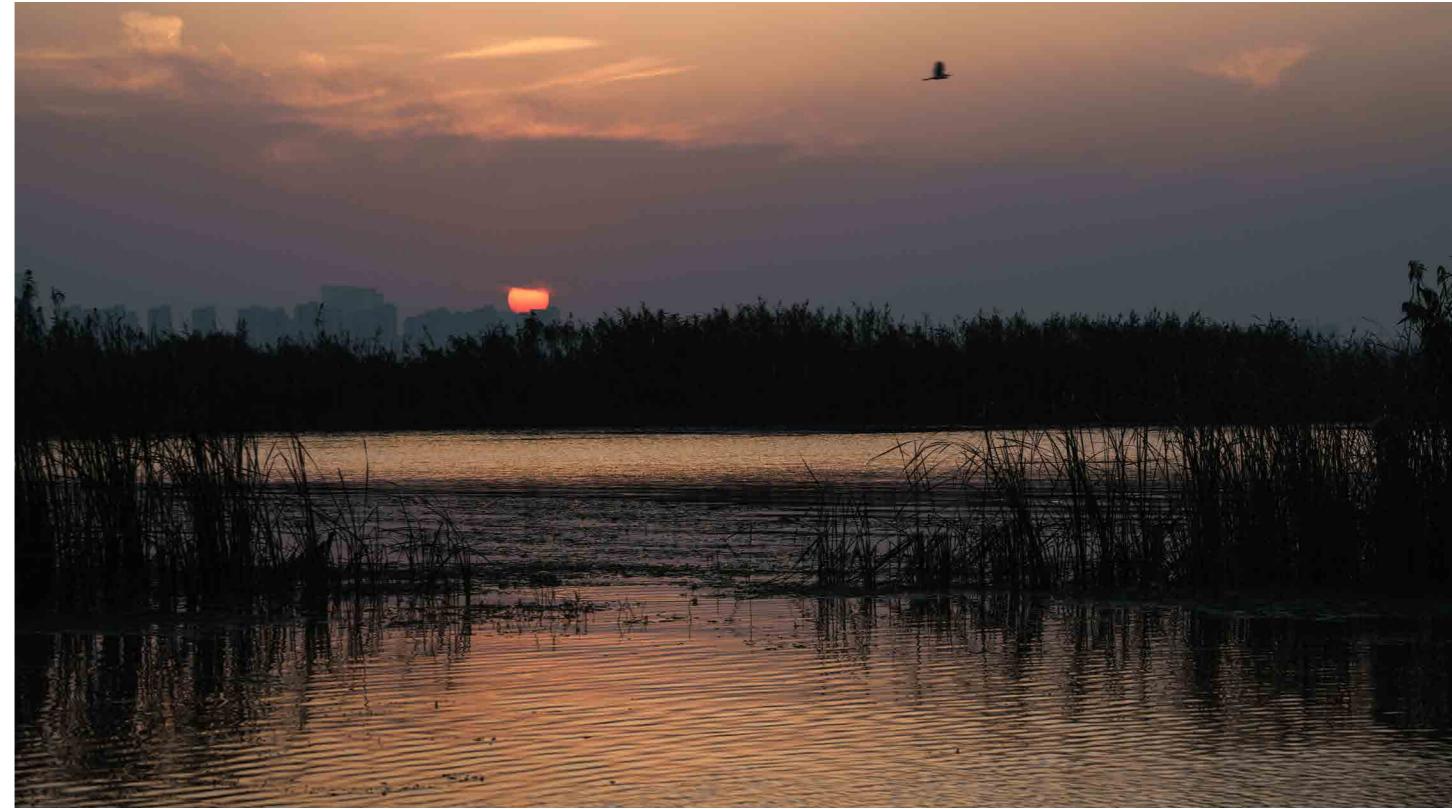
24 社区农场
Community Farm

26 水中天画廊
SANGHA Gallery

28 艺术音乐中心
Arts & Music Center

30 家庭成长中心
Family Learning Center

32 聆音观邸
SANGHA Villas





INTRODUCTION

SANGHA BY OCTAVE

音昱水中天，苏州近郊身心秘境，是支持您正念生活及成长的幸福社区。这里帮助您培养内在自我，活在当下，展现最大潜能。支持您在与自己、他人、自然的和谐联结中内观觉察，修习进化。

我们拥有有支持整体健康和疗愈、学习和生活的空间。在这里，音昱带给您融贯东方智慧和西方科学的正念生活方式，通过联结不同生活与学习社区，推进正念实践。

位于美丽的阳澄湖畔，占地189,000平方米。交通便利。从上海出发，约1小时即可到达。从苏州市区出发，仅30分钟即可抵达。



SANGHA BY OCTAVE is a community for mindful living. A space for mindful learning. A holistic wellness retreat, where you are in unity, connected with and inseparable from others, nature and the environment.

SANGHA BY OCTAVE is a space to support holistic wellness, learning and living. Here, you become part of a lifestyle built on mindful practices that connects diverse learning communities. We bring you mindfulness born from eastern wisdom with western science.

SANGHA BY OCTAVE spreads across 189,000 square meters on the banks of the beautiful Yangcheng Lake. You are only 30 minutes from downtown Suzhou and a short one hour from cosmopolitan Shanghai.



在音昱水中天您可以选择成为社区生活的一部分，成为别墅的拥有者；如果您离家较远，亦可在此短期静谧安歇。在这里，多样灵活的空间与建筑结构，将满足您的不同生活需求。

这里是理想的居所，拥有完整配套设施，支持您实现全面健康的管理。意源整疗诊所拥有先进的检测设备和专业的医护人员，帮助您抵达最佳健康状态。超乎想象的清体排毒疗愈、正念饮食方案、水疗复元，抚慰身心，实现和谐。

音昱水中天的学习计划，以正念打开您的心灵之路，为您的思想和精神提供能量。发现、联结、整合自我、食物、家庭，以及工作环境。

发现全新生活方式，就在音昱水中天，专属您的生活社区。



In SANGHA BY OCTAVE, you have choices of being part of a long-term community, as owners of SANGHA Villas; or choose to stay for one of our retreats, as your home away from home. The space in SANGHA BY OCTAVE is built to be flexible to tailor to your needs.

SANGHA BY OCTAVE is home to a full and comprehensive suite of wellness facilities to support your holistic wellness. AT ONE Clinic has the best equipment and top medical professionals for you to achieve your optimal health. The-state-of-the-art holistic spa heals at the same time that it pampers your mind and body.

Our learning programs offer nutrition for your mind and spirit. Open the pathway to your mind with mindfulness. Discover, connect and integrate with yourself, your food, your family, your work, and your environment.

Discover a new life in style. Live your curated lifestyle in SANGHA BY OCTAVE!



正念修行之家，
通透澄净的空间设计。

A physical space designed
to hold the compass
to your inner space.

音显水中天空间的设计理念，充分考量到外部自然环境与内部空间的关系，兼顾人们的身心感受。通透澄净的空间美学，融入对生活方式的全新思考，支持每个人的修行与进化。

每一处空间都是盛放身心灵的秘境。宁谧的黄昏，
平静悠闲的夜晚，时光悄然划过，全然沉浸其中。
不论短憩还是长住，都是一次全新的能量复元之旅。

The space in SANGHA BY OCTAVE is designed to hold your compass to unite your inner and outer world. A physical space built to flow, to navigate your discovery of your spiritual space, to gain consciousness in these two wisdoms. It reflects, respects and integrates into our environment.

Energize and heal with a restful night in SANGHA BY OCTAVE, a home away from home. The space is designed with an eye for detail, providing comfort and energy healing, to leave you fully rejuvenated with each stay.

意行居所,一场共同探索的求知之旅;
学习是生活的一部分。
A journey of collective
exploration and learning.
Where learning is personal,
creative and social;
where learning is part of life.

这是一处精心定制的创造性学习空间,在促进交流的同时,满足您的各种学习需求。让您于协作中感受充盈,在分享中收获馈答。意行居所的客房每8个房间共享一个互动区域,为共同探索与学习创造动静皆宜的舒适环境。



FELLOW TRAVELER was built to stimulate creative cohesion, a place where work and a love of learning unite in a space designed for interaction. A business residence with a difference, FELLOW TRAVELER inspires with its innovative structure and confident design. Each floor of eight rooms shares a private communal lounge, a creative space that facilitates social interaction and learning.

房型和特色

臻选客房

时尚现代的23平方米标准客房。设有一张1.5米大床,享有庭院景色。每间客房都配有高科技电视和现代淋浴的浴室。

臻选湖景客房

时尚现代的23平方米标准客房。设有一张1.5米大床,享有阳澄湖景色。每间客房都配有高科技电视和现代淋浴的浴室。

意行雅筑

充满时尚和现代感的服务式公寓,拥有62至92平方米的单卧室和双卧室房型,设有带特大号床的卧室,独立的餐厅和客厅、厨房、私人阳台、冰箱、电磁炉、烹饪用具和洗衣机一应俱全。每间客房都配有高科技电视,浴室配备浴缸和淋浴。

ROOM TYPES AND FEATURES

Deluxe Rooms

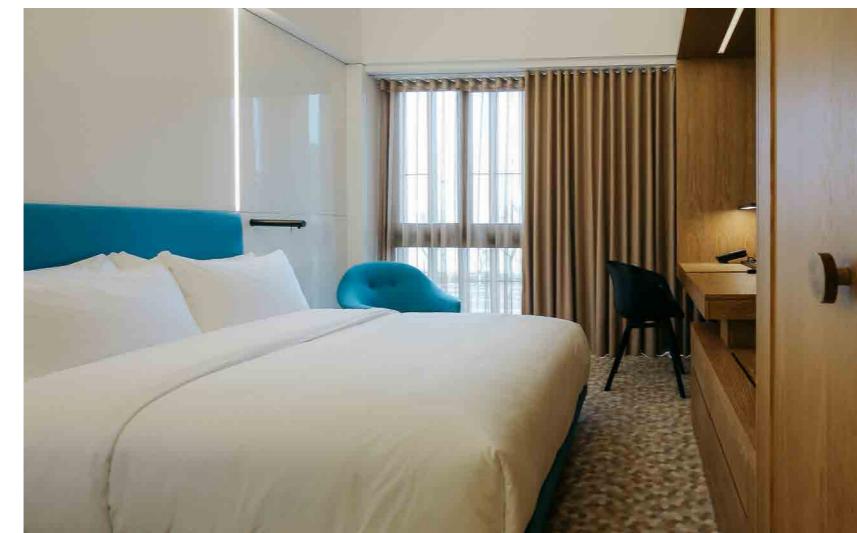
This stylishly contemporary, 23 sqm standard room features one queen bed (1.5 meters) with the view of the courtyard lawn. Every room comes complete with a high-tech television and bathroom.

Deluxe Lakeview Rooms

This stylishly contemporary, 23 sqm standard room features one queen bed (1.5 meters) with the view of the Yangcheng Lake. Every room comes complete with a high-tech television and bathroom.

SANGHA Residences

These stylishly contemporary, 62 sqm to 92 sqm, one to two bedrooms apartment suites feature bedrooms with king-sized beds, a separate dining and living room, a kitchen with a refrigerator, an induction cooker, cooking ware and a washing machine. Every room comes complete with a hi-tech television and bathroom with bathtub.



大会堂面积588平方米，拥有5.8米的层高。无柱式设计大气简约，使厅内视野开阔，室内格局宽敞舒展，并配备有270度高清LED大屏，先进的音效及灯光设备。

大会堂支持以下各类活动：

大型会议和研讨会
新闻发布会
产品发布会
婚礼
时尚和艺术秀
公司年会和晚宴

With an expansive, pillar-free space of 588 sqm and 5.8 meters high ceiling, the Town Hall features 270-degree LED screens, state-of-the-art sound and lighting, and is ready for custom events such as:



Conferences and Summits
Press Conferences
Celebration Parties
Weddings
Fashion and Art Shows
Company Annual Meetings and Gala Dinners
Healing and Wellness Practices

多功能厅 FUNCTION ROOMS	尺寸 DIMENSIONS				容量/人 CAPACITY/PERSONS					
	使用面积/平方米 NET AREA/M ²	长度/米 LENGTH/M	宽度/米 WIDTH/M	高度/米 HEIGHT/M	宴会 BANQUET	剧院 THEATER	课桌式 CLASSROOM	鸡尾酒会 COCKTAIL	U型 U-SHAPE	董事会 BOARD
大会堂 1 TOWN HALL 1	294	15	9.8	5.8	160	240	162	275	80	80
大会堂 2 TOWN HALL 2	294	15	9.8	5.8	160	240	162	275	80	80
大会堂 1+2 TOWN HALL 1+2	588	30	19.6	5.8	350	550	324	550	N/A	N/A

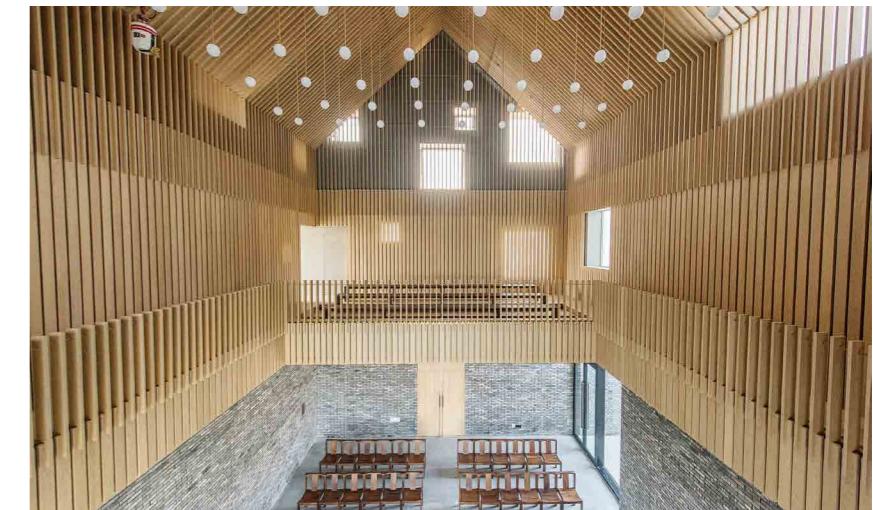
典礼堂位于阳澄湖畔，布局精美，格调优雅，与周围自然静谧的景色融为一体。典礼堂内部高13.8米，利用自然光线照明与恒温，采用大量天然木材的独特内部设计，打造了这一番极具设计感的互动天地。典礼堂可以同时容纳100人在此开展各类社交活动，包括：

鸡尾酒会
艺术品展示
小型演出
婚礼 / 庆典



This beautifully crafted meditative space gives the perfect sense of peace and calm along the banks of the Yangcheng Lake. With soaring 13.8 meters high ceiling, natural lighting, and warm-toned woods, this creative space with room for up to 100 people is designated for unique and special events including:

Cocktail Parties
Art Exhibitions
Live Shows
Weddings and Ceremonies



多功能厅 FUNCTION ROOM	尺寸 DIMENSIONS				容量/人 CAPACITY/PERSONS					
	使用面积/平方米 NET AREA/M ²	长度/米 LENGTH/M	宽度/米 WIDTH/M	高度/米 HEIGHT/M	宴会 BANQUET	剧院 THEATER	课桌式 CLASSROOM	鸡尾酒会 COCKTAIL	U型 U-SHAPE	董事会 BOARD
典礼堂 THE SANCTUARY	98	11.6	8.4	13.8	40	80	64	100	30	30

谈天说地是面积28至99平方米的互动交流空间，可以同时容纳10到60人。房间内配备有先进的音频、视频及投影设备，为每位宾客带来定制化专属体验，包括：

董事会议
互动研讨会
小组讨论会



With space for groups ranging from 10 to 60 people, Connection Rooms range in size from 28 to 99 sqm and come fully equipped with state-of-the-art audio, video and projection systems. Connection Rooms are best suited for bespoke events including:

Board Meetings
Interactive Workshops
Break-out Sessions

多功能厅 FUNCTION ROOMS	尺寸 DIMENSIONS				容量/人 CAPACITY/PERSONS					
	使用面积/平方米 NET AREA/M ²	长度/米 LENGTH/M	宽度/米 WIDTH/M	高度/米 HEIGHT/M	宴会 BANQUET	剧院 THEATER	课桌式 CLASSROOM	鸡尾酒会 COCKTAIL	U型 U-SHAPE	董事会 BOARD
创艺轩1 INSPIRATION ROOM 1	99	13.6	7.3	3.5	40	60	40	60	30	30
创艺轩2 INSPIRATION ROOM 2	55	10	5.5	2.6	24	26	20	15	12	12
谈天说地5 CONNECTION ROOM 5	53	8.7	6.1	3.5	24	26	20	15	12	12
谈天说地6 CONNECTION ROOM 6	28	5.5	4.3	3.5	N/A	12	N/A	10	N/A	N/A
谈天说地7 CONNECTION ROOM 7	40	6.5	6.1	3.5	20	20	18	30	15	15
谈天说地8 CONNECTION ROOM 8	28	5.5	4.3	3.5	N/A	N/A	N/A	N/A	N/A	N/A
谈天说地9 CONNECTION ROOM 9	40	6.5	6.1	3.5	20	20	18	30	15	15
谈天说地10 CONNECTION ROOM 10	51	8.4	6.1	3.5	24	26	20	25	12	12
谈天说地11 CONNECTION ROOM 11	40	6.5	6.1	3.5	20	20	18	30	15	15

演讲厅的设计极具学术氛围，在234平方米的空间内，可容纳140人同时与会。配备了前沿音频、视频及投影设备，且满足远程学习需求，可用于：

组织内部进修项目

讲座

学术对话会议

The Auditorium is our lecture theater for meetings in a more academic setting. It provides 234 sqm of space and seats up to 140 people, along with the latest audio, video, projection systems and distance learning capabilities. The Auditorium is ideal for events including:

Organization Learning Programs

Lectures

Dialogue Sessions



多功能厅 FUNCTION ROOM	尺寸 DIMENSIONS				容量/人 CAPACITY/PERSONS					
	使用面积/平方米 NET AREA/M ²	长度/米 LENGTH/M	宽度/米 WIDTH/M	高度/米 HEIGHT/M	宴会 BANQUET	剧院 THEATER	课桌式 CLASSROOM	鸡尾酒会 COCKTAIL	U型 U-SHAPE	董事会 BOARD
演讲厅 THE AUDITORIUM	234	15.75	19	3.5	N/A	140	N/A	N/A	N/A	N/A

品味、购物、学习是意膳坊市集推崇的理念。身处2,300平方米独具匠心的互动空间，您可以一睹美食世界的玲珑脉络。这里可容纳230人同时就餐，是可供有机食材选择、用心烹饪、享用食物的正念饮食空间。我们打破区域的界限，以不同的烹饪方式展现美食新纬度：生食、慢炖、烧烤、清蒸、烘烤、煎炒、烘焙及饮料吧台区，一应俱全。

Embark on a gastronomic adventure through 2,300 sqm of experiential dining space. THOUGHT FOR FOOD Market can accommodate more than 230 patrons to dine, shop and learn, featuring different stations of food and drink from every latitude: raw, braise, grill and smoked, steam, the oven, sauté and stir fry, the bakery, and a beverage bar. Explore our farm-to-table market to buy wholesome ingredients and imported goods.



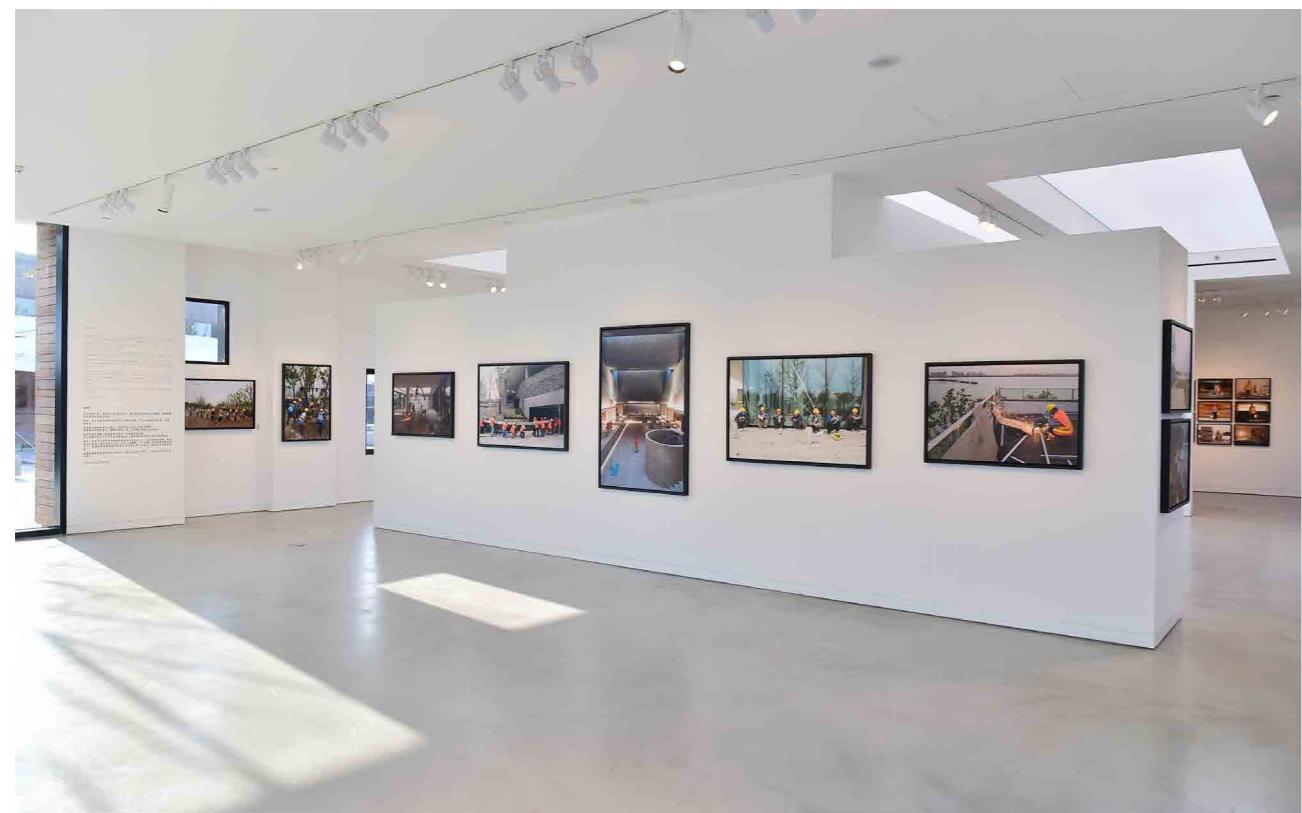


社区广场位于意行互动学习区的中心，以周围的自然环境为背景，完美地浓缩了水中天的自然静谧之韵。这里是一片多功能户外活动天地，能够承办各类学习和社交活动。此外，在天气适宜的时节，我们也会在社区广场上举办各具特色的露天活动，包括农场市集、艺术和音乐节、养生学习论坛、嘉年华和派对。Market Plaza lies at the heart of VILLAGE, amidst the natural surroundings that cradle SANGHA. Partake in the gifts of nature with activities for all life ages. This open-air space can be tailored for any learning or social event, daytime or evening. During warmer months, Market Plaza opens up to a variety of public events, including farmers' markets, art and music festivals, fitness and wellness learning forums, carnivals and parties.

匠心贯穿于选材、烹饪、就餐的整个过程，社区农场秉持着这一理念，不仅为我们的烹饪课程、意膳坊市集提供各类新鲜健康食材，还为家长和孩子们学习园艺之道、深入接触自然提供了很好的平台。

Farm to Table is central to our concept and core values. Our Community Farm is not only a way to supply our culinary classes and THOUGHT FOR FOOD Market, it is also a tangible demonstration of our values. Parents and children can also take advantage of this space to learn more about gardening and strengthen their communion with the earth.





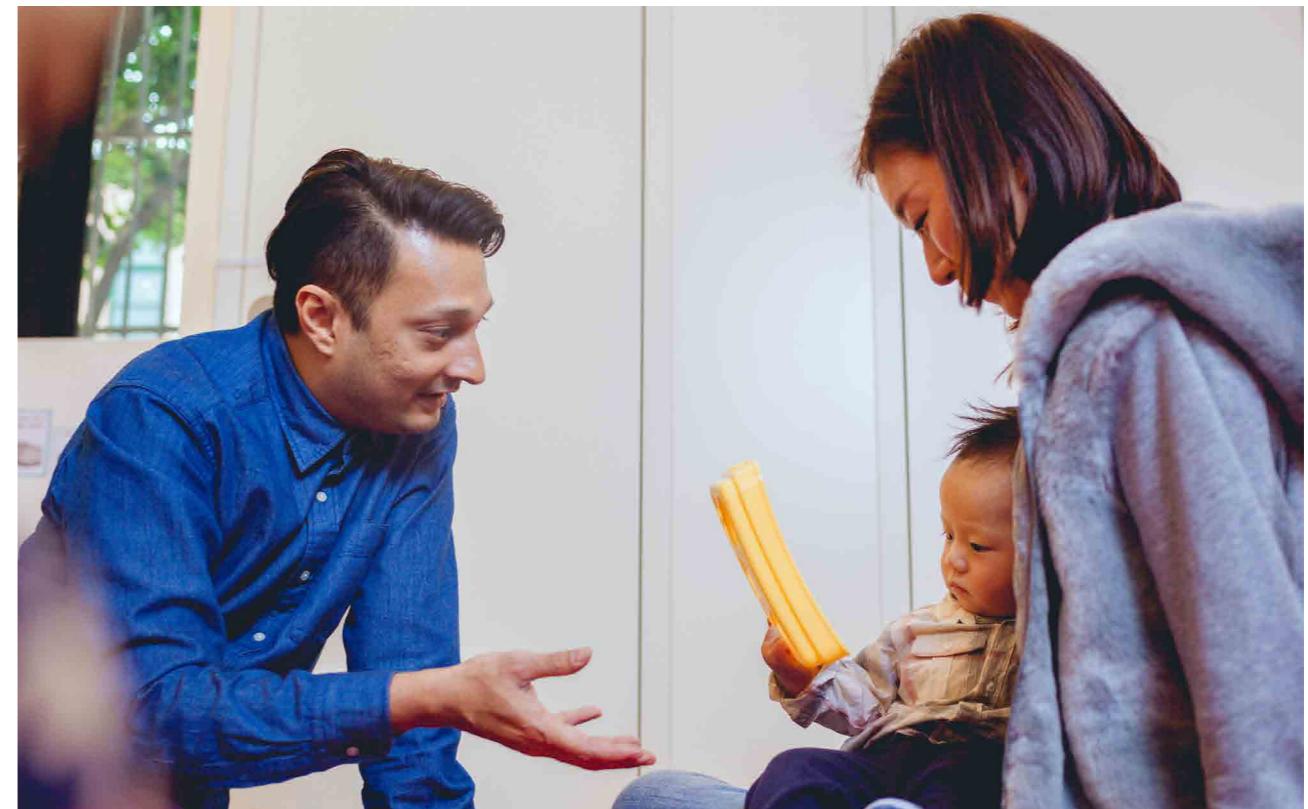
明亮通透的水中天画廊中展出着来自国内外的杰出艺术作品。在此，您能体会艺术家的巧思奥妙，并借此启发自我，收获灵感。水中天画廊中的艺术之美与水中的自然之美相得益彰，沉浸下来，细心品味，您定能感受到其中的融合之美。

This bright and airy space for private art shows gives visitors an opportunity to explore artistic exhibits, meditate on their meaning, and take inspiration from their creation. In SANGHA Gallery, we showcase creative works from both local and international artists, illuminating the beauty that lies everywhere, waiting to be discovered if you take a mindful moment to appreciate it.

在艺术空间的静谧氛围中隐匿，
您既可以欣赏各类艺术与音乐表演，
也可以参与学习一系列的定制艺术课程。
艺术和音乐可以激发灵感、治愈身心，
无论是否经过专业的训练，
都可以在这里重新接触艺术与音乐，
踏上感知真我之旅。

Tucked away in the quietude of our Arts & Music Center, discover arts and music performances and learning in a series of studios, designed to spark inspiration in the creative process.

As the power of dance can heal, so can art and music guide us, novice and expert alike, to connect with the world around us and find clarity in our mind, body and spirit.





正念修行之家。

摒弃一切繁复多余，
还原生活本意。

A Home for the Mindful.
Strip away the non-essential.
Bring to the forefront
the true value of life.

家庭成长中心提供支持家庭成长进化的平台和服务，陪伴您的人生旅程。我们以正念为主轴，将治疗、心理学、教育融为一体，糅合艺术人文、禅修、冥想等方式，研究如何有效帮助儿童心理行为认知，成人模式更新与转变，父母与亲人沟通互动与关系演进，致力于生活各模块中帮助家庭成员提高境界。于您人生的每一个阶段，助力家庭和谐进化。

Family Learning Center provides a specialized platform to support the evolution and growth of your family in the life journey. We integrate mindful practices with psychotherapy, psychology and knowledge imparting. Through a combined methodological approach mingling arts, humanities and meditation, we are here to help you gain an insight into a child's psychological behavior; update and transformation of the adult mode, effective communication and interaction with your parents and relatives, and the evolution of relationships themselves. We are committed to empower each and every family member to fulfil his/her potential in the home ecosystem, and to facilitate the harmonious development of the family.

静悟空间

设计利于安抚心神，
为灵魂寻找一处静谧修行之所，
享受家人相伴的平静与恬淡，
人与自然和谐共处。

Mindful Spaces

Designed to soothe the mind.
Find sanctuary for the soul,
in calm and uplifting home,
at one with nature.

临湖而居

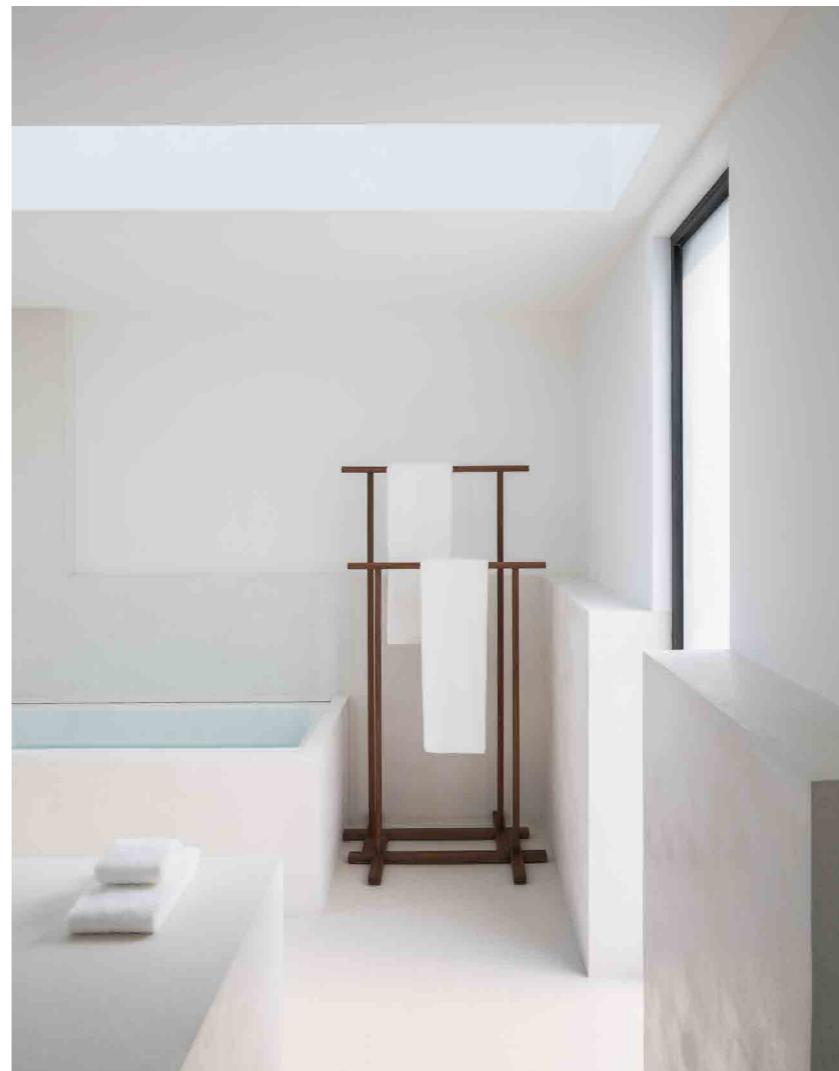
Lakefront View

101 套临湖观邸

101 Lakefront Villas

建筑面积660到1,300平方米

From 660 to 1,300 sqm



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音昱水中天
SANGHA BY OCTAVE