The center uses a courtyard as the main common space linking its three components. The Zen-do, or meditation space, is set apart in the middle of the courtyard, marking it as the most important space of the project.

Using the Asian concept of Yin and Tang, the building's organization separates the more mundane functions (the profane) from the spiritual and contemplative spaces (the sacred). The Health Center faces onto Jefferson Blvd., and the dining facility and gallery space onto Duquesne St., welcoming visitors. The Retreat Center's living spaces and the Meditation Center are more secluded from the public avenues.

Monastic cloisters provided a precedent for this project, prompting an investigation into the possibilities for circumambulation of the courtyard space. The building's organization allows for circulation around all four sides, using sloping roof terraces and outdoor stairways to connect different levels. Users have a choice of paths and places for solitary meditation along them.