



Mindfulness in its various practices like meditation, yoga, prayer, and more, is essential in our busy and over-scheduled lives. However, it can become a real challenge to find a quiet place to practice it – especially for those living in bustling cities like New York. That’s why real estate developers turned their attention to building meditation gardens that provide a quiet, calm place for residents to find balance and reduce emotional and physical stress.

Below are Manhattan residential buildings that boast tranquil meditation gardens where residents can reflect and relax.

## 40 BLEECKER

Leading AD100 landscape architect Edmund Hollander created a verdant calm that fills 40 Bleecker.



Image Credit: Evan Joseph

The building’s beautiful 5,600-square-foot courtyard garden blends texture with tailoring, creating a versatile space that offers both privacy and gathering. Reflecting pools and waterfalls complete the sensory experience, delivering soothing sounds of moving water and new dimensions of light.