

## Achieving Zen: 4 Upscale New York Condos with Meditation Gardens

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New York City is not only famous for its glamorous, fast-paced lifestyle but also its towering skyscrapers and condominium complexes—lavish homes that invoke envy and set trends all around the world. People flock to NYC for job opportunities and the vibrant social scene, but even the savviest urbanite can grow weary of the daily grind of city life after a while. For some, staying in the Big Apple long-term can even feel claustrophobic and hectic, which is why developers and interior designers have started integrating quiet areas for wellness and relaxation into their blueprints.

One popular feature that fits this trend is the meditation garden. Once a rarity among New York's concrete jungle, now these quiescent areas are a standard feature in many high-end condo complexes. Stark and peaceful, meditation gardens give residents the ability to insulate themselves from the concerns of metropolitan life and re-center their focus on their own health and mental wellbeing. The following gardens are among the most extraordinary the metropolis has to offer—and the condo complexes they are a part of are just as stunning and luxurious.

## Jolie



High atop the roof of the new condo complex [Jolie](#) sits a tranquil sanctuary, with abundant plant life, gorgeous views, and a ton of open space. This meditation garden is just one of many luxury amenities on offer to residents who call this place home. Located in Greenwich, designed by the architects at [FXCollaborative](#), Jolie facilitates mindfulness and wellbeing by incorporating this and other green spaces into its design. Rising 500 feet off the ground, the Zen Garden sports landscaping from [Future Green Studio](#), and on the 41st floor of the building, there is a Japanese rock garden to soothe and relax the senses. Gorgeous and enviable, Jolie blends high life living with meditative elegance, making it the perfect home for a well-to-do Manhattanite who likes to unwind.