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LIFESTYLE

Luxury Residences Embracing the Tranquility Garden Trend This National Yoga Month

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In honor of **National Yoga Month**, a wave of luxury residential developments across South Florida and beyond are embracing a growing wellness trend: the tranquility garden. From waterfront terraces and yoga lawns to secluded spaces surrounded by tropical landscaping, these open-air retreats offer residents a scenic setting to practice yoga, meditate, or simply slow down without leaving home.

Here are standout developments leading the way:

Mr C Residences Boca Raton — The first branded residential development announced in downtown Boca Raton in more than a decade invites residents to find their flow on a dedicated yoga lawn or enjoy a quiet reset in its outdoor meditation area.



Ritz-Carlton Residences, Fort Lauderdale Beach — The boutique dual-tower development overlooking the Atlantic Ocean and Intracoastal Waterway features a serene meditation lawn where residents can slow down and recharge surrounded by lush landscapes.

NoBe PARC Miami Beach — Perched on the rooftop overlooking Miami Beach, the development's Sunrise Yoga Deck and adjacent Zen relaxation area give residents a quiet perch to stretch, meditate, or watch the sun come up before the day starts.

JEM Private Residences — High above Miami Worldcenter, JEM Private Residences creates an urban wellness retreat with an outdoor yoga patio, cold plunge, and landscaped mist garden, giving residents a serene setting to stretch, reset, and recharge amid the energy of Downtown Miami.

2200 Brickell — The one-acre rooftop haven includes a dedicated outdoor fitness and yoga lawn alongside a Wellness Lounge with Treatment Suite and Heat Suite, giving residents an open-air escape to stretch, unwind, and reset above the city.

Elyse Buckhead — In the heart of Buckhead, the development's elevated amenity terrace is surrounded by lush landscaping and inviting seating areas, offering residents a serene open-air setting to practice yoga, meditate, or simply slow down.

The Residences at 1428 Brickell — Located in the heart of Brickell, 1428 Brickell brings wellness to new heights with a Level 66 Wellness Club featuring an outdoor yoga terrace and dedicated meditation room — a scenic escape in the sky where residents can find a moment of calm and practice in the open air high above the city.

Olana Naples Residences — Situated on Naples' pristine white sandy beaches, Olana Naples Residences offers a tranquil escape with privacy, lush landscaping, and a dedicated zen yoga garden complete with a peaceful reflecting pond and tropical greenery.

Viceroy Residences Fort Lauderdale — Viceroy Residences Fort Lauderdale pairs its outdoor yoga terrace with lush lawn and garden spaces featuring reflecting pools, water features, and secluded botanical alcoves — a peaceful open-air escape for movement, meditation, and moments of calm.

12000 Sport & Wellness Residences — Anchored by The Mermaid Club, this waterfront resort residence includes a floating yoga and meditation deck on Biscayne Bay, plus an indoor/outdoor yoga, pilates, and soundbath studio for residents who want their practice grounded or afloat.

Kempinski Residences Miami Design District — Set within a nearly 70,000-square-foot wellness sanctuary connecting two towers, the development's dedicated Meditation & Yoga Garden gives residents an outdoor space to slow down between treatments, cold plunges, and sauna sessions.



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Sage Intracoastal Residences Fort Lauderdale — Situated along Fort Lauderdale's Intracoastal, Sage Intracoastal Residences offers unobstructed views of the Atlantic Ocean as a serene backdrop for movement and mindfulness. The indoor movement studio extends to an outdoor yoga lawn, allowing residents to practice while immersed in the beauty of the waterfront setting.

Twenty Sixth and 2nd Wynwood Residences — Nestled in a lush garden landscape, the Zen Glass House is a sanctuary designed for yoga, meditation, and meaningful gatherings — an ideal environment for a practice grounded in stillness and connection.