

Abode2



LUXURY ZEN

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As we come towards the end of September, which is National Yoga Month, Abode2 takes time to celebrate the practice of yoga at some of the chicest spots in NYC

Yoga is one of the most popular forms of exercise in the world, and it's become a global phenomenon over the past couple of decades. While some countries' popularity for yoga remains fairly small, there are those where it's an integral part of everyday life. According to the International Yoga Federation, about 300 million people practice globally, with over 36 million people practising it in the U.S. alone.

Abode2 take a look around a selection of luxury apartment buildings in NYC that incorporate yoga amenities into their common spaces, helping to inspire residents to embrace the physical, mental, and spiritual benefits of yoga, boasting unique, calming yoga studios and outdoor spaces for anyone looking to find their inner zen, no matter their experience level.

77 Greenwich

Located in the heart of Manhattan's "New Downtown," 77 Greenwich is a new residential condominium with a boutique approach to upscale urban living featuring architecture by FXCollaborative and interiors by the renowned Deborah Berke Partners. The building offers jaw-dropping sky-high amenities, including a gym, children's playroom, private dining room, and lounge area, as well as an outdoor rooftop with iconic water and city views.



The rooftop allows 77 Greenwich residents to escape the busyness of New York City and provides them with a space to freely stretch, work out, or practice yoga outside while enjoying water and city views.

Image Credit: Evan Joseph Photography

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