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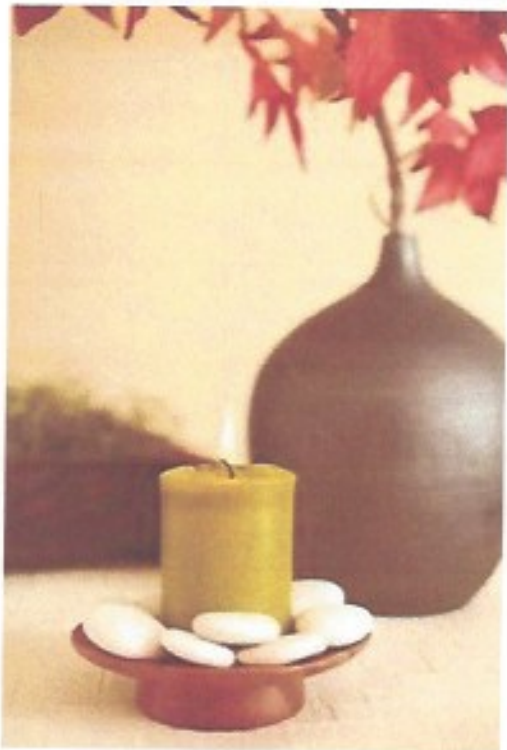
DISCOVER + **HOME** **DISCOVER** **SALES & DEALS**

Design Expert: Everything Zen

Create a soothing yoga or meditation sanctuary in the comforts of home...

By **Jen Jones Donatelli** | Shoptopia® Network
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Love to bliss out in the yoga studio or meditate in the moonlight? Bring a piece of that peace into your home by designing your own Zen den. "The principles are the same as creating a Zen garden or Japanese tea house—simplicity, quiet, balance, and oneness with nature," says artist and designer **Pablo Salomon**.

To achieve those ends, select a quiet room or area in your home, ideally with wood floors, ample natural light, and an inspiring view. If you're feeling especially inspired, "one of the least expensive projects that you can do to bring the outdoors in, is to have a floor-to-ceiling window installed," says Salomon.

The look of the room can also work wonders. Salomon says minimal clutter is key, while **Karma Yoga** owner Katherine Austin decorates with "high-vibration" colors (such as white, lavender, taupe, and pale green) and meaningful Indian and

Buddhist statues. "Create a personal 'altar' as a focal point, along with a cozy white faux fur or sheepskin rug," she says. "I also suggest super-comfortable big meditation cushions or floor chairs for ultimate support in really letting go."

Of course, not all Zen rooms need follow the same template. "There is no need for religious statues unless that is really your faith," says Salomon. "An interesting Bonsai tree, rock, or sculpture works as well, for a focal point."

Complete the ambiance with finishing touches such as fresh plants or flowers,