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In the heart of urban frenzy, Zen interior design offers a serene antidote, crafting peaceful sanctuaries within our homes

BRINGING ZEN TO LIFE

Blinda Gopal Rao

In today's fast-paced world, creating a sanctuary of peace and tranquillity within our homes has become more crucial than ever. Infusing zen principles into interior design can facilitate a mindful living space that fosters serenity and balance.

Do it Right

You can craft a zen-inspired haven within your own home by embracing simplicity as the key. Opt for clean, uncluttered spaces with minimalist furniture and decor. Natural elements like solid wood, marble, and sheesham bring the calming essence of nature into your living space.

Harmonious colour palettes with calming, neutral tones such as soft whites and gentle greys promote relaxation and visual harmony.

"Ensuring a seamless flow between rooms encourages energy circulation. Design open spaces that provide a sense of spaciousness and freedom. Functional minimalism can be achieved by choosing multi-purpose furniture that serves practical needs while maintaining a clutter-free ambience. Pay attention to textures and scents. Incorporating soft fabrics, natural textures, and subtle aromas for a comforting and tranquil atmosphere," says Vijal Subramaniam, Chairman, Royaloak Furniture.



Minimalist Mood

Begin by embracing minimalism, where decluttering becomes a mindful practice, allowing only items that are essential to remain. This opens spaces while reducing mental clutter, fostering a sense of peace.

Aashita Chadha, Co-Founder and Chief Officer of Culture & Strategy at The KariGhars, Bangalore's leading interior design firm, says, "Incorporating natural materials such as wood, stone, and bamboo is another great way to bring warmth, grounding, and a deeper connection to nature into your space, creating a calming atmosphere. One can also opt for sleek, minimalist furniture, featuring low-profile seating and balanced, symmetrical arrangements to establish serenity and order in your space."

Choose soft lighting for a serene ambience and invest in organised storage solutions like cabinets and shelves to maintain a calm, clutter-free environment. "Introduce houseplants to bring a touch of greenery into your space. One can also enhance the comfort of their home space by utilising soft, natural textiles for rugs, cushions, and curtains, adding a tactile element to their environment," adds Chadha.

Colour Coded

Embrace natural light and incorporate soft, diffused lighting for a gentle,

calming ambience. Regular decluttering helps maintain the simplicity and serenity of your space.

"Designing for mindfulness goes beyond physical aesthetics. Integrating meditation corners, yoga spaces, or dedicated areas for reflection and introspection can be beneficial. Including elements such as gentle water fountains, Zen gardens, meditative Buddha statues and indoor plants and planters can further enhance the sense of tranquillity and inner peace," says Subramaniam.

Personal Touch

Imagine your home as a canvas, each room a stroke of creativity waiting to be explored. Creating a zen space is akin to orchestrating a masterpiece. Begin by embracing earthy tones like soothing greens, calming blues, and warm pastel tones. These hues act as a backdrop, inviting nature indoors.

"Mix natural stone and smooth wood textures for a tactile feel. Add comfortable furniture with clean lines for openness and simplicity. A mindful space transcends aesthetics; it touches your essence. Clear the unnecessary for free energy flow. Embrace natural light for therapy. Use soft, natural fabrics for sensory comfort," says Swathy Sivaraman, CEO/Chief Designer at Storeyboard Design.

Amrishi Malvankar, an artist, advises, "Think of object placement as

artistic expression. Mindfully arrange furniture, focusing on balance and harmony. Add serene elements like plants, stones, or sculptures. Embrace negative space for openness and calm. Engage in DIY art to craft custom Zen elements like paintings, sculptures, or a rock garden."

Mindful Spaces

Creating a Zen-inspired home encompasses more than just physical arrangement; it's a holistic lifestyle. Incorporate mindfulness practices like meditation, yoga, and serene surroundings with abundant greenery.

"Begin by carefully selecting the right location. Comfort is crucial in your zen space, so provide comfortable seating with cushions, meditation pillows, or a cosy chair. Incorporate natural elements such as houseplants, rocks, or a tabletop water fountain to create a sense of connection to nature. Soft, warm lighting, like floor lamps and candles, helps set the mood. Decorate with a minimalist touch, adding personal items that hold meaning for you," says Gulia Balma Bollone, Director, Embassy Interiors.

Zen living thrives on the delicate balance between simplicity and mindfulness. By embracing these principles, craft a space that not only exudes tranquillity but also fosters profound inner peace and well-being.

TIPS FOR A BALANCED SPACE

- Integrate elements such as indoor plants and natural materials, establishing a harmonious connection with the environment.
- Invest in comfortable furniture and soft furnishings, ensuring physical comfort during moments of relaxation. Be mindful about the textures and prints.
- Infuse your space with personal touches—artworks, photographs, books, candles or artifacts that hold sentimental value, adding depth and character.
- Avoid overwhelming your space with excessive furniture or decor. Let each piece breathe, allowing the energy to circulate freely.



- Keep the design simple and uncluttered. Complexity can disrupt the flow of energy and create unnecessary distractions.
- Balance natural and artificial lighting. Avoid harsh lights that disturb the tranquillity of the space.

