

Meanwhile, in Miami: Trading Nip/Tucks for Namaste

If there's anything zen during the frenzy of Art Basel, you'll have these guys to thank

By [Tim Miner](#) • 10/19/16 8:00am



Local starchitect Rene Gonzalez designed Sacred Space Miami, which houses lush tropical gardens, the spectacular Miami outpost of LA's Plant Food + Wine, and an event space with regular yoga and wellness classes. [The Sacred Space Miami](#)

Just as a fresh flock of snowbirds settle down for the winter season, a number of new venues focused on meditation, nutrition and spiritual well-being are opening their doors. But can a city known for its obsession with outer appearances shift its gaze inwards? All signs point to yes.

Let's start in Mid-Beach, the formerly shلumpy recently ritzy neighborhood just north of South Beach. In case you haven't heard, it's home to the Faena Hotel, Residences and Forum. It's all a decadent trifecta of art, food, culture and... it turns out: healing. Opened in March of this year, [Tierra Santa Healing House](#) is situated in the Faena Hotel and has recently welcomed a satellite location of [Miami Life Center](#), which brings the city's best yogis to Miami's most opulent wellness setting. Ashtanga yoga classes are offered daily throughout the season.

During Art Basel, you'd be remiss to miss out on Modern OM's collaboration with Design Miami. Modern OM is a Miami-based startup that's making waves by bringing mindfulness into the everyday with their collection of thoughtfully-designed apparel and jewelry. You can already snag their goods at Soho Beach House, but in December they'll launch a signature mala bracelet in collaboration with Design Miami and host a series of meditative "sits" with gallerists and Basel VIPs. So if there's anything zen during the frenzy of Basel this year, you'll have them to thank.

Over in Wynwood, The Sacred Space Miami has just opened up. It's a veritable oasis of wellness planted in the center of Miami's graffiti-covered arts district. Local starchitect Rene Gonzalez designed the compound, which houses lush tropical gardens, the spectacular Miami outpost of LA's Plant Food + Wine, and an event space with regular yoga and wellness classes. This \$10M campus is the first of its kind in Miami devoted solely to wellness. And if the daily dinner crowds are any indication, it won't be the last.