

T MAGAZINE

Three's a Trend: Urban Meditation Destinations

On Wellness

By STACY SUAYA FEB. 2, 2016

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Inspired by their own love of conscious quietude, a trio of women in Los Angeles and New York are bringing nirvana to the jaded masses.



MNDFL Stephen Wilson

MNDFL

Three-month-old MNDFL is the brainchild of 31-year-old Ellie Burrows, who found it difficult to meditate in her own home, filled with all its familiar distractions. With the help of a friend — Lodro Rinzler, now her Chief Spiritual Officer and partner — and the interior design service Homepolish, she transformed the ground floor of an 1837 Greenwich Village townhouse into a cozy modern cocoon. All four major schools of Tibetan Buddhism are represented, as well as Shambhala, Theravada and Zen traditions. Or, if your alpha waves prefer, MNDFL also teaches Vedic and Kundalini. 10 East 8th Street, New York, mndflmeditation.com.