



Clockwise from top left: ZEN Associates' philosophy is deeply rooted in Japanese design principles of balance, simplicity and connection to nature; the interiors and outdoors flow seamlessly into one another at this ZEN project; they master both interior and landscape design.



**What makes ZEN Associates' multidisciplinary approach to design unique?**

**PW:** Our integrated approach ensures that landscape architecture, interior design and construction work together, creating a cohesive, intentional environment. Every phase is meticulously managed to align with the client's evolving needs.

**Why is ZEN Associates' approach essential for creating harmonious spaces?** **RO:** From landscapes to interiors, we strive to craft timeless spaces that engage the senses, foster a connection to nature and promote a sense of peace and mindfulness. These principles are the foundation of our diverse work.

**How are landscape and interior design interconnected?** **PW:** We view interior and landscape design as a seamless, unified experience, ensuring that transitions between indoors and outdoors feel effortless and intentional. By aligning materiality, color, texture and rhythm, we create a sensory continuity that enhances both environments.

**Why is this connection vital to enhance a design experience?** **RO:** With so much of our lives spent indoors, we often forget nature's quiet yet powerful influence. A seamless connection to the natural world grounds us, restores balance and enhances well-being.

**How does ZEN Associates cultivate a connection between interior and exterior spaces?** **RO:** We focus on balance, scale and proportion to create visual harmony. Asymmetry and moments of pause help integrate interior and exterior spaces, fostering a deeper connection to nature where each space enhances the other, and together, they support a deeper connection to nature and self.

Interior design and landscape architecture find harmony  
at ZEN Associates. *by* MADISON DUDDY

# The Great Outdoors



**F**rom the foggy coasts of New England to the sun-soaked hills of California, the harmony between indoor and outdoor spaces shapes how we live and feel. At ZEN Associates ([zenassociates.com](http://zenassociates.com)), this harmony isn't just a design approach—it's a philosophy. This multidisciplinary firm integrates landscape architecture, construction, maintenance and interior design, to create environments where the boundaries between inside and out seem to dissolve. Here, firm principal and landscape architect Peter White and interior designer Rina Okawa explore how thoughtful design can blur lines and elevate everyday living.