



The Wellness Revolution!

From Mars to Venus:

"Have you stopped to realize how truly Great You Really Are? You were created with perfection! In your Kingdom, you are the King or Queen. Begin to treat yourself as Royalty because YOU ARE! Let your doubts slip away as you move toward trusting your own divinity. Honor yourself the way the people honor their King/Queen. Be Regal for the day and receive your many blessings, YOU DESERVE IT!"

-Love and Blessings, Venus



Gratitude Abounds!

We are Ginormously Grateful to all of the wonderful souls who contributed on our Big Day! The Grand Opening was a Huge Success with music from Mark Romero, Ron Franklin, and Lencsi Angel. Thank you to all of the people that so graciously gave of their time, energy, funds, and gifts. Our new space is AMAZING and we look forward to sharing it more with each one of you!

Remember that we are offering most of our services for Donation Only, so watch your excuses fly out the window as you pick up the phone to give us a call. Treat Yourself to a gift and Let Us Massage your cares away.

Treat Yourself to a Weekend of Being Royalty!

Every human being deserves a life of unbelievable experiences and unfathomed joy. However, this is easier than it sounds. This retreat series offers you an incredible process with only One Outcome: A Happy You! Every process, every journey, begins with a first step. The first step in the series is to lay a Foundation for a phenomenal life. Take three nights out of your life to Invest In Yourself. Imagine yourself jumping out of bed in the morning, the smiles you can bring to the people around you, and the ability to look back on your life with no regrets. Come to this Special Event and BEGIN TO LIVE THE LIFE YOU HAVE ALWAYS DREAMED OF!



This Physical Attunement Retreat includes:

- Hatha Yoga with a Nationally Certified Instructor
- Guided Meditation by Venus Castleberg
- Vegan Gourmet Chef providing all meals
- Sessions on how to Nourish the Body, Mind, and Soul
- Strengthening and Healing 1st and 2nd Chakra
- Massages Available by Donation

Space is Very Limited! REGISTER TODAY and Begin to Receive Your Blessings!

Be the first to be Reharmonized in a Sea of Sound

Mark Romero makes his Special Guest Appearance at the Zen10 Wellness Center!!!!



Coming at the end of June!

Mark will be going on-stage(in office) at 10am.

Book your private showing(personal session) as soon as possible, so that you get the time you desire.

Mark is the first guitarist in the world whose music has been proven by a former NASA scientist to instantly harmonize people's lives, create increased wellness and higher levels of consciousness. By combining his expertise with his life changing music, people are instantly able to create a life that is more prosperous, fulfilling, happy and successful!

\$125 per session
Sessions run 30 min. in length



Inspirational Quote of the Month:

"Wherever you go, go with all your heart."

-- Confucius

Zen 10 Wellness, 887 Brittany Rd. #A, Encinitas, CA 92024
CALL NOW to get book an appointment! (858) 212-6004