

WELLNESS EXPERIENCE CURATOR · HOLISTIC HEALING PRACTITIONER ·
TRANSFORMATIONAL GUIDE

Andrea “Zen Goddess” Polk

Zen Soul Apothecary · Apolk@zensoulapothecary.com · zenresetapp.com · Book a session:
squareup.com/appointments



Known by many as the Zen Goddess, Andrea “Zen Goddess” Polk is a wellness educator, entrepreneur, Certified Reiki Master Teacher, mother, and transformational guide dedicated to helping others reconnect with themselves through mindfulness, self-awareness, and intentional living.

Andrea’s path into wellness was born through her own health journey. After facing significant physical, emotional, mental, and spiritual challenges, she was called to slow down, look inward, and discover new ways to support her healing. Through daily practices of mindfulness, breathwork, self-reflection, energy work, nature, and intentional self-care, she experienced a profound transformation that changed the way she viewed wellness and life itself.

The experiences

Every experience is customized to the audience, the environment, the purpose of the event and the time available — whether that is a twenty-minute reset or a multi-day journey.

01 · SIGNATURE EXPERIENCE

Zen Reset

Pause. Release. Reconnect. Rise.

A signature guided wellness experience combining grounding breathwork, meditation, mindful movement, sound healing, reflection, and intentional connection. Adaptable for conferences, corporate teams, retreats, festivals and communities.

02 · SIGNATURE EXPERIENCE

Divinely Guided

No two gatherings carry the same energy.

An intuitive, immersive wellness experience guided by the unique atmosphere and needs of those gathered. Andrea begins with an energetic pulse of the room, inviting participants to recognize what they carry and what they wish to release. The journey unfolds organically through breathwork, meditation, sound, mindful movement, energetic practices and reflection, encouraging balance, connection and personal renewal.

03 · IMMERSIVE

Chakra Color Experience

A journey through color, energy & self-discovery.

A multisensory experience in which a space slowly shifts through red, orange, yellow, green, blue, indigo and violet light. Intentional lighting and chakra symbolism meet affirmations, meditation, sound and reflective exploration — inviting each person to move through the colors at their own pace and notice what each one awakens.

COLORS: Root · Sacral · Solar Plexus · Heart · Throat · Third Eye · Crown

04 · DESTINATION

Retreats & Destination Wellness

Wellness without walls.

From the stillness of the shoreline to the energy of a shared journey, intentional wellness can transform the way we experience travel, community and ourselves.

OFFERINGS: Retreat openings · Destination grounding sessions · Mindful movement · Collective reflection · Wellness integrations for travel conferences

05 · COLLECTIVE

Corporate, Conference & Community

A moment to ground. A space to connect.

Sessions are shaped around your gathering — its people, its pace and its purpose. Each format centers the participant experience: a genuine pause, a shared breath, and space to arrive fully in the room.

FORMATS: Event kickoffs · Group resets · Wellness lounges · Breakout sessions · Staff wellness programs · Closing integration experiences

06 · LEGACY

Youth & Intergenerational

Healing across generations.

Through breathwork, sound, movement, mindfulness and age-appropriate reflection, young people are invited to discover the value of stillness, emotional awareness, creativity and connection.

YOUTH FACILITATION · FAMILY WELLNESS: Ava Rae has been practicing wellness since she was four years old. She instructs young people in meditation and yoga, and plays the sound bowls for the circle. When the circle calls for it, we lead together — a mother-daughter duo, holding the space as one.

07 · BY INVITATION

Private & Bespoke

Private & bespoke wellness.

A by-invitation offering for executives and private clients. Each immersion is shaped entirely around you — your schedule, your setting and what you are ready to release — held with discretion and complete presence.

OFFERINGS: Private Sound Bowl & Frequency Immersion · Chakra Balance · Crystal Reiki · Executive & Individual Zen Reset Sessions · Intuitive Wellness & Lifestyle Mentorship

Credentials

Certified Shamanic Reiki Master/Teacher

Daily practices

Mindfulness

Breathwork

Crystal Reiki Master/Teacher

Kemetic Yoga Teacher

Licensed Esthetician

Entrepreneur & Wellness Mentor

Self-Reflection

Energy Work

Nature

Intentional Self-Care

Partnership pathways

Conferences · Corporate events · Retreats ·
Travel experiences · Festivals · Cultural
organizations · Community institutions ·
Family wellness programs



Begin a conversation: Apolk@zensoulapothecary.com · Book a session:
squareup.com/appointments · Zen Reset: zenresetapp.com · Shop: zensoulapothecary.com