

FOR IMMEDIATE RELEASE:



VISIT ENCINITAS ANNOUNCES ENCINITAS RANKS #10 AMONG AMERICA'S MOST ZEN CITIES!

9 Spots in California Made the 150-City List; Encinitas Only Town in San Diego County Making List

Encinitas, Calif. – October 30, 2024 – [Visit Encinitas](#) is excited to announce that our beautiful city has been recognized as the **#10 most Zen city** in the United States, according to a recent study by [Mission Connection](#), a prominent mental health services provider. This ranking underscores Encinitas as a premier destination for those seeking tranquility and a respite from the fast-paced demands of modern life.

The study aimed to identify America's most tranquil cities, focusing on areas where stress and anxiety can diminish amidst serene environments. By analyzing Google review scores of wellness businesses—including yoga studios, meditation centers, spas, and holistic health providers—Mission Connection pinpointed cities that offer the highest levels of positive feedback for promoting mental and physical well-being.

"These cities exemplify the growing desire for spaces where people can disconnect from the pressures of daily life and reconnect with their mental and physical well-being," said a spokesperson for Mission Connection. "Each location offers unique experiences that help visitors find their own version of peace. Whether you manage stress through yoga, mindfulness, or professional treatment, it's essential to keep stress and anxiety in check, as they can lead to a host of negative effects on both physical and mental well-being."

Encinitas, known as the birthplace of Ashtanga Yoga, is rich in wellness offerings. With numerous yoga studios, beach yoga, sound healing sessions, wellness retreats, and holistic health practitioners, our city provides countless opportunities for relaxation and rejuvenation.

The full list of the top ten most Zen cities includes:

1. Sedona, Arizona
2. Ojai, California
3. Sante Fe, New Mexico
4. Laguna Beach, California
5. Kihei, Hawaii
6. Bend, Oregon
7. Ashland, Oregon
8. Paia, Hawaii
9. Prescott, Arizona
10. Encinitas, CA

“We are honored to be recognized among such prestigious company,” said Carol Knight, Director of Visit Encinitas. “Encinitas offers a unique blend of natural beauty and wellness resources, making it a perfect haven for anyone looking to restore their inner peace.”

For more information about visiting Encinitas and exploring its serene offerings, please visit <https://visitencinitasca.com/>.

About VISIT ENCINITAS:

Visit Encinitas is your go-to resource for visitors and locals alike to discover all that this unique seaside town has to offer. From the hot surf spots, beautiful beaches, wellness and yoga retreats and hiking trails to the vibrant art scene, eclectic boutiques, craft breweries and delectable eats, Visit Encinitas offers a comprehensive in-depth look into our five unique communities. www.visitencinitasca.com, where you can explore, discover and fall in love with Encinitas – one click at a time!

The Encinitas Visitors Center, located at 535 Encinitas Blvd. Suite 116, in Encinitas, California, has knowledgeable staff available to answer questions, provide area maps and directions, and to let people know about current happenings and the best things to see and do in the city.

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