



# Pause Courses Guide

## OPTION 1 - "Wade In The Water" Approach

If you're inspired to start learning and practicing, but prefer a **"wade in the water" approach**, we recommend starting with our Pause Wellbeing Series:

**Level 1: FOCUS + CALM (4 weeks)**

**Level 2: CLARITY (6 weeks)**

**Level 3: CONNECTION (6 weeks)**

Each course meets for 90 minutes, once per week, and you'll have 10-25 minutes of home practice.

You can start with the Level 1 course, and if you love it (which we think you will) you can continue on with Level 2 and 3. Each course builds upon the next and provides a well-rounded pathway for you to deepen and sustain your practice.

Once you finish Level 3, we encourage you to take the 8-Week Mindfulness-Based Stress Reduction course. This course is a deep-dive and will further develop your practice and add another powerful set of tools to your mindfulness toolbox.

## OPTION 2 - "All In" Approach

If you're at a place in life where you feel the need to make a big shift and are looking for an **"all-in" approach**, we recommend starting with the **Mindfulness-Based Stress Reduction (MBSR)** course. This course is especially good for people who are seeking relief from high levels of stress, illness, or pain.

MBSR meets for 2 hours, once per week for 8 weeks and recommends 45-60 minutes of home practice per night. There's also a 7-hour weekend retreat. As we said, it's a deep dive, but worth it!

If you choose to take the MBSR course first, you can continue your practice by either taking all 3 Pause Wellbeing Courses, or you can opt to skip the Level 1 course and take the Level 2 and Level 3 courses. They will provide a nice compliment to what you learned in MBSR and will support you in further developing your practice.

## IN SUMMARY

If you're ready to lean in but want to start slow and steady, begin with our Level 1: Focus + Calm course. If you're in need of change and ready to dive in, start with MBSR and then take the series. Know too, each time you enroll for a course, you get a free unlimited monthly membership with access to all drop-in classes to further support your practice.