



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 the following:

FOCUS + CALM (4 weeks)

CLARITY (6 weeks)

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 Focus + Calm course, and if you love it (which we think you will) you can continue on with Clarity and Connection. Each course compliments the next and provides a well-rounded pathway for you to deepen and sustain your practice.

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

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 Focus + Calm and take the Clarity and Connection 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 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.