

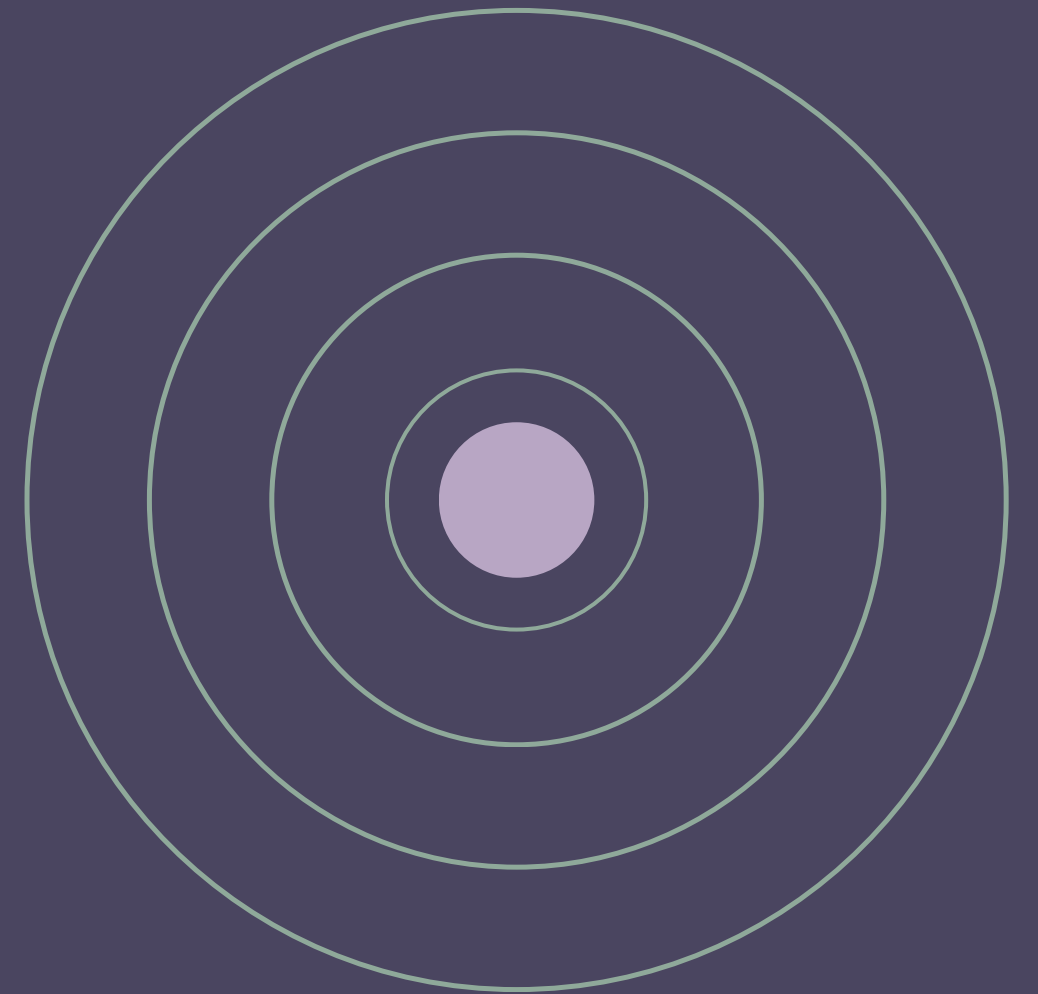
YOUR MIND · YOUR POWER

pause. be. lead.

The Pause Circle

A living community for those who choose to stop moving on autopilot. Not meditation. Not breathwork. Pure, radical presence in every room of your life.

Community Welcome Guide



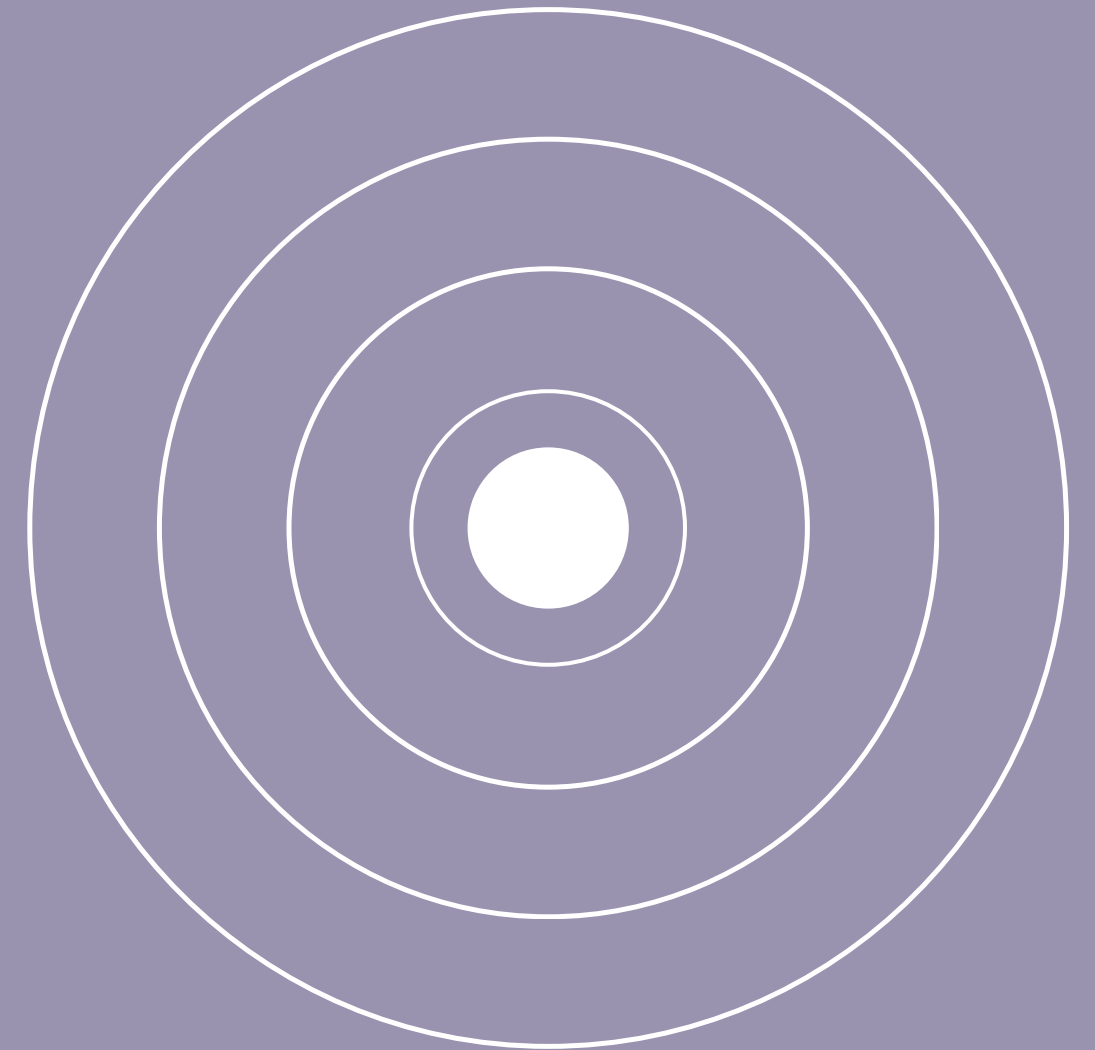
WHAT IS THE PAUSE CIRCLE?

In a world that rewards speed, *we choose stillness.*

The Pause Circle is a mindfulness community — not a course, not a program, not a curriculum. It is a living space where real people practice the forgotten art of being here. We do not teach you to breathe differently or guide you through meditation scripts. We help you show up fully to your conversations, decisions, relationships, work, and quiet moments. To your life, as it is happening.

“

*The most radical thing you can do is simply stop
and notice.*



*Not a method.
A way of being.*

THREE PILLARS

The foundation of the practice

1



PRESENCE

Being here, fully.

Not multitasking. Not planning your reply. Inhabiting the actual moment you are in.

2



AWARENESS

Seeing clearly.

Noticing your patterns, reactions and assumptions — without judgment, without rushing to fix.

3



INTEGRATION

Living it everywhere.

Bringing mindful presence into meetings, meals, conversations and choices — not just quiet moments.

Not a method. A way of being.

PROGRAMS & ACTIVITIES

A community of many doors

Find what calls you, or explore them all.



The Pause Room

Drop-in · No agenda

A virtual space with one invitation: show up and be here. No topics, no tasks.



Present at Work

For professionals & leaders

Bringing true presence into meetings, leadership moments and high-pressure decisions.



The Daily Noticing

A micro-practice

A gentle prompt arrives in your inbox — an invitation to notice what you rushed past.



Circle Talks

Honest dialogue

Small groups exploring one theme through presence — from parenting to ambition.



The Pause Lab

Experiment with presence

Our creative sandbox: workshops and challenges in applied mindfulness.



One-on-One Presence

Personalized depth work

Private deep-listening sessions to help you see your patterns and return to yourself.



The Mindful Walk

Presence in motion

A guided practice of noticing your surroundings, body and breath — to arrive fully.



The Body Check-In

Reconnect from within

Tuning into physical sensations as a doorway to presence. The body always lives in the now.

All programs are open to members. Some are included; others available as add-ons.

YOUR NEXT STEP

You just need to be curious

You do not need to be spiritual, experienced, or good at being quiet — just curious about your own life.



01

Explore Freely

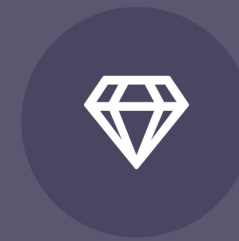
Browse the programs. Drop into a Pause Room. Try a Daily Noticing prompt. No commitment required.



02

Find Your Entry Point

Every path looks different. Some start with the Daily Noticing, others with a Circle Conversation.



03

Become a Circle Member

When ready, join as a full member — unlocking all programs, peer circles and community.



04

Live It, Don't Just Learn It

Not about accumulating insights. It's about noticing more, more often — and how you show up.

You already have everything you need. *The Pause Circle just helps you remember it.*

Ready to join?

Fill in the sign-up form at
www.neti-coaching.com