

INNER PAUSE

BREATHING SPACE TO SLOW DOWN & SELF-CARE

In a time of rising stress, disconnection, and emotional depletion, caring for your inner world is more essential than ever. **Inner Pause** is a six-session meditation series designed to help you build inner calm, serenity, and creative resilience in the face of daily pressures. Whether you drop into one session or join the full series, you'll walk away with grounding practices to support your well-being in uncertain times.

For more details visit: [Inner Pause](#)

Session 1 – 10/8 Calm

Be in the quiet of the present moment, helping you reconnect with inner stillness and serenity.

Session 2 – 10/22 Presence

Soften your inner voice to be in the here & now, offering yourself kindness, acceptance and care.

Session 3 – 11/5 Gratitude

Settle in and reconnect with the goodness in life, helping you shift perspective and cultivate thankfulness.

Session 4 – 11/19 Interconnection

Tap into your interconnectedness with people you love, the community of humanity and the natural world.

Session 5 – 12/3 Creative Flow

Awaken your creative energy by tapping into a natural state of flow and inspiration.

Session 6 – 12/17 Joy

Uplift your spirit by reveling in your inner joy, bringing lightness, warmth and hope to your life.

BE



Register

Details

Single Session: \$15/session

Format: Online

Full Series: \$90 for 6 sessions

Time: 12:00-12:30 PM EST

Gift yourself space to breathe.

Invest in your well-being.