

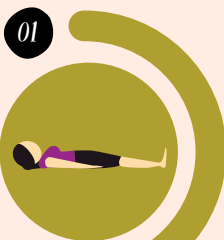
# PausePoint Therapy

Shifts Happen



Lay down on your  
PausePoint gel pak

Lie down on your back, relax your body, make sure your neck is supported either with the spinal gel pak or a pillow.



Set up your  
mediation

Set a time limit, listen to your meditation either with earphones, speaker or be in silence.



Diaphragmatic  
Breathing

Place one hand over your belly and your other hand on your chest. Breathe in (inhale) through your nose expand your belly breathe out (exhale) through your nose contract your belly.



Practice the Pause

Combine these 3 steps, allow yourself the time to align your body, mind & spirit for 2 minutes or 22 minutes a day & Practice the Pause

