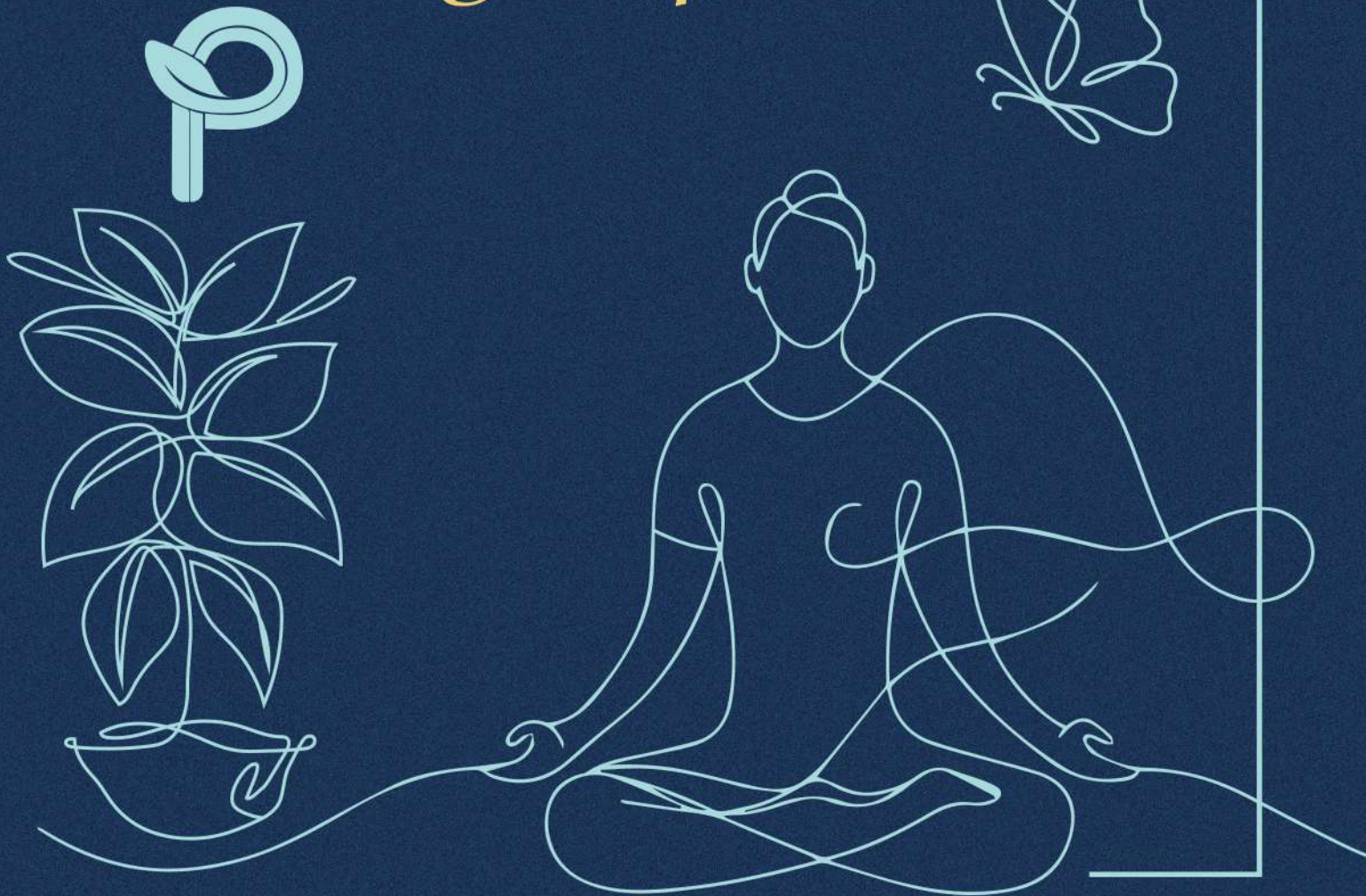


Tiny pauses,
Big impact.


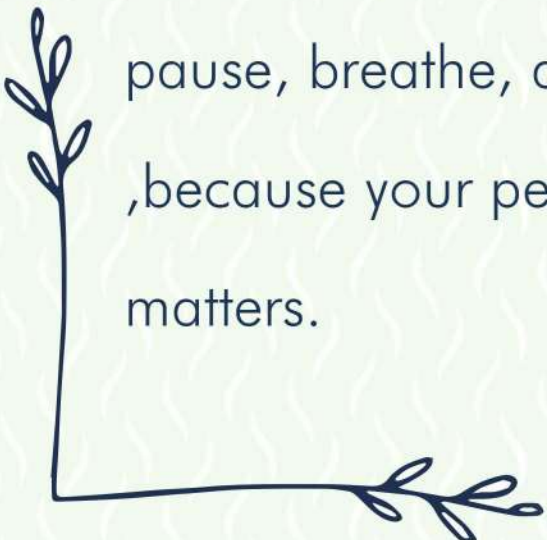


Pause Pod



Our Mission

At Pause Pod, our mission is to provide a peaceful escape from the chaos of everyday life. We are committed to creating relaxing spaces that promote mental well-being, comfort, and mindfulness. Whether at work, in a mall, or on campus, we offer everyone the chance to pause, breathe, and recharge ,because your peace of mind matters.



Wellness Programs

1) Mindfulness & Meditation

Mindful Moments (15 mins) — EGP 80

Quick guided meditation to reset your mind.

Feel: Clarity, calm, and mental reset.

Deep Stillness (30 mins) — EGP 120

A longer mindfulness journey to detach from distractions.

Feel: Grounded, emotionally balanced.



2) Body Relaxation

Pod Session (20 mins) — EGP 130

Gentle vibration and calming sounds in our pod.

Feel: Relaxed muscles, mental lightness.

Breathing Space (15 mins) — EGP 90

Guided breathwork for deep relaxation.

Feel: Slower heartbeat, peaceful mind.

"Pause, Breathe, Heal"



3) VR Escape Journeys

Nature Retreat (15 mins) — EGP 110

Virtual walk through forests, waterfalls, or mountains.

Feel: Refreshed, like a short holiday.

Cosmic Calm (10 mins) — EGP 95

Float through space with ambient sounds and visuals.

Feel: Awe, detachment from stress.

4) Energy Boost

Sunrise Stretch (20 mins) — EGP 100

Light movement and breath to activate your body.

Feel: Energized, ready to go.

Light & Sound Therapy (10 mins) — EGP 85

Short burst of chromotherapy + binaural beats.

Feel: Recharged, mentally awake.



Services & Offerings

1) Mental Massage



Individual Relaxation Session (30 mins) — EGP 250

A personalized 1:1 session using deep breathing and calming techniques.

Feel: Less stress, more calm.

Group Relaxation Session (45 mins) — EGP 150

Group-based session with shared relaxation exercises and reflection.

Feel: Connected, emotionally lighter.

2) One-on-One Counseling

Short Counseling (30 mins) — EGP 300

Brief check-in to ease tension and offer instant support.

Feel: Mentally unblocked.

Full Counseling (60 mins) — EGP 500

In-depth session tailored to your unique emotional needs.

Feel: Understood, guided.





3) Educational Workshops

Managing Anxiety & Stress (90 mins) — EGP 400

Learn practical tools to handle daily pressures with clarity.

Feel: Empowered, more in control.

Emotional Awareness (90 mins) — EGP 400

Increase self-awareness and emotional intelligence.

Feel: Tuned-in, emotionally smart.

4) Life Skills Training

Effective Communication — (300 EGP / session)

Build healthier, more mindful conversations.

Feel: Heard, connected.

Time Management & Stress Handling — (300 EGP / session)

Learn how to plan your day and protect your peace.

Feel: Organized, resilient.



5) Ongoing Support (Online)

Video Counseling (30 mins) — EGP 300

Online 1:1 psychological support from anywhere.

Feel: Supported, seen.

Support Messaging Group (200 EGP / month)

A safe online space to share and receive emotional help.

Feel: Connected, not alone.



6) Mindful Breathing

Deep Breathing Session (20 mins) — EGP 200

Guided breathing to reset your nervous system.

Feel: Calm, balanced.

Mindful Yoga Session (30 mins) — EGP 250

Gentle yoga + meditation to reduce tension.

Feel: Light, clear-headed.

"Pause, Breathe, Heal"

Additional Offerings

- Pause Pod Library

Free access to books, articles & audio tools for your well-being.



- Pause Pod Café

Every drink supports your peace of mind. (Prices listed in Beverage Menu)



- Pause Pods in Malls

Accessible wellness booths in select malls. (Pricing upon request)



Mindful Sips



Mint Whisper — EGP 55

Ingredients: Fresh mint, hot water, optional honey

Lavender Calm — EGP 60

Ingredients: Dried lavender flowers, hot water, hint of natural vanilla

Chamomile Hug — EGP 60

Ingredients: Chamomile flowers, hot water, lemon slices, honey

Golden Glow — EGP 75

Ingredients: Plant-based milk (or regular milk), turmeric, ground ginger, cinnamon, honey

Cocoa Comfort — EGP 70

Ingredients: Raw cacao, plant-based milk, coconut sugar or honey, pinch of cinnamon

Berry Breeze — EGP 70

Ingredients: Mixed berries (strawberries, blueberries, blackberries), cold water, lemon juice, honey

Lemon Clarity — EGP 60

Ingredients: Fresh lemon juice, iced water, honey, mint leaves

Cucumber Pause — EGP 60

Ingredients: Cucumber slices, lemon, mint leaves, cold water

Herbal Chill — EGP 65

Ingredients: Iced green or white tea, basil or mint, orange slices

Inner Warmth — EGP 65

Ingredients: Hot water, fresh ginger slices, cinnamon stick, honey, lemon squeeze




"Pause, Breathe, Heal"




Contact & Booking


Pause Pod

 Phone: +20 123 4567 8910

 Hotline: 18181

 Email: pausepodeg1@gmail.com

 Instagram: @PausePodEg

 Facebook: /PausePodEg

To book your session or ask a question, feel free to call, email, or message us on social media. We can't wait to welcome you!



Scan to book your session



Pause.
Breathe.
Heal.

