

*We help you regain
focus, calm and
clarity in your life.*



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HEADPAUSE

HOME THERAPY
MINDFULNESS COURSES
FREE MEDITATION



HOME THERAPY

Therapy is accessible, easy, gives you more peace of mind, and helps your life. For any struggle you face, ask for the personal touch of our therapist.

OUR APPROACH

By using a combination of emotional, behavioral, and cognitive techniques, we can overcome the difficulties in your life. We provide help in many areas, such as mood disorders (depression, anxiety, etc.), personality disorders (OCD, BPD, etc.), physical struggles (chronic pain, insomnia, etc.), and relationship problems (family, couple). Take a courageous step today to improve your life!

“People start to heal the moment they feel heard,,

FREE MEDITATION GROUP

The most direct way to improve your life. Meditation comes with a long list of physical and mental benefits. Discover and improve your practice with the help of our teacher.

BENEFITS

Meditation allows us to cultivate understanding, peace, and good health. It is scientifically proven to reduce many mental (depression, anxiety, stress, etc.) and physical (chronic pain, blood pressure, heart, etc.) issues. It also has a long list of important benefits (focus, memory, sleep, immune system, etc.). Try out meditation today, it will benefit your life!

“The best cure for the body is a quiet mind,,



MINDFULNESS COURSES

Educate yourself, your clients, employees or students through our courses. Learn your way through mental life to improve your overall health, just ask our instructor.

INTRODUCTION

Let us introduce you to mindfulness: the ability to look at the unfolding of our experience moment by moment, in a non-judgmental way. You will get a clear understanding of its practice and benefits. Our courses contain explanations, practical workshops, and discussions specific to your situation. Learn your way to better health!

“Life is available only in the present moment,,