

The First Pause:
Mindfulness in Everyday Moments

A Practical Life Skills Course

A PRACTICAL INTRODUCTION TO MINDFULNESS

Mindfulness for everyday life.

The First Pause helps you practice paying attention in ordinary moments.

Start with three familiar activities: beginning your morning, noticing the weather, and taking a slow sip. Each one offers a simple way to pause and notice what is happening around you.

NEW TO MINDFULNESS?

No experience needed. Follow the lessons at your own pace and revisit the practices whenever you like.

HOW THE CLASSES WORK

01 UNDERSTAND
Learn the concept.

02 PRACTICE
Try a guided activity.

03 REFLECT
Use it in your routine.

3 MODULES	9 CLASSES	ONLINE & SELF-PACED

WHAT YOU WILL LEARN

Three modules. Nine classes.

Each module includes an explanation, a guided practice, and reflection.

01 Mindful Morning Pause

Notice how you feel as the day begins and make room for a short pause.



THE THREE CLASSES

1. Understanding the Mindful Morning Pause
2. Guided Morning Pause
3. Morning Pause - Practice & Reflection

02 Notice the Weather

Pay attention to the sky, the air, and what you can observe around you.



THE THREE CLASSES

1. Understanding Mindful Observation
2. Guided Weather Awareness
3. Weather Awareness - Practice & Reflection

03 Slow Sip

Practice noticing temperature, taste, and pace while taking an everyday sip.



THE THREE CLASSES

1. Understanding the Slow Sip Practice
2. Guided Slow Sip Practice
3. Slow Sip - Practice & Reflection

ALSO INCLUDED

- Guided activities and reflection
- Downloadable practice workbooks
- Knowledge check (no passing grade)
- Your Personal Mindfulness Plan

LEARN AT YOUR OWN PACE

Enroll for $10

One-time enrollment | Online | No time limit

VIEW COURSE & ENROLL

SCAN TO ENROLL