



FEBRUARY 22, 9AM - 6PM
SAN RAMON MARRIOTT, San Ramon



pause369.com

just
BREATHE

At PAUSE, we're bringing SILENCE back! Our World has gotten crazy noisy- screaming headlines, non-stop emails, texts, alerts – it's killing us. PAUSE gives you a legit excuse to take a break, breathe & birth inner peace (which leads to World Peace!)

3 pauses a day. 6 minutes each. Reset your mind, reclaim your power, and spark peace within.

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