

PAUS;

the slowdown menu

MOVEMENT CLASSES

Vinyasa Flow Yoga

Move with your breath.

This yoga style has its poses strung together to form one fluid sequence of movement, coordinated with, and guided by breath. This class moves from pose to pose with each held for no more than five to eight breaths. Expect a fully balanced class of forward bending, twists, backbends with opportunity for inversions.

Yin Yoga

Slower and more meditative.

A class consists of long-held poses that work mainly on the hips, pelvis, inner thighs & lower spine. The poses are held for up to five minutes, sometimes longer. Because the poses are held longer, a session positively impacts your body's stretching capacity and lengthens your rarely used tissues while also teaching you how to breathe and sit with your thoughts. Regular practice releases fascia and encourages deeper relaxation.

Yoga Nidra

Chill-out & slowdown - yogic sleep

A session is practiced lying down with a form of guided meditation. The aim is to help find the body's natural state of equilibrium (homeostasis) - where the breath is balanced. Expect to surf between wakefulness and sleep. This state involves moving from consciousness while awake to dreaming. Yoga nidra offers an opportunity to work on releasing long-held emotions.

Somatic Yoga Therapy

Mind-body interaction through discipline of movement

The majority of the class is done on the floor, seated or lying down. Feeling the full support of the floor produces steadiness of body and mind. In most standing yoga poses and movements, our main focus and energy is concentrated on balance and alignment. However, a grounded body allows the energy of the mind.

Pure Yin

Total relaxation

This class combines 45 mins of traditional Yin yoga followed by a 15 min guided meditation. A perfect class to unwind and relax the body & mind.

Kids' Yoga

A fun way to inspire calm in the young ones!

In this playful yoga class designed especially for kids, our yoga instructor teaches the young ones' yoga poses, breathing, and relaxation exercises which cultivate a calm mind, increase strength and flexibility, improve concentration, and help them understand how to identify and manage their feelings.

Barre Fit

Ballet-inspired workout class.

This class combines ballet-inspired moves with elements of Pilates, dance, yoga and strength training. The class uses the ballet bar and classic dance moves such as pliés or the knee-bend with static stretches. Barre also focuses on slow-paced high reps of small range movements to build strength and flexibility focusing on the arms, legs, core and glutes.

Barre Intensity®

Not your average barre technique.

This class still combines the foundations of Barre with Pilates and dance combined with functional fitness training. Expect small, isolated movements for the muscles, large range motion to elevate the heart rate, and sequencing that incorporates upper and lower body to make every minute count - a total body workout.

Barre Body

Pacey and powerful

This class offers a ballet barre conditioning format like no other. It is inspired by the original Lotte Berk method and the strong US style of classes. It blends the poise of Pilates with the flowing sequencing of yoga. Expect energetic movements, killer playlists and burning muscles.

Pilates Sculpt – Splits Class

Burn and tone.

This workout focuses on balance, control and core strength for fat-burning and includes traditional Pilate's mat work. Expect to work out a sweat in this class. You will mainly focus on your core in this class but also be using a variety of the muscle groups in controlled movements to strengthen them.

Posture UP

Back, neck, & shoulder pain be gone.

In each class, the instructor will assist you to make gradual adjustments to your posture for better alignment, improve your spine health, reduce muscle tension, strengthen the core, increase your range of motion & flexibility.

Kids Hop-hop class

Fun wellness for the young ones

Moms and dads, this is the perfect pause for your kids! Open for kids aged 6-12, this class brings mindfulness on an active level. Hip hop is one great

tool for the young ones to explore movements for improved posture, rhythm, flexibility, and builds social bonds that bring out the happy J

Deeper Paus;

Aromatherapy Sound Healing Meditation

Scents + sound bath = creativity & healing

Combining the power of aromatherapy with sound healing, this hour-long meditation session incorporates the use of therapeutic-grade organic essential oils. As you inhale the oils, the natural fragrances communicate with your brain's limbic system - and in doing so, help to release our emotions and calm the mind. This is followed by a sound bath encompassing metal and crystal singing bowls, and a series of instruments inspired by the sounds of nature, to take your body into a deep state of relaxation. After soaking in the positive vibrations, sinking into alpha and theta brain waves that help to promote your body and mind to rest, repair, and recover, we will close the session with intention-setting.

Breathwork

Breathing for awareness, relaxation, improved focus

Conscious Connected Breathwork is based on a simple breathing exercise which consists of connecting the inhale and the exhale. It is a powerful approach to self-exploration and an opportunity to connect with those parts of ourselves that we may not see clearly or give attention to. All levels are welcome.

Chakra Balancing Sound Meditation

Unblock your chakras + harness the power of your body's energy centers

This guided visualization class will have your instructor's voice walk you through each of your chakras, detailing how to focus and harness the power of each one. Singing bowls will be played to enhance each of these energy centers.

Healing Meditation

Rest the mind in silence and space

Come in for a combination of guided meditation & visualization followed by sound therapy with various instruments to ease your mind.

Morning Meditation

Start your day with good intention

A session will provide the same benefits as healing meditation where the guided section is tailored to set you up for the rest of your relaxed day.

Sound Healing Meditation

Meditative acoustic sound concert.

This class uses Tibetan singing bowls & various other instruments to help align your energy bringing balance & relaxation through different sounds & frequencies. You'll lie down on a yoga mat and take in the soothing vibrations that the practitioner creates with the instruments.

treatments

All treatments consist of consultation prior to treatment.

Body

The Signature Paus;

This experience will have your name written all over it.

You get to pick your own organic essential oils that match your energy for the day. Our expert therapist will combine these oils + a beautiful massage that fits you well - created for the specific needs of each area of your body. For a deeper pause, our back sliding cupping therapy follows. The final touches (pun intended!) will have unique crystals placed on your energy centers to bring your physical + mental wellbeing in harmony.

Detox & Balance

A relaxing 'deep clean' for the body's (lymphatic) flow.

This gentle massage soothes and relaxes the lymph nodes to help your body get rid of unnecessary build up – bye toxins and waste! Because this experience requires a deeper touch, you get the bonus of a natural 'sculpting and toning' effect; it helps lessen cellulite appearance too using a medium pressure and the Brazilian method of Renata Franca. This treatment will be combined with Auriculotherapy and colorpuncture. *The more treatments, the better results.

Body Maderotherapy

A targeted-pressure massage with bamboo instruments that roll over your body's curves.

This body sculpting treatment starts off with a dry body brush and then involves movement techniques that are applied on the muscles, fat deposits and cellulite areas. Like our Detox & Balance massage, this stimulates the lymphatic system, helps let go of toxin build-up, & burn fat. Other benefits are removes cellulite pockets, decreases skin swelling & helps the look of orange peel syndrome.

The Reiki Blend

Balance it all out with this gentle energy healing technique.

A Reiki session is done by our Reiki Master practitioner. This helps spark your body's natural healing ability & promotes a feeling of rest, balance & harmony – mind, body, & soul. You'll be in a deep state of relaxation & this brings your metabolism into balance. This is also combined with the healing power of crystals for balance & equilibrium.

The Power of 32

Imagine the after-effects of a 2-hr meditation session – this is how it'll feel like.

This treatment includes Access Bars therapy- a hands-on energy healing process. It uses energy centers or bars which are located on the head and unlocks them using gentle touch. There are 32 different energy centers on the head and once in balance and released, they flow down into the body. Bringing an overall sensation of wellbeing and relaxation.

Reflexology

Step into relaxation & healing, literally ;)

Modern reflexology is based on the principle that the foot has 'reflex' points that are connected to certain organs and body systems. This treatment aims to promote wellness in other areas of your body. Your calves & shins will also get all the love to help release tension and aches.

Face

Facial Maderotherapy

Contour your face naturally.

Our facial muscles work exactly like the muscles in our body. And it needs a good massage too, not just facial skin treatments. The wooden elements stimulate the production of elastin & collagen, improve blood circulation, remove unwanted fat, reduce wrinkles, soften the skin, and help shape the face & neck. The end result is rejuvenated, firmer and radiant skin. Both men and women can enjoy this facial. Men need to shave their faces smoothly before a session. For a lasting result? We recommend the following:

- Six treatments (1-2x/week for 40 mins.)

- Regular maintenance treatment (1x every 4-6 weeks) *The more treatments, the better results.

The Purest Paus;

Balance your skin

Our anti-aging customized facial targets your individual skin needs using a certified organic brand. These formulations help restore your skin's balance.

This too is a relaxing cleansing ritual combined with exfoliation, relaxing, and firming hands-on face massage combined with a jade roller face massage. This is followed by a mask, toner, serum, and moisturizer application. Say hello to refreshed skin – hydrated & detoxed.

holistic nutrition consultation

Consultation 60 min

Rebalance + restore your body. Heal your gut & jumpstart your metabolism.

Holistic nutrition is recognized as a complementary medicine and is relevant for individuals with chronic conditions, as well as those looking to enhance their health and well-being.

Speak to our in-house Holistic Nutritionist, to discuss factors like career, stress level, sleep quality, exercise, and overall health that will shape your personalized lifestyle plan.

The end goal is restoring balance to your body, mentally, spiritually, and physically.

The benefits of finding this holistic balance are not just short-term, but long-lasting.

Your information is safe with us in a judgement free zone. :)

paus; price list:

movement & meditation classes:

group classes:

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|---------------------------|-------------------------------|
| First Visit | 80 aed |
| Single Sessions | 120 aed |
| 5 Class Package | 500 aed (valid for 2 months) |
| 10 Class Package | 950 aed (valid for 4 months) |
| 20 Class Package | 1850 aed (valid for 6 months) |
| Unlimited 1 Month Package | 1250 aed (valid for 1 month) |
| Unlimited 3 Month Package | 3050 aed (valid for 4 months) |
| Unlimited 6 Month Package | 5050 aed (valid for 8 months) |
| Unlimited 1 Year Package | 7550 aed (valid for 1 year) |

private classes:

(Prices per single session)

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|------------------|----------|
| One on One Class | 500 aed |
| Two in a Class | 900 aed |
| Three in a Class | 1275 aed |
| Four in a Class | 1600 aed |

holistic treatment & nutritional consultations:

(Prices per person, per session)

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|-------------------------------------|-------------------------------|
| Signature Paus | 500 aed |
| Detox & Balance | 600 aed |
| The Reiki Blend | 450 aed |
| Power of 32 | 500 aed |
| Reflexology | 400 aed |
| Madero Therapy (Body) | 600 aed |
| Madero Facial | 500 aed |
| Purest Paus Facial (30min) | 450 aed |
| Purest Paus Facial (60min) | 600 aed |
| Therapeutic Package (5 sessions) | 2250 aed (valid for 2 months) |
| Therapeutic Package (10 sessions) | 4250 aed (valid for 3 months) |
| Madero Package (5 sessions) | 2550 aed (valid for 1 month) |
| Madero Package (10 sessions) | 4560 aed (valid for 3 month) |
| Madero Facial Package (5 sessions) | 2125 aed (valid for 1 month) |
| Madero Facial Package (10 sessions) | 3800 aed (valid for 3 month) |
| Holistic Nutrition | 350 aed (60 min Consult) |

Holistic Nutrition Package 2000 aed (4 times a month 60 min weekly)

The Monthly Membership Package 2000 aed

- 12 movement classes of your choice
- 2 treatments of your choice
- 1 holistic nutrition consultation
- 15% café discount
- First dibs on all our events
- Exclusive access to our Whatsapp community support group (with experts too!)

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