

An aerial photograph of a tennis court surrounded by a dense forest. The court is green with white lines. The text 'Pausa' is overlaid in the center of the court. Below it, the text 'PERFORMANCE WELLBEING FOR CONSCIOUS LEADERS' is overlaid. The background shows a dense forest of green trees and a small building in the distance.

Pausa

PERFORMANCE WELLBEING FOR CONSCIOUS LEADERS

Pausa Founder Residency

A FIRST-EDITION RESIDENCY





ERICEIRA, PORTUGAL



FOUNDING COHORT (1ST. EDITION)

[NOV 1ST - NOV 11TH 2026]

11 DAYS & 10 NIGHTS



World Surfing Reserve
(4 min by car)



WE ARE HERE

Ericeira

40 MIN TO
LISBON



Мафра
Mafra

Oceano
Atlântico

Аrrуда-душ-Вин
Arruda dos

Vinhos

Алверка
Alv

R

[THE MAP]



[LISBON]

Одивелаш

Синтра
Sintra

A16

A1

An aerial photograph of a rural landscape. In the foreground, there is a large, lush green field. To the right, a road curves through the landscape, lined with several white houses with red-tiled roofs. A car is visible on the road. In the background, a dense forest covers a hillside, and the ocean is visible in the distance. A white arrow points from the text towards a small, modern house with a swimming pool in the lower right foreground.

[THE HOUSE]

A calm, nature-immersive house
designed for deep work and rest.











**A first-edition residency on the Atlantic coast.
For founders and changemakers doing meaningful work.**

WHAT IT IS:

- **A curated group of like-minded people** — chosen for fit, values, and what each person adds.
- **Simple facilitation** — enough structure to make it count, never a curriculum.
- **Embodied experience** — masterminds, mentorship, wellbeing protocols, movement, signature "quest day".



What you are stepping into: a Circle, a Rhythm, a Reset.

After 10 days you can expect:

- **Outcome 01** — leave with a trusted founder circle.
- **Outcome 02** — reset your energy and recovery habits.
- **Outcome 03** — share one signature Expedition Day (surf expedition, coastal cycling day, cold-water protocol at sunrise).



RITUALS: RUNNING CLUB, SAUNA +
COLD PLUNGE, FIREPLACE TALKS.





[THE VISION]

We are building a new kind of founder residency — where ambitious founders and changemakers can live, work, recover, and grow together in a carefully curated environment.

- trusted relationships *that last beyond the residency*
- better energy, recovery, and ways of living
- real progress on meaningful work
- shared rituals and experiences *that create connection*
- a healthier model for building ambitious lives

[IMPORTANT INFO]

Dates: Nov 1st – Nov 11th 2026

Location: Ericeira, Portugal (40 mins from Lisbon)

Spots available: 5 members (bedrooms with private bathroom)

Costs: €1,100 all-in.



[FAQ]

Who is this for?

Founders, operators, creators with serious projects, and changemakers doing meaningful work. It's built for people who care about purpose, ambition, health, and being around the right people — not casual remote workers, tourists, or backpackers.

Can I actually work during the residency?

Yes — that's the point. The days are built around focused work blocks, with fast wifi and quiet space to do real work. Recovery and connection are structured around the work, not instead of it.

How fit do I need to be?

No athletic background required. Movement, surf, sauna, and the expedition day are open to all levels — the aim is to leave with better recovery habits, not to compete. Come as you are.

What's included in the €1,100?

The full ten-day experience: your place in the cohort, work spaces, the daily rhythm, recovery rituals (movement, sauna, cold plunge), communal dinners, fireside talks, and the signature expedition day. Flights and any personal spending aren't included.

[FAQ]

Is this coaching or therapy?

Neither. There's light facilitation and peer masterminding, but this isn't a clinical or therapeutic programme. The value comes from the cohort, the rhythm, and the shared experience.

How does the application work?

A short application, then a relaxed fit conversation, then confirmation. It's intentional but lightweight — reviewed personally, and you'll hear back either way. Curation is about fit and values, never status.

How big is the cohort?

Intentionally small — a founding cohort of 6 like-minded people including Yaro. Small enough that everyone is genuinely known by the end, which is the whole point.

[JOIN THE FOUNDING COHORT]

A first edition, built for the right people.

If the three outcomes are what you have been missing — a trusted circle, a real reset, one day you'll never forget — apply, and let's find out if it's a fit.

10 days · €1,100 all-in · 6 peers · fit, not status

APPLY HERE

