

THE SILENT STRESS CRISIS.

HIGH PERFORMANCE WITHOUT
NERVOUS SYSTEM REGULATION
IS SELF-DESTRUCTION.



CLICK PAUSE®

THE KEY TO
SUSTAINABLE
HUMAN PERFORMANCE.

J A R R O U S S E

POSTURE • BREATHING • COGNITION • NERVOUS SYSTEM REGULATION



Your teams will function, but are virtually regulated.

-
- BRAIN DISTRESS
 - SLOUCHING POSTURE
 - SILENT STRESS
 - INFLAMMATION
 - BACK PAIN
 - MENTAL LOAD
-

*“Stress is no longer
psychological,
it becomes
intellectual and postural.”*



CLICK PAUSE®



CLICK PAUSE

GET RID OF THE SILENT STRESS CRISIS

A DYNAMIC KEYNOTE FOR HIGH PERFORMERS

BURNING OUT WHILE
STILL LOOKING SUCCESSFUL.

EVIDENCE-INFORMED.
PRACTICAL.
UNFORGETTABLE.



THE MISSING KEY TO RECOVERY
NERVOUS SYSTEM REGULATION



THE JARROUSSE METHOD®
Boost natural winding.
Restore your inner flow.



COMPLIMENTARY TAKEAWAY
**THE SIX-MINUTE
JARROUSSE OFFICE GYM®**

SIMPLE. NO EQUIPMENT.
IMMEDIATE IMPACT.

MOVE. REGULATE. PERFORM.

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THE CLICK PAUSE®

JOURNEY GOES ON

STERNAL YOGA® BY JARROUSSE

A SPECTACULAR FLOOR-BASED EXPERIENCE

EYES CLOSED FOR
NERVOUS SYSTEM REGULATION AND RESET.

SECURE • GROWING • INNOVATIVE

“ *The pain faded
like a miracle.
My mind suddenly
became clear.
I felt highly capable
and alive.* ”

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THE CLICK PAUSE® CONTINUITY PROGRAM

DON'T GO BACK TO DEFAULT.

Because transformation needs integration.

Most corporate well-being programs
create temporary motivation.

**The Click Pause® Continuity Program
creates lasting change.**

Every week, a new key.

Think clearer. Move better.


Recover faster. Perform with greater ease.

“ *The pain faded like a miracle.
My mind suddenly became clear.
I felt highly capable and alive.* ”

WHAT WE DEVELOP

-  FOCUS
-  RECOVERY
-  RESILIENCE
-  ENERGY
-  IMPROVING POSTURE
-  CONNECTIVE QUALITY

THE IMPACT

-  **REGULATED PEOPLE
MAKE BETTER DECISIONS.**
A team that feels better
performs better.

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THE CLICK PAUSE® JOURNEY

A SCIENTIFIC & HUMAN JOURNEY TOWARD LASTING CHANGE

From awareness to integration.
A complete journey to regulate the nervous system,
restore energy and elevate human performance.

1

AWARENESS

THE SILENT STRESS CRISIS



90-MINUTE KEYNOTE
Understand the science.
Change the perspective.



CREATE AWARENESS
People understand what
they could not see.



IGNITE THE SHIFT
From surviving to
regulating and thriving.

2

TRANSFORMATION

STERNAL YOGA® EXPERIENCE



90-MINUTE FLOOR-BASED EXPERIENCE
Sternal Yoga® for nervous system
regulation and reset.



EXPERIENCE RELIEF
The body releases.
The mind calms.



FEEL THE CHANGE
People experience the shift
in their body and mind.

3

INTEGRATION

THE CONTINUITY PROGRAM



WEEKLY ONLINE SESSIONS
Nervous system regulation,
posture, breathing and cognition.



BUILD NEW CAPACITY
Focus, resilience, energy,
recovery, performance.



SUSTAINED TRANSFORMATION
New habits. New baseline.
Lasting impact.

ONE JOURNEY. THREE STEPS.
A LASTING IMPACT ON PEOPLE, TEAMS AND ORGANIZATIONS.

J A R R O U S S E

POSTURE • BREATHING • COGNITION • NERVOUS SYSTEM REGULATION

INVESTMENT IN HUMAN PERFORMANCE



KEYNOTE

€6,000

UNLIMITED PARTICIPANTS



KEYNOTE +
STERNAL YOGA®

€15,000

UNLIMITED PARTICIPANTS



YEARLY CONTINUITY PROGRAM

€780	€690	€590	ON REQUEST
1 - 20	21 - 50	51 - 100	100+
PRICE PER PERSON / YEAR			



TOP LEADERSHIP CHECK-UP

€290	€250
1 LEADER	5+ LEADERS
90 MIN PRIVATE SESSION / PER PERSON	



INCLUDED
BONUSES



PREVENTIVE
SILENT STRESS
SURVEY



6-MINUTE
JARROUSSE
OFFICE GYM



DIGITAL
WORKBOOK



THE HIDDEN POWER
OF YOUR STERNUM
DIGITAL EDITION
(50+ PARTICIPANTS)



THE MORE YOUR TEAM JOINS,
THE GREATER THE IMPACT.



ALL PROGRAMS CAN BE
DELIVERED ON-SITE OR ONLINE.



INVOICING AVAILABLE
AS A SERVICE OR AS
A TRAINING PROGRAM.

J A R R O U S S E

POSTURE • BREATHING • COGNITION • NERVOUS SYSTEM REGULATION