



# I don't Care, Honey

## The Table Times

PLEASE LEAVE ON TABLE

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A meditation studio on wheels,  
PauseNow brings peace to you.  
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When most of us think of meditation, sitting on a bus is not the first thing that comes to mind. However, that's precisely what Jackie Corwin, owner of the PauseNow bus, invites you to do.

Corwin was inspired to start her mobile meditation center when she was staring out the window of an office building in downtown San Francisco. A seasoned meditation practitioner, she suddenly realized it was time to take her calming experience to the streets.

"There were a lot of food trucks," she says. "I thought, 'Why not a meditation truck?'"

So the Oakland resident ended her career as a banker to start PauseNow, a mobile meditation studio housed in a bus. Corwin envisioned the bus as a place where people could take 15 minutes out of a busy day for a mental break.

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Corwin drives to companies, hospitals, health fairs, conventions and community festivals all over the Bay Area. The rolling sanctuary features seven private meditation pods outfitted with iPads and noise-canceling headphones. Users settle onto cushioned seats and pick from such options as guided meditations, nature soundscapes and a "sound bath," or simply sit in silence.

PauseNow has already garnered considerable attention, even being featured on CNBC. Corwin adds that PauseNow is a great way to spread the benefits of meditation to stressed-out employees after 30 years of working in the banking world.

"I wanted to do something else," Corwin says. "Something that makes a difference, that was more purposeful."

To learn more, visit [www.PauseNowbus.com](http://www.PauseNowbus.com).



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