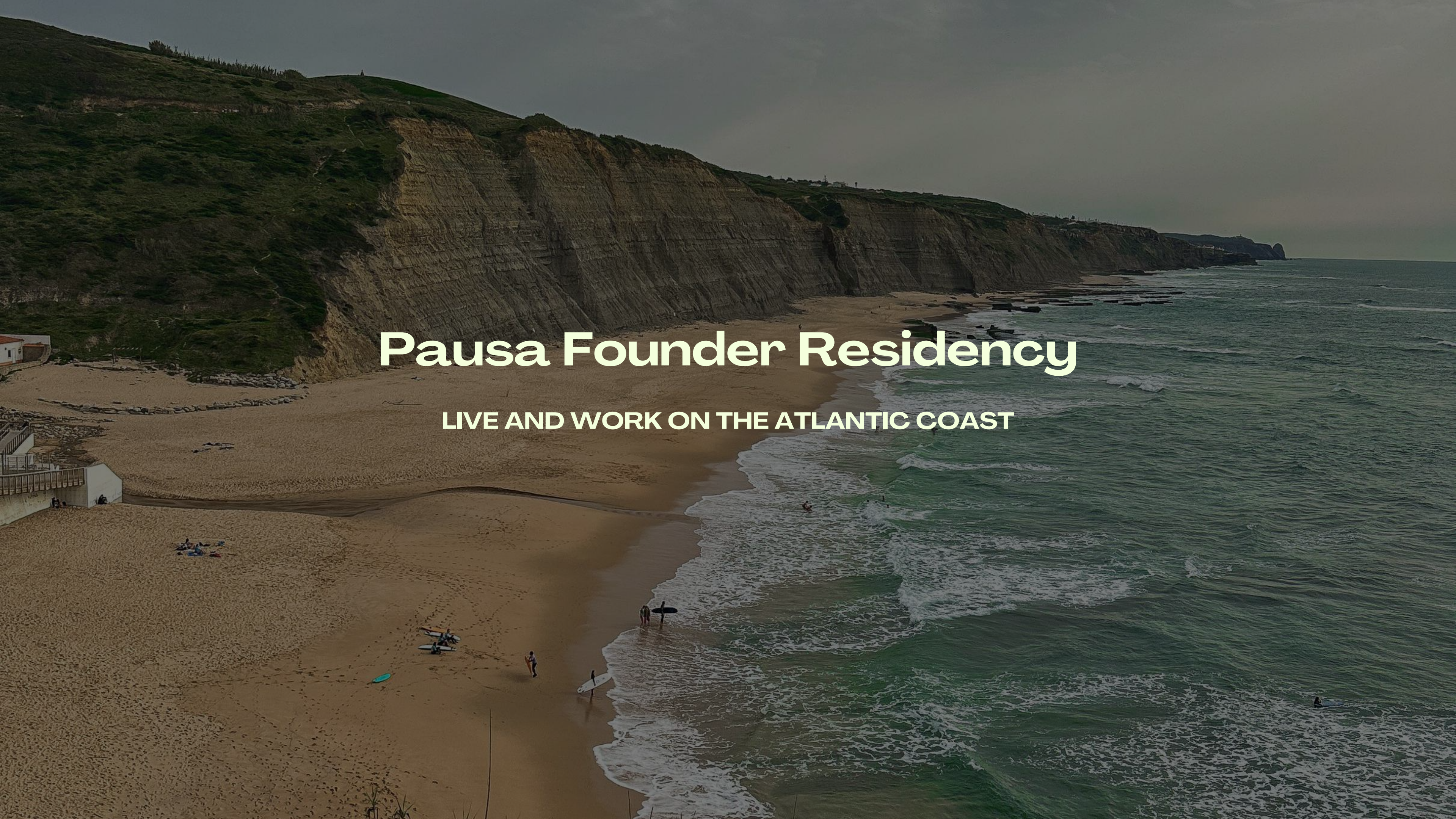




Pausa

PERFORMANCE WELLBEING FOR CONSCIOUS LEADERS



Pausa Founder Residency

LIVE AND WORK ON THE ATLANTIC COAST



ERICEIRA, PORTUGAL

Founder Residency on the Atlantic coast.
For founders and changemakers doing meaningful work.

WHAT IT IS:

- **Curated coliving & coworking**

We choose roommates for fit, values, and what each person adds.

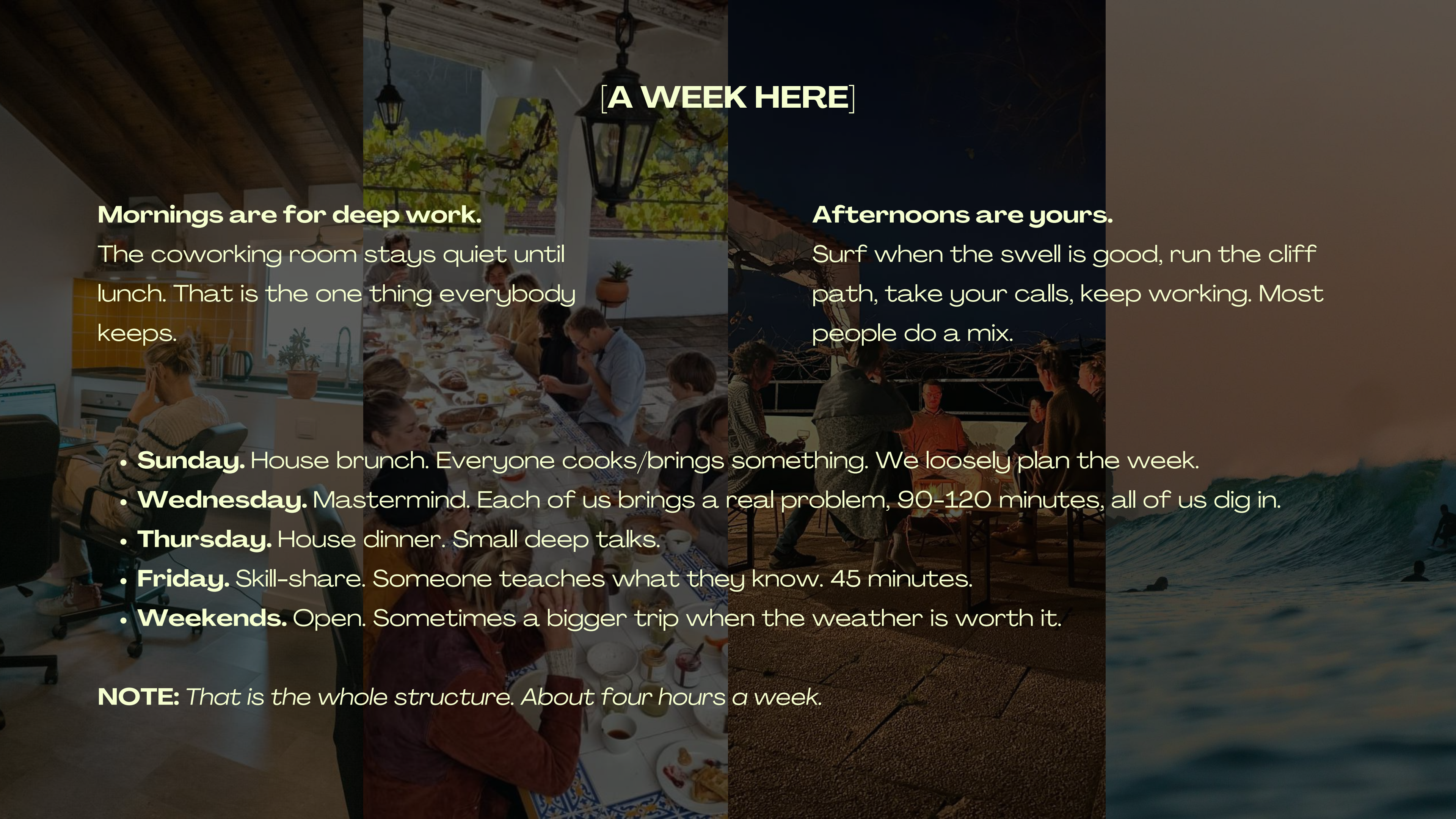
- **Month, minimum**

Long enough for real friendships and real progress, not a conference high that fades on the flight home.

- **Work and have fun together**

Deep work blocks, masterminds, sports and fun activities built into the same week.

NOTE: *You work on your own things. Nobody is forced to join anybody's project.*



[A WEEK HERE]

Mornings are for deep work.

The coworking room stays quiet until lunch. That is the one thing everybody keeps.

- **Sunday.** House brunch. Everyone cooks/brings something. We loosely plan the week.
- **Wednesday.** Mastermind. Each of us brings a real problem, 90-120 minutes, all of us dig in.
- **Thursday.** House dinner. Small deep talks.
- **Friday.** Skill-share. Someone teaches what they know. 45 minutes.
- **Weekends.** Open. Sometimes a bigger trip when the weather is worth it.

NOTE: *That is the whole structure. About four hours a week.*

Afternoons are yours.

Surf when the swell is good, run the cliff path, take your calls, keep working. Most people do a mix.



[THE TWO OF US]

We are **Yaro and Albert**, two entrepreneurs who made Ericeira our base.

Not for a holiday. Because we wanted to build our lives here.

We were looking for a way of living where the work and the rest of life don't keep fighting each other. Where you can **do serious work, surf at the end of the day, eat well, sleep properly**, and **be around people** who understand the weight of building something.

So we are opening our home to a handful of people who want that too.

People who take their **work seriously**, and take their **health, energy,** and **inner life** seriously as well.

That's the idea.

Come and live it with us.



WINTER COHORT 2026

From 10th of October 2026 till 30th of April 2027

Minimum stay: ONE MONTH

Long enough to change something. Rolling arrivals — you choose your month.

**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]

Синтра
Sintra

A16

[LISBON]

Одивелаш

A1



An aerial photograph of a rural landscape. In the foreground, there's a green field with a brown, tilled patch. A road curves through the middle ground, lined with houses that have red-tiled roofs. A large, dark, forested hill rises in the background. The sky is clear and blue. A white arrow points from the text 'THE HOUSE' towards a small building nestled among trees near the road.

[THE HOUSE]

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

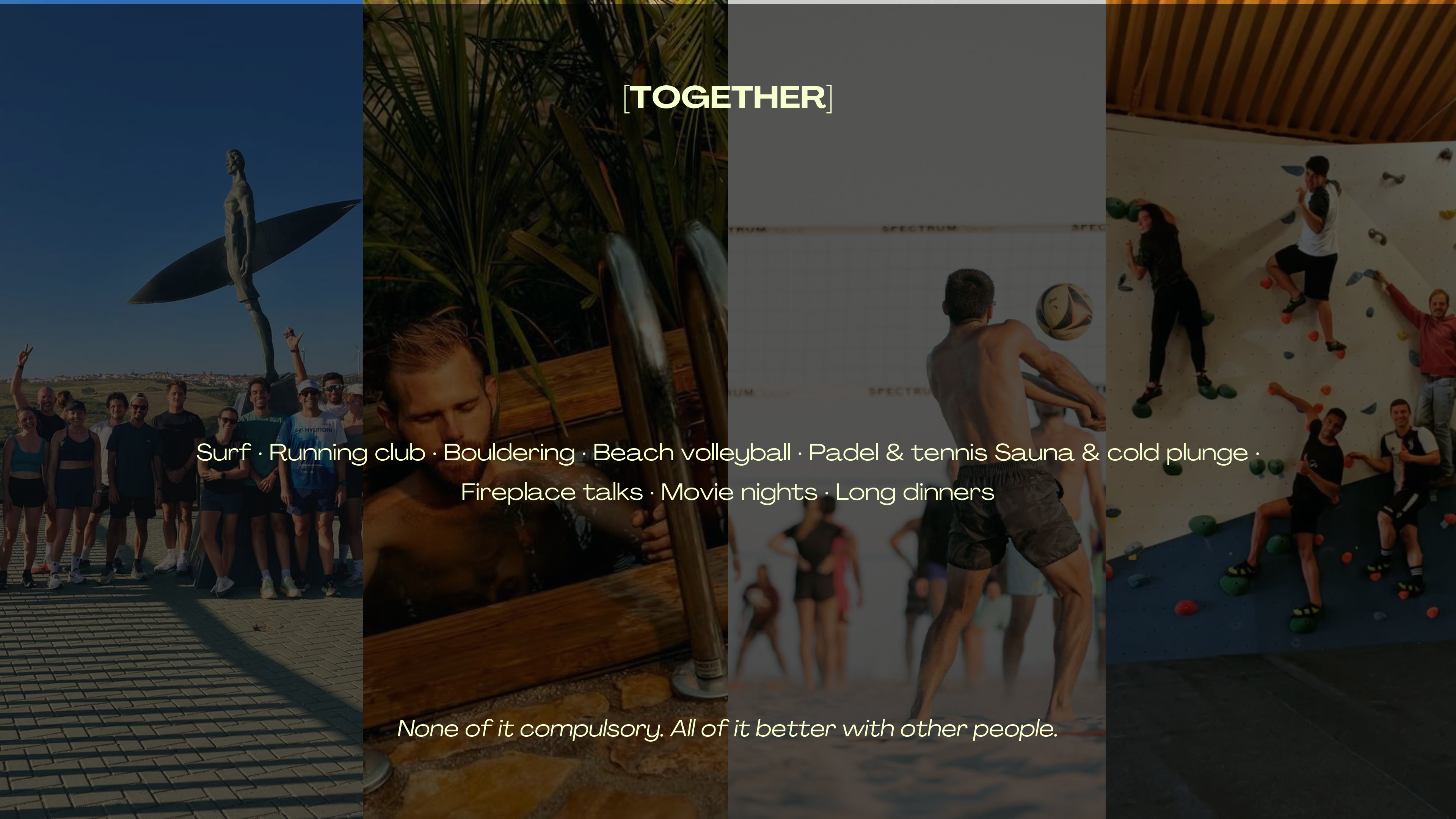
- **Your own room** — private, quiet, with space to work.
- **In the middle of nature** — a green valley, open fields, no noise. Four minutes from Ribeira d'Ilhas — Europe's only World Surfing Reserve.
- **A real coworking space** — desks, fast fibre wifi incl. coffee and tea, always on.
- **Room cleaning bi-weekly** — fresh linen, nothing to think about.
- **Pool, garden, terrace, fireplace.**







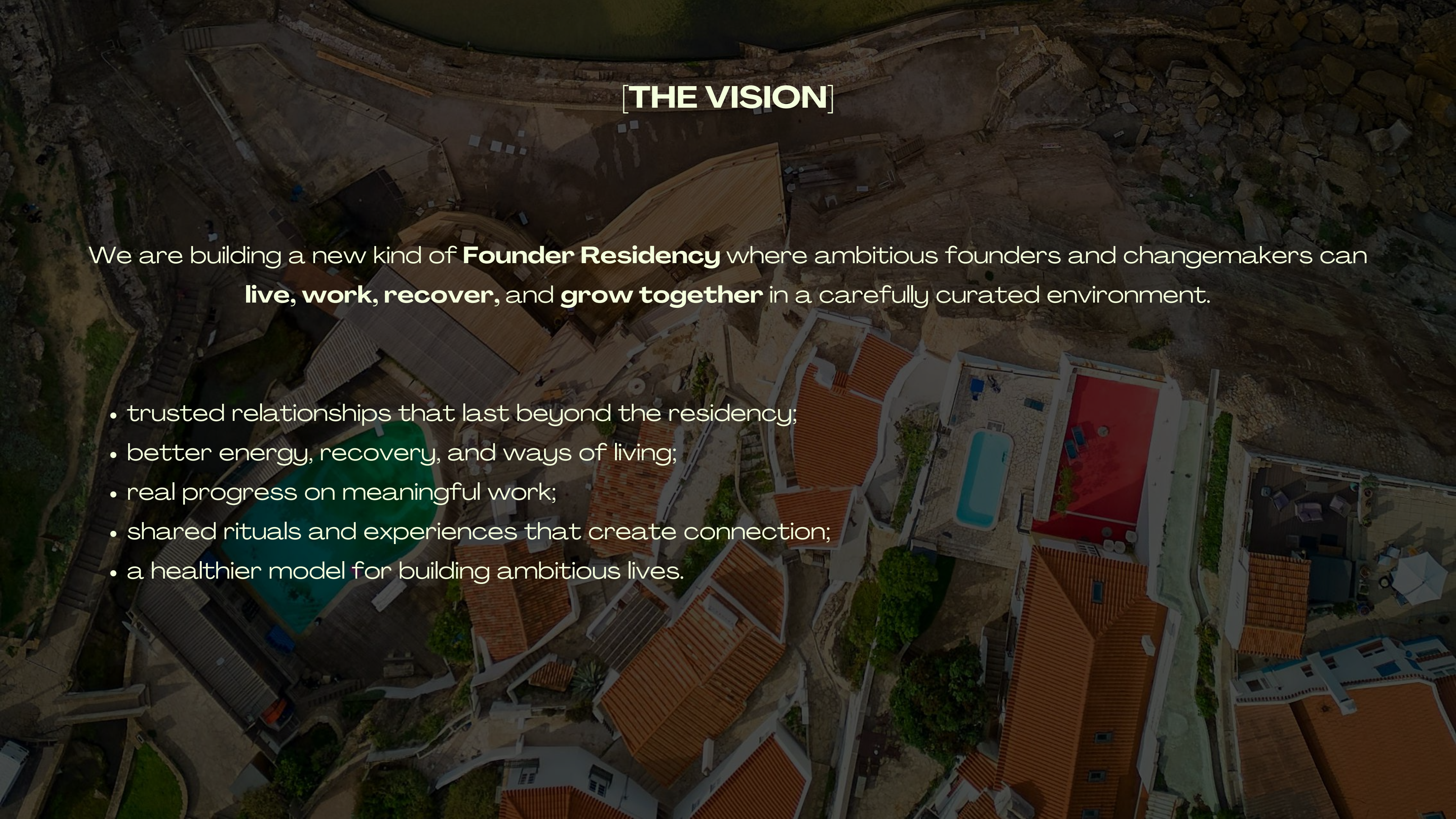




[TOGETHER]

Surf · Running club · Bouldering · Beach volleyball · Padel & tennis Sauna & cold plunge ·
Fireplace talks · Movie nights · Long dinners

None of it compulsory. All of it better with other people.

An aerial photograph of a village with terracotta roofs and a river, serving as the background for the text.

[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]

Starts: October 2026 · rolling arrivals

Minimum stay: one month · stay as long as you like

Location: Ericeira, Portugal · 40 min from Lisbon

House: 6 rooms · 4 residents + Yaro & Albert

From €865 per month. Private room, coworking, community and curation included.

NOTE: *Food and flights are your own.*



[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?

Your private room, the coworking space, fast wifi, coffee and tea, room cleaning every two weeks, all the house rituals, and the full curation programme — masterminds, skill-shares, mentor access. Food, flights and personal spending are your own. We cook together often, but nobody's counting.

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.

[FAQ]

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?

Six of us. Four residents plus Yaro and Albert, who live here through the winter. Small enough that everyone is genuinely known by the end, which is the whole point.

Can I stay longer than a month?

Yes, and most people do. One month is the minimum; the house is open through the winter. Stay two, stay six.

Can I put this through my company?

Many residents do — you're working the whole time, and the masterminds, skill-shares and mentor access are professional development. Rules differ by country, so check with your accountant. We'll provide a properly itemised invoice.

What's the weather actually like?

Mild. 14 till 17 degrees through the winter, big empty surf, and some rain — this is the Atlantic. What you get is light, space and the ocean, instead of 5 months of northern grey. Bring a wetsuit and a jumper.

[JOIN THE WINTER 2026 COHORT]

Built by humans for humans.

If what you have been missing is a circle you trust, a rhythm that works, and a place that makes both possible -> apply, and let's find out if it's a fit.

One month minimum · 6 residents in house · from €865/month · fit, not status

APPLY HERE

