

A CIRCLE. A CONVERSATION. A COMING BACK.



*Come as you are. Say as much or as little as you like.
No one is here to judge you.*

A small, community-led listening circle bringing strangers together in cafés, gardens and open spaces — to talk, to listen, and to slowly find their way back to themselves.

What is UNWIND?

unwind

UNWIND is a circle — literally. A small group of mostly unfamiliar people sit together in a cosy café corner, a quiet garden, or wherever feels unhurried enough, and just talk.

No therapist. No teacher. No one fixing anyone's life. Just people showing up, staying present, and actually listening for once. Most of us have gotten used to talking without really being heard — stuck somewhere between busy days and the version of ourselves we post online. UNWIND is us trying to undo a little of that, one circle and one honest sentence at a time.

Most of us didn't walk in with anything figured out. We just walked in tired of holding it all in alone — and that turned out to be enough.

01

UNWIND THE MIND

Say the thing you've been carrying around all week — out loud, without editing yourself.

02

UNWIND THE HEART

Say the feeling before you talk yourself out of it. That's really all a circle does.

03

UNWIND TOGETHER

Hear what someone else is going through, and quietly realise you're not as alone in yours.



A Few Honest Questions

Q. Why did UNWIND begin?

Because we noticed how many people are quietly carrying things they've never said out loud — not because no one would listen, but because they never found the room to say it in. UNWIND began as a small, no-agenda attempt to build that room: not a business, not a brand, just a genuine space to help people speak, listen, and slowly like themselves a little more.

Q. Is this therapy?

No. None of us are licensed therapists, and UNWIND is not a clinical or medical service. Think of it as a peer circle built entirely on listening — closer to a candid conversation with people who won't interrupt, judge, or advise, than to any formal treatment. If someone needs professional support, we'll always encourage that too.

Q. Who is it actually for?

Anyone who wants to talk, and just as much, anyone who only wants to listen. Students figuring themselves out, working professionals tired of performing, people between chapters of life — or simply someone who wants to practice using their own voice again.

Q. Do I have to speak?

Never. Some of the most powerful people in a circle are the ones who just listen that day. There is no pressure, no turn-taking rulebook, no spotlight forced on you.



A Few More Honest Questions

Q. What actually happens in a circle?

A small group gathers at a cosy, chosen spot. We settle in, ease into the space with a little light conversation, and then open the floor gently — no scripts, no forced icebreakers. From there, it flows the way honest conversation always does: someone speaks, the circle listens, and slowly, the room gets a little more real.

Q. What's the actual vibe?

Warm, unhurried, a little informal. Think a table full of half-strangers over coffee, not a support-group circle of chairs. We keep it relaxed on purpose — real conversation rarely happens under pressure.

Q. What do people actually get out of it?

A steadier voice, a little more confidence speaking up, the quiet relief of being heard without being judged — and over time, a gentler relationship with themselves. We call it a "kind of therapy" only in the loosest sense: it heals the way honest company always has.

Q. Why "not to earn or make something"?

Because UNWIND didn't start as a business plan — it started as three people noticing a genuine gap and deciding to do something about it. It's a small, honest, community-first start-up, built to help people first and grow only in service of that.



What We Believe

01 *No judgement, ever.*

Whatever you bring into the circle, it stays free of opinion.

02 *Listening is enough.*

You don't need to have answers, or even a full sentence, to belong here.

03 *Your voice matters — shaky or steady.*

Confidence isn't a requirement to speak here. It's what grows because you did.

04 *We heal in circles, not in isolation.*

Understanding someone else's story quietly helps us understand our own.

05 *This isn't about fixing you.*

You were never broken. You just needed a room that believed that too.

06 *Loving yourself starts with hearing yourself.*

Half of self-love is simply being allowed to finish your own sentence.

"We started this because we needed it too. Turns out, so did nearly everyone we asked."

How It Works

1

SHOW UP

Walk into a cosy café corner, a quiet garden, or an open outdoor spot — no preparation needed, no expectations attached.

2

SETTLE INTO THE CIRCLE

A small group, mostly unfamiliar faces, sits together. A short, easy warm-up eases everyone in — nothing formal, nothing forced.

3

TALK, OR JUST LISTEN

The floor opens gently. Share as much as you want, or nothing at all — every voice, and every silence, is welcome exactly as it is.

4

LEAVE A LITTLE LIGHTER

No follow-up, no obligation. Just a little more understood than when you sat down — by others, and by yourself.

No worksheets, no forms, no "so tell me about your childhood."

Just a chair, a bit of time, and a room that's glad you came.



Where We Meet

UNWIND is rooted in Thane — chosen deliberately, because it's full of quiet cafés, lake-side gardens, and open corners that are begging to be used for something more real than scrolling.

BASE CITY

Thane

Lake-side gardens, quiet café corners and open-air spots that let the conversation breathe outside the city rush — details of each circle shared closer to the date.

Cosy Cafés	Soft-lit corners, low music, small tables pushed into a loose circle.
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Open Nature	Gardens, lakesides, and terraces — for circles that want sky above them.
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Community Spots	Occasional partner spaces that share our belief in slow, honest conversation.
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Like a lily, this only really opens in the right conditions — quiet, unhurried, and a little bit of trust.

A Few Simple Guidelines

Whether you're coming because life feels heavy, because you want to pause for a while, or because you're simply curious what a listening circle feels like — you are welcome here. Before we meet, we'd love for you to sit with a few simple community guidelines. They help keep UNWIND a safe, respectful, and comforting space for everyone.

A Few Things We Ask

- ✓ UNWIND is a peer-support listening circle — not therapy, counselling, or medical care.
- ✓ What is shared in the circle stays in the circle.
- ✓ No recording, photographing, or sharing any part of a session without everyone's consent.
- ✓ Every person's choice to speak, stay silent, or simply listen is respected.
- ✓ You may leave, take a break, or choose how much you share, at any time.
- ✓ For professional mental health or medical support, we'll always encourage seeking it separately.

A Few Gentle Reminders

- Listen to understand, not to solve.
- Advice is only offered if someone asks for it.
- Silence is welcome here.
- Every story deserves respect.
- Confidentiality is a promise we all make to one another.
- Kindness is our only expectation.

If you've already read and agreed to this while registering, there's nothing else you need to do. Just bring yourself — we'll take care of the rest.

The People Behind UNWIND

Four people who believed a room like this needed to exist — and decided to build it themselves, without waiting for permission.



Love
FOUNDER

"Breezing through the chaos of this mind."



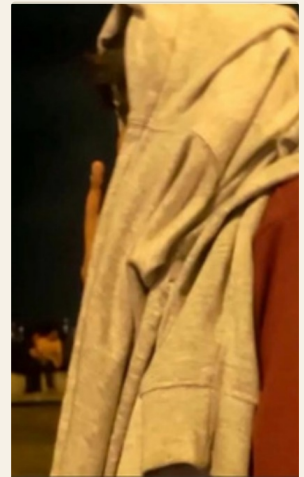
Riri
CO-FOUNDER

"Creating warmth where people feel safe to lay down their heavy armor."



Suu
CO-FOUNDER

"Listening closely to the unsaid words between lines of quiet conversation."



Bear
CO-FOUNDER

"Finding stillness and wisdom over a warm cup of shared tea."

Four people, four different ways of showing up — and one small room they built together.

BEFORE YOU GO

*"The bravest thing a person can sometimes do isn't
speaking.
It's simply showing up."*



UNWIND is a small, honest attempt to bring people back to themselves — one circle, one open evening at a time. No pressure to perform, no cost to belong, nothing to prove. We're honoured you've chosen to show up. We can't wait to welcome you into the circle.

GET IN TOUCH

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— Love, Riri, Suu & Bear

UNWIND — SLOWLY, HONESTLY, TOGETHER