

# RESET

A COMPLETE OVERHAUL  
OF THE SYSTEM, MIND AND SOUL

MIXED RETREAT

06.06 / 09.06

Pirineos

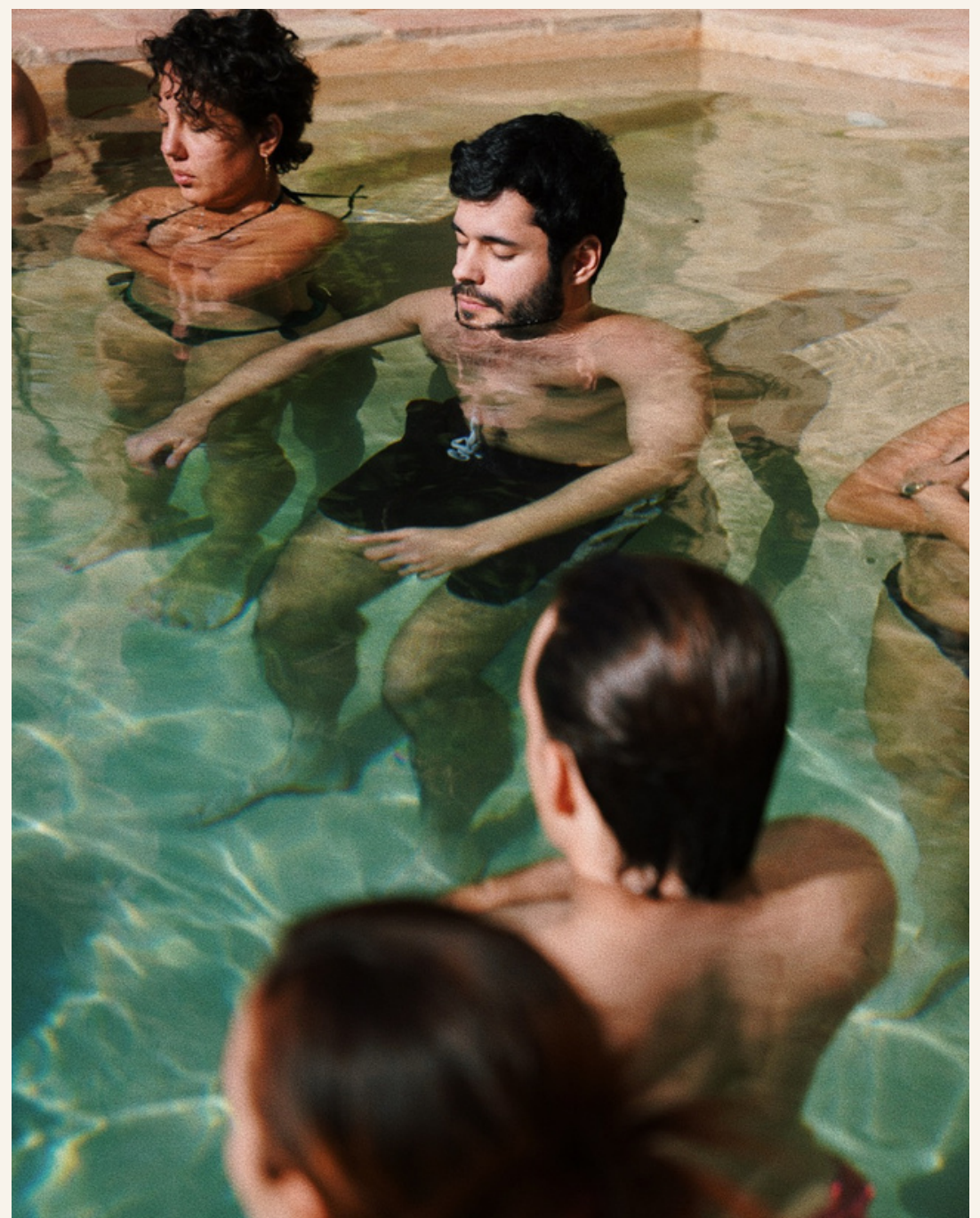
SHOW UP



# RESET

Reset is an opportunity to **break free** from the stresses of everyday life and to **reconnect** with yourself in a **peaceful** and **supportive** environment.

During this retreat, you will be guided through a **transformative** journey allowing you to **release** old patterns and behaviors, and to create new habits that **support** your **wellbeing**.





During your stay at RESET, you'll have the opportunity to participate in a range of activities designed to support your journey of **self-discovery**.

These include cold exposure and breathwork, yoga and meditation sessions, sauna, biohacking workshops and nature hikes.

Join us for a **life-changing** experience from 6-9th June, and take the first step towards a **healthier, happier** you.









Reset

2024 Retreats

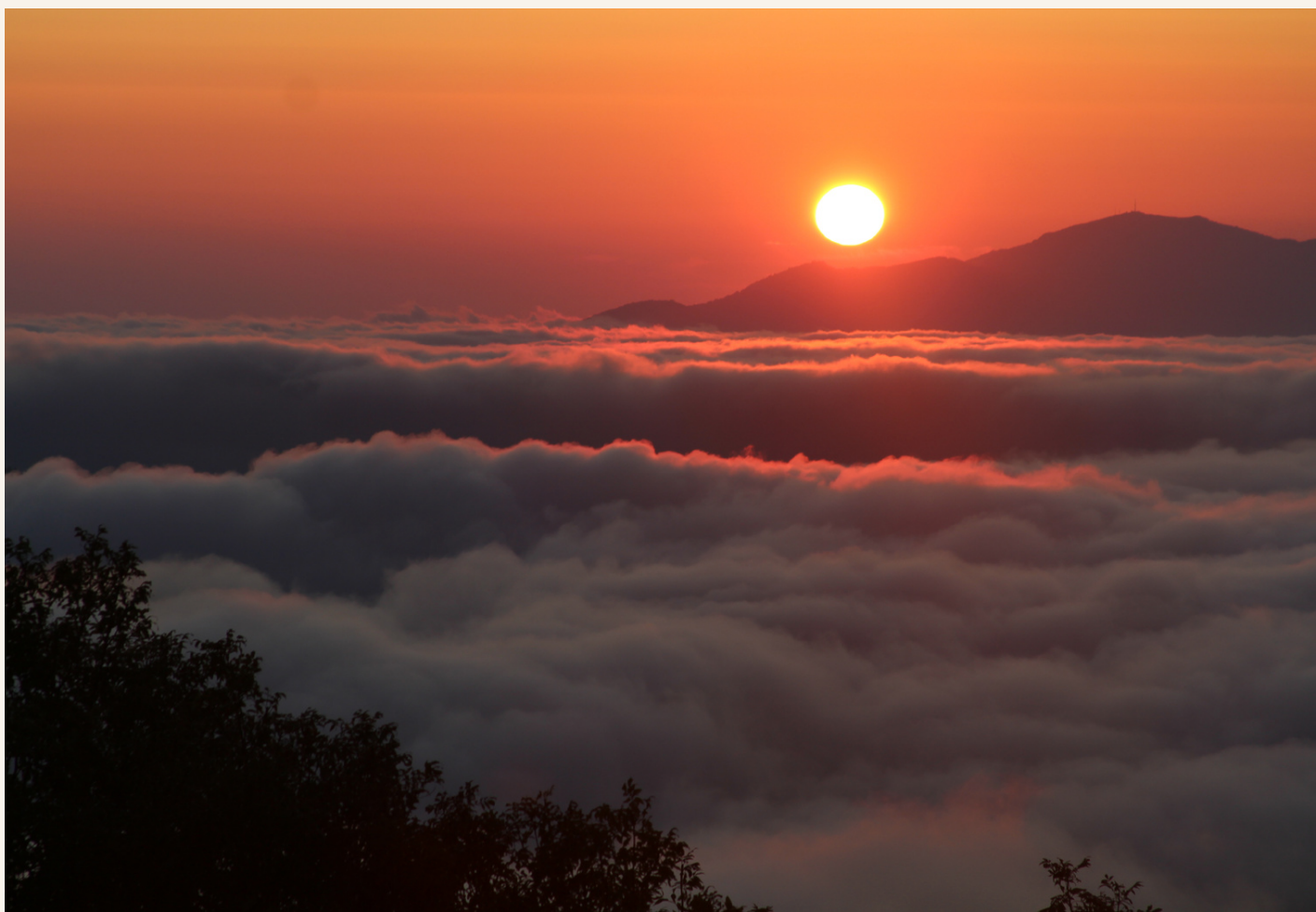




# LOCATION

Our accommodation is a beautifully restored farmhouse on a family-run ecological farm located within the high mountains of the Haut Vallespir.

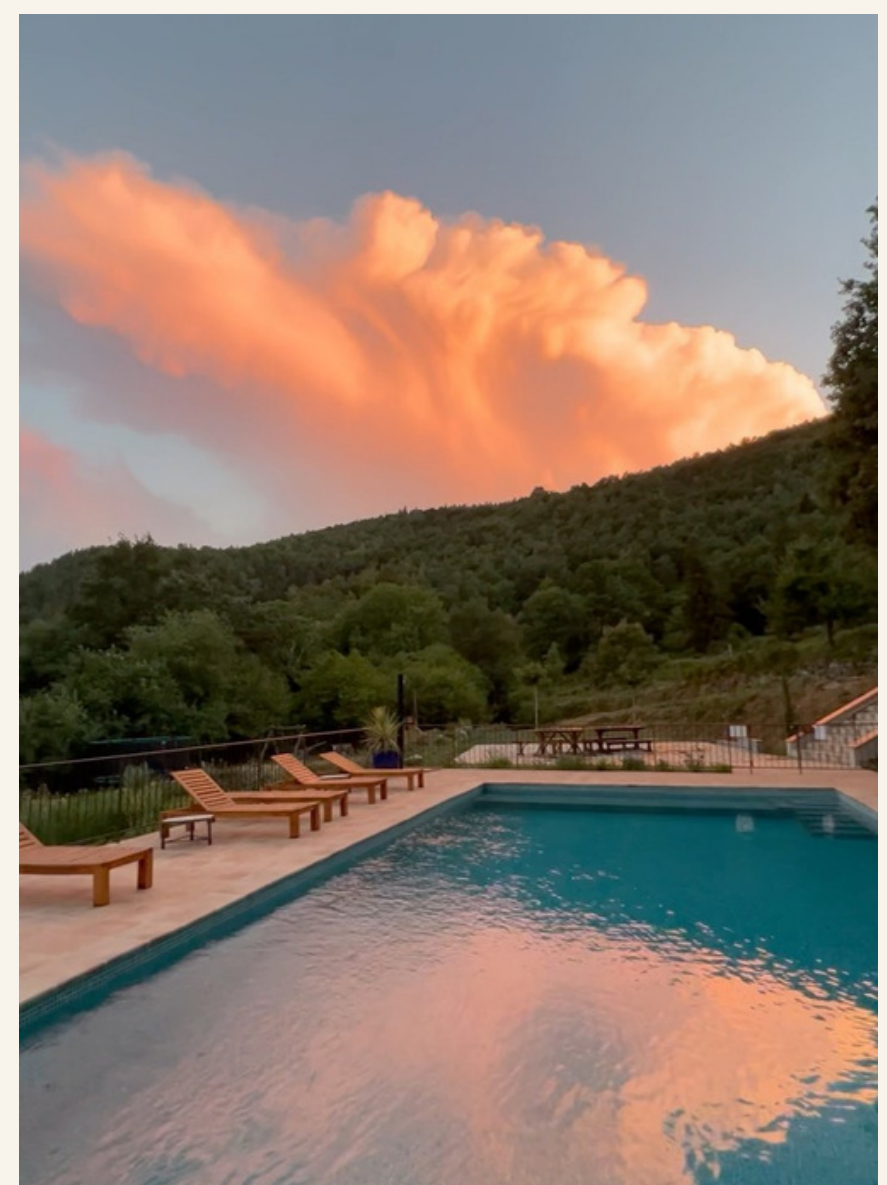
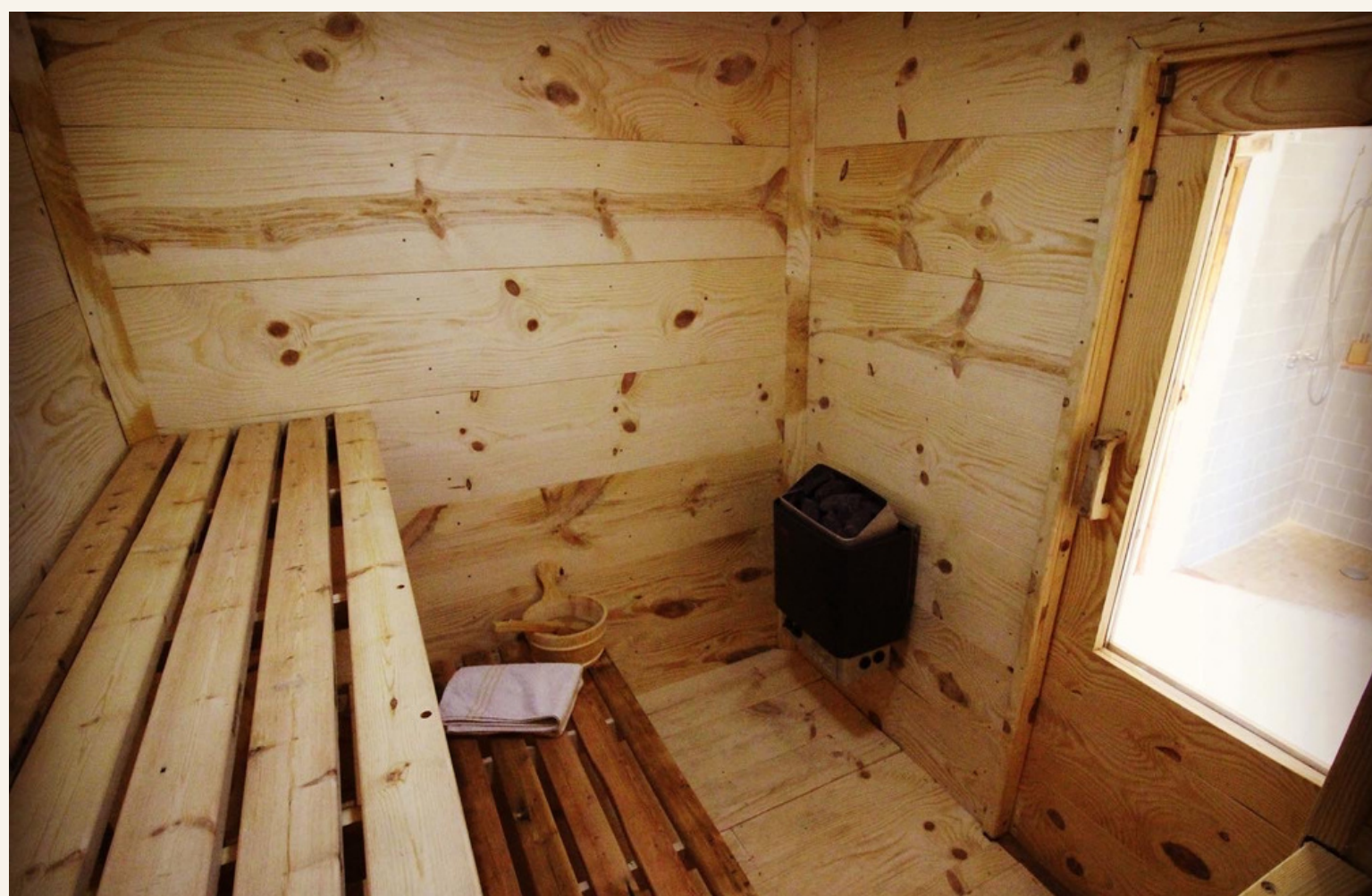
Nestled beneath the sacred Mount Canigou, our beautiful retreat center offers a tranquil and idyllic setting for your journey of **self-discovery** and **reset**.





Surrounded by stunning natural scenery, La Taillede is the perfect location for a **rejuvenating** escape, access to fresh mountain air and views all the way down to the Mediterranean Sea.

During your stay you'll also get to enjoy the two hot tubs, sauna, swimming pool, and various hidden hammock spots in the forest, all on the premises





# GETTING THERE

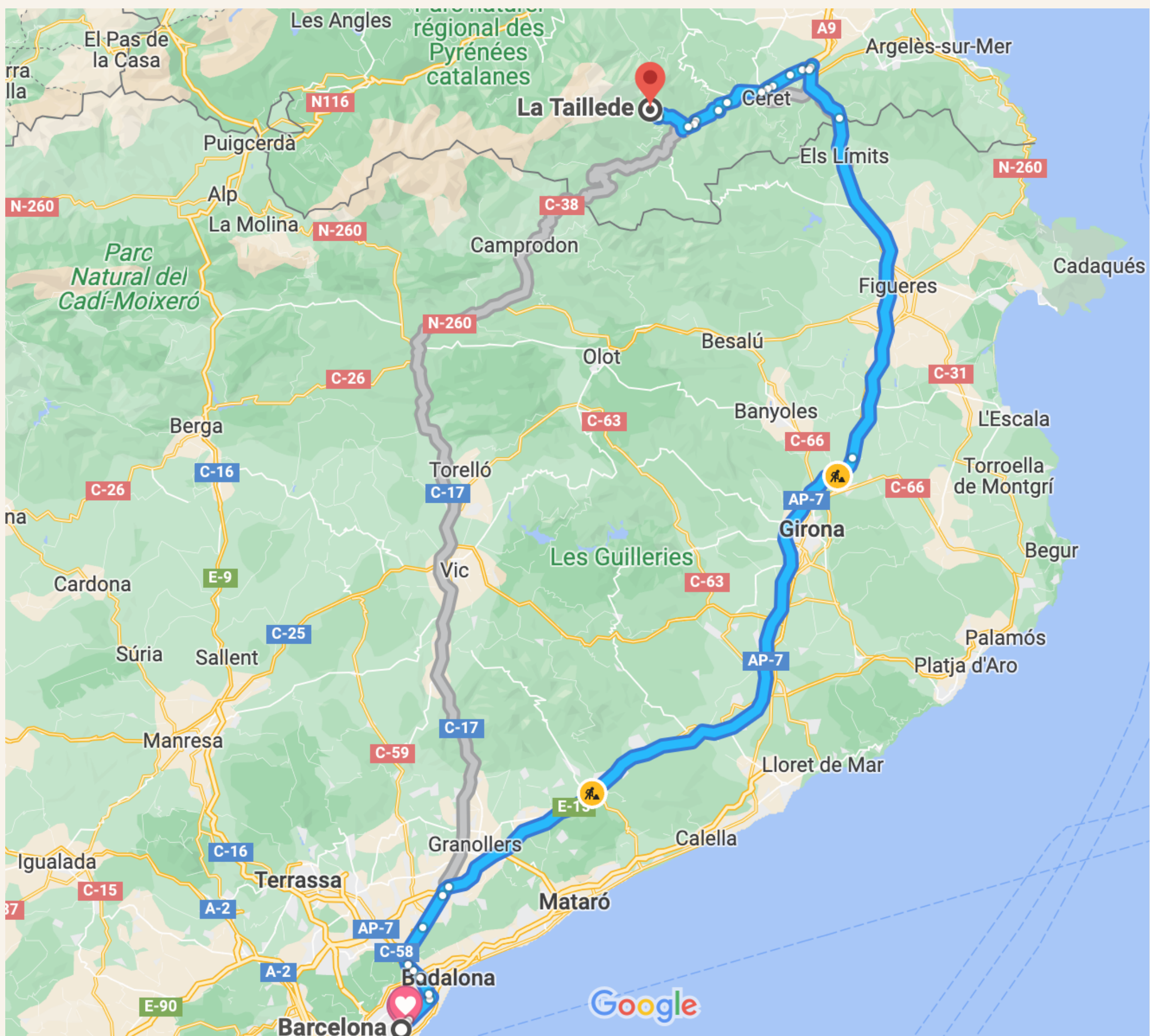
*From Barcelona*

By Car: 2 hours 30 minutes

Need a car? We suggest downloading an app called "Getaround" or "Ubeeqo".

### By Train:

There is a fast train from Barcelona to Figueres where we can arrange pick-up by small bus for an additional fee. Please let us know if you would like this option so that we can arrange this for you.





# FOOD

Our meals will be catered by the brilliant Karolina, our favourite nutritionist and expert vegetarian chef.

Throughout the retreat, she will be nourishing us with a delicious and creative vegetarian menu. You'll enjoy 3 thoughtfully constructed and nutrient-packed meals each day. Allergy, vegan, gluten and lactose intolerances will be catered for.

We believe that what we eat is an essential part of our **wellbeing**, and we're dedicated to providing you with nutritious and delicious food.





# SCHEDULE

## Thursday 6th

16 - 17	Arrival & Unpacking
17 - 19	Welcome Circle & Yoga
19 - 21	Dinner
21 - 22	Night Ritual

## Saturday 8th

07 - 08	Qi Gong
08 - 09	Cold Exposure & Sauna
09 - 11	Breakfast
11 - 15	Hike, Picnic
15 - 17	Free Time
17 - 19	Workshop: Shifting Shame
19 - 20	Dinner
20 - 22	Bonfire

## Friday 7th

07 - 08	Yoga
08 - 09	Cold Exposure & Sauna
09 - 10	Breakfast
10 - 12	Workshop: Yoga On & Off the Mat
13 - 14	Lunch
14 - 15	Workshop: Breathwork for Emotional Regulation & Body In Motion
15 - 16	Tummo
16 - 17	Free Time
17 - 18	Inversions Workshop
19 - 20	Dinner
20 - 21	Night Ritual

## Sunday 9th

07 - 09	Meditation & Transformational Breath
09 - 10	Cold Exposure & Sauna
10 - 11	Breakfast
11 - 12	Free Time & Packing
112 - 13	Ecstatic Dance
13 - 15	Lunch
15 - 16	Closing Circle



# WHAT PAST PARTICIPANTS HAVE SAID ABOUT RESET



**Anhelina**



"The Show Up team created such a safe environment for everybody... you feel very comfortable here, you feel very at peace and you really don't want to leave."



**Mo**



"Any person living in the 21st century with a very busy schedule should definitely invest in something like this... I've come out of it a much better man."



**Elyas**



"I reconnected with myself, and with strangers that feel like family now... This was probably the best experience I've had in my life."



**Chase**

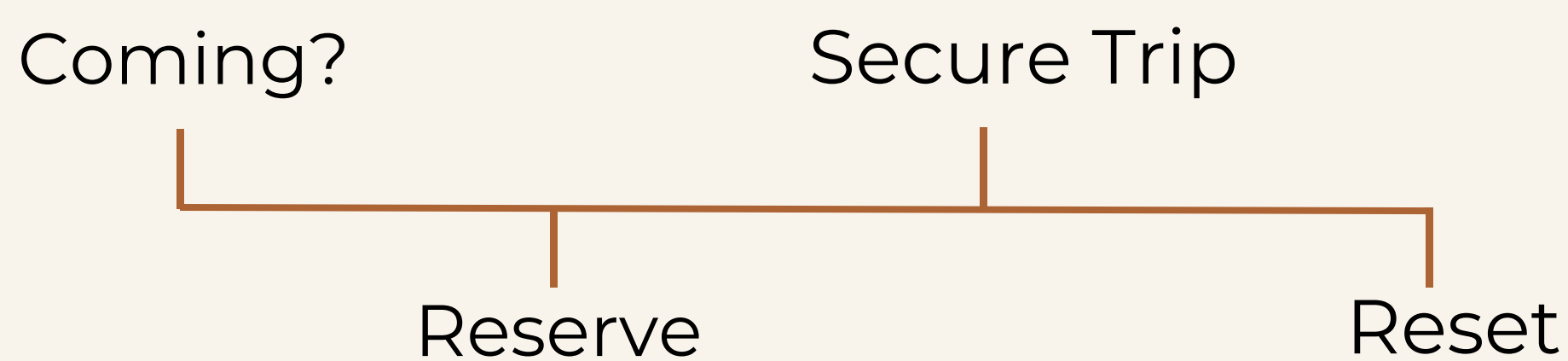


"If you get a chance to do this, don't let it go... rich and rewarding beyond your wildest imagination."



# INVESTMENT IN YOURSELF

## €700-1300



## BOOK YOUR SPOT NOW

1.

Write to [retreats@showup.es](mailto:retreats@showup.es) and let us know which room you would like.

2.

Pay 500€ to reserve your spot (details below)

3.

Secure the Trip.

We can recommend travel options.



# WHAT'S INCLUDED

- \_ 3 x nights Accommodation
- \_ 3 x nutritious vegetarian meals each day
- \_ Cold exposure & Heat therapy introduction
- \_ Professionally-lead breathwork, meditations & yoga sessions daily
- \_ 3 Life-Changing Workshops: Breathwork for Emotional Regulation, Yoga On & Off the Mat & Shifting Shame
- \_ Guided hike in nature
- \_ Ecstatic Dance
- \_ Enjoyment of onsite hot tubs, swimming pool and sauna
- \_ Forever access to a connected community of likeminded people
- \_ 1x Post-retreat 1:1 Integration call with Jake or Simone





# ABOUT US



## DR. JAKE WRIGHT

Jake is an Advanced Oxygen Advantage Instructor, Osteopath and Founder of Show Up, he is on a mission to make breathwork a normal part of our everyday lives.

Having initiated his spiritual journey at 12 with the help of his father who, at the time, was on a spiritual journey fighting a long battle with cancer. This helped shape and mould Jake's passion for helping others by changing the way they breathe to improve the way they feel, move and perform.

Jake believes breathwork contains something for everyone. Having worked with professionals seeking better stress management, to individuals suffering from anxiety to professional athletes looking to improve performance, and everything in between. Jake understands how your breath can impact all areas of our body and mind, which is why he's so passionate about helping people implementing breathwork to reach their true potential.

## SIMONE TOPEL

Simone is a yoga teacher, confidence coach, retreat leader and speaker.

As a yoga teacher, she's taught students of all backgrounds from the beaches of Barcelona to private clients, children, in gyms, studios, and the offices of major corporate companies including Meta and PwC. A dedicated student of yoga herself, she has over 650 hours of training in Rocket, Hatha, Ashtanga and modern vinyasa and has done specialised training in Mindfulness-Based Stress Reduction, Pain & Injury Management, Yoga for Depression and Yoga for Running.

Simone is also a certified Personal and Professional Development Coach who leads personal development workshops for corporate groups and the public. She supports clients globally world through 1:1 coaching and is especially passionate about coaching women to thrive personally and professionally.





## INVESTMENT IN YOU

	Early Bird	Normal
A shared 2-bed room	€700pp	€800pp
2-bed room w. ensuite	€800pp	€900pp
Deluxe 2-bed room w. ensuite	€1000pp	€1100pp
Private double bedroom	€1,200pp	€1,300pp

\*Earlybird offer available until April 26th\*

## OPTIONAL EXTRAS

1 - 1 Consultation (Life Coaching & Osteopathy)	€100pp
Massage	€100pp

We offer payment plans. Please contact us to discuss your payment schedule.

Your first payment will be a deposit of 500€ to reserve your spot. The final balance will be due by May 20th

## BOOK YOUR SPOT NOW

1. Write to [retreats@showup.es](mailto:retreats@showup.es) & let us know which room you would like to confirm availability.
2. Pay €500 deposit or pay in full to reserve your spot by bank transfer.
3. The remainder of the balance will be due by May 20th 2024.
4. Prepare for the **RESET**  
Organise your travel,  
We will see you on the ground

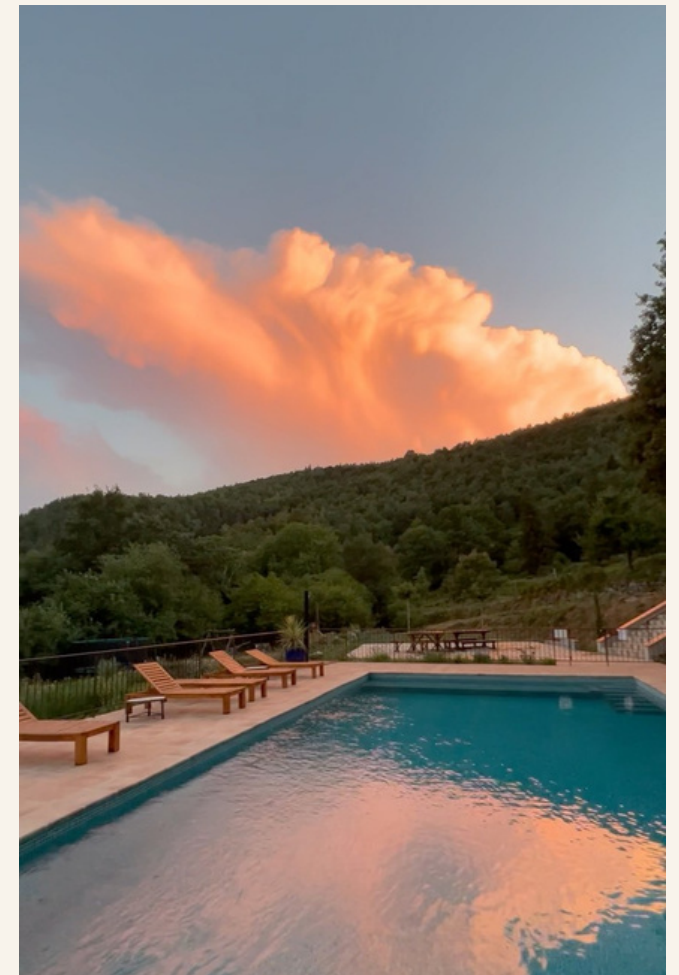


# ARRIVAL & WHAT TO BRING

Arrival is at 4pm on Thursday June 6th

## OUR VENUE COMES WITH:

- Shower & hand towels,
- bathrobes
- beach towels for the pool
- bed linen,
- artisanal hand soaps & shower gel,
- yoga mats, meditation cushions & blocks



## TO BRING:

- Journal
- Toiletries
- swimwear
- hiking shoes
- yoga & workout clothes
- warm clothes for morning & night





# COME JOIN OUR RESET RETREAT

in the Beautiful French Pyrenees

A life-changing experience and  
the first step towards a healthier, happier you.

06.06 / 09.06

SEE YOU THERE!



CANCELLATION POLICY

