

A woman is lying in a white macramé hammock on a balcony with a thatched roof. She is wearing a black bikini and holding a book. The balcony has a wooden railing and overlooks a tropical landscape with palm trees, a swimming pool, and the ocean. The text 'the reset' is written in a large, white, cursive font across the top of the image.

the
reset

2026 retreat

YOU DON'T NEED RESOLUTIONS. YOU NEED A RESET.

PUERTO ESCONDIDO, MEXICO JAN 25-31, 2026
A SHRED & HAPPY SEEKER RETREAT

THIS IS THE RESET YOU DIDN'T KNOW YOU NEEDED.

Come as you are. Leave stronger, lighter, + more YOU.



THIS IS FOR THOSE WHO CRAVE MORE:

MORE PRESENCE.

MORE CONNECTION.

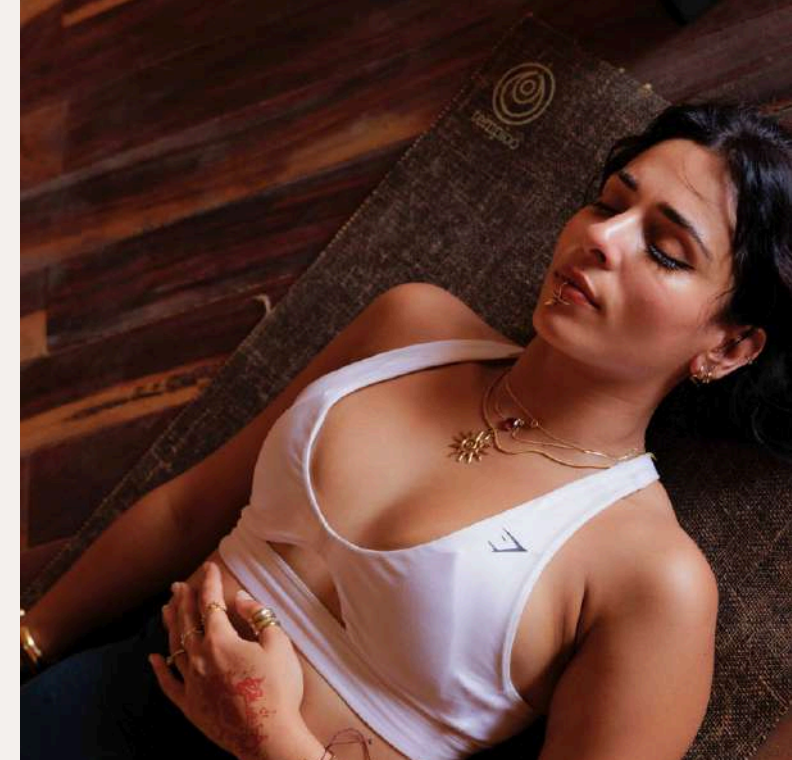
MORE POWER IN HOW YOU MOVE THROUGH THE WORLD.

After years of creating powerful fitness, wellness, and community experiences around the world, SHRED + HAPPY SEEKER are coming together for something extraordinary.

The Reset is a 7-day immersive fitness + wellness retreat in a private beachfront villa just outside Puerto Escondido, Oaxaca, Mexico - designed to help you move your body, nourish your mind, and align your energy for the 2026 year ahead.

It's a complete reset for your mind, body, and soul.

Read on...





WHAT IF ONE
WEEK COULD
CHANGE HOW
YOU FEEL -
INSIDE AND
OUT?

WHAT'S INCLUDED:

- Transportation to/from Puerto Escondido airport
- 6 nights at Isla Neptuno, a private beachfront villa
- 3 chef-prepared meals daily +infused waters + snacks.

- Daily SHRED movement including yoga, functional training, circuits, Pilates and more - find your wellness vibe!
- Daily Masterclasses and workshops including breathwork, journaling, nutrition & more
- Special experiences including cacao ceremony and sound journey
- Optional morning run club or morning meditations

RECOVERY ZONE

- Ice bath, stretching, self massage tools, aromatherapy, and more

FREE TIME

- For naps, surfing, beach walks, or doing nothing at all

OPTIONAL ADD-ON

- Pamper Me Package: featuring massages, facials, cupping, physiotherapy and more

BONUS

- Free Reset swag bag, take-home e-Book, and new memories, new insights and new friends for life



WORKOUTS.
YOGA.
INTROSPECTION.
CONNECTION.
FUN!

MOVE YOUR BODY, OPEN YOUR MIND,
AND GROW INTO YOUR BEST SELF.

A DAY AT THE RESET

Each day is crafted to introduce you to new ways of moving, restoring, and reconnecting - helping you build powerful consistency, spark lasting change, and return home inspired to keep it going. Here's a quick peek at what a day may look like:

-
- 6:30am - Optional Sunrise Meditation, Reset Run Club or zzz's
 - 8:00am - Morning fitness session - eg: functional workout
 - 10:00am - Chef-prepared breakfast with local ingredients
 - 11:30am - Workshop - eg: The Mindset Reset Masterclass
 - 1:00pm - Nourishing lunch to refuel and recharge
 - 2:30pm - Free time OR optional self-care sessions, massages, facials, or recovery including ice bath, stretching session & more
 - 5:30pm - Afternoon movement session - eg: Candlelit yin yoga & sound healing to wind down
 - 7:00pm - Chef-curated dinner under the stars
 - 8:30pm - "Fireside Reflections" connection by bonfire
-

Each day follows a rhythm of balance - challenge and calm, focus and freedom. You'll explore new forms of movement, discover your own pace, and leave with the confidence and clarity to keep your reset alive long after you return home.



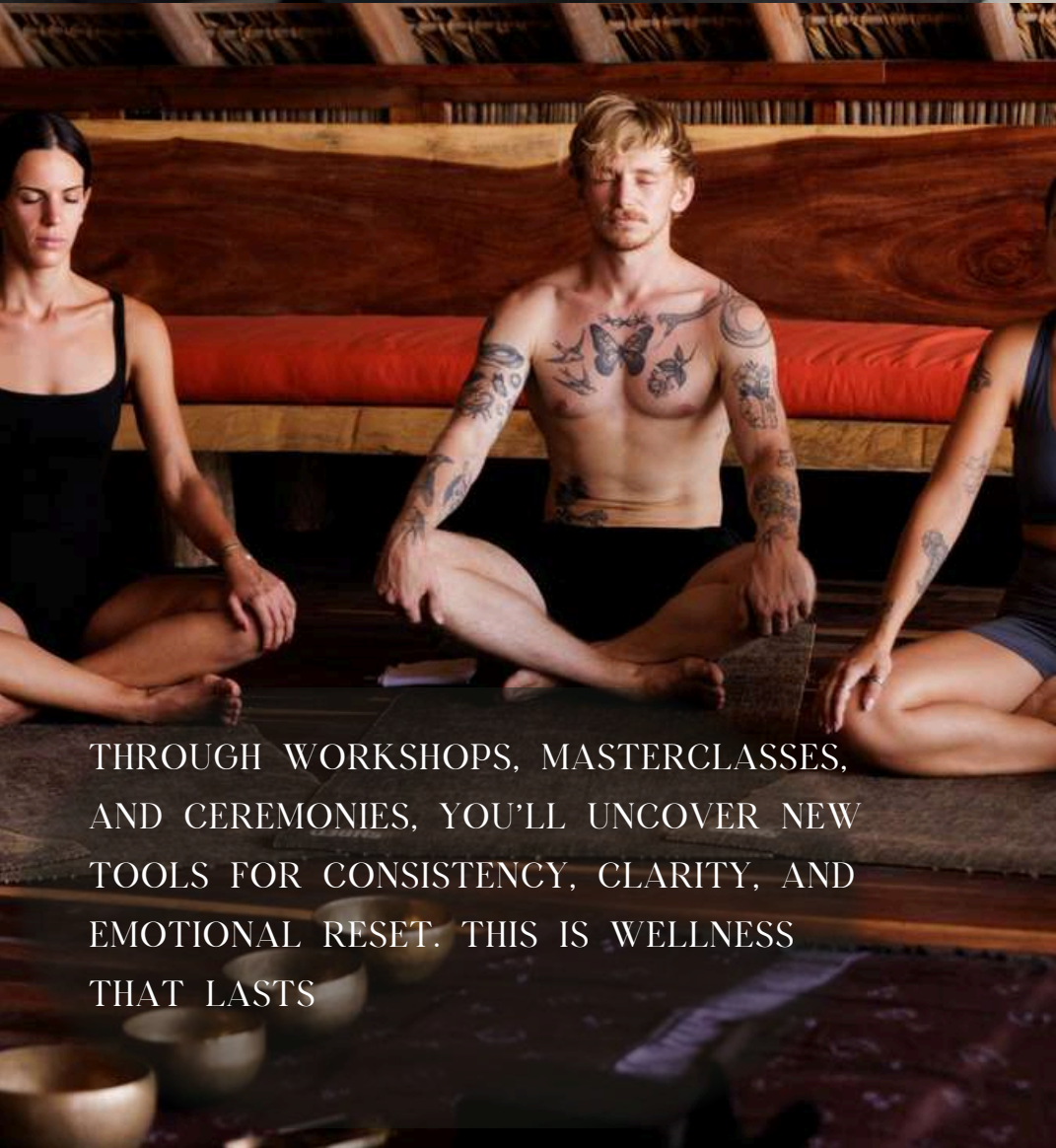
MOVEMENT. MINDFULNESS. MOMENTUM.

Each day brings two wellness sessions designed to move your body and calm your mind.

Some mornings begin with energizing fitness - strength circuits or functional fitness - while others start with grounding yoga or Pilates.

Afternoons flow between dynamic movement like a sunset boot camp and restorative practices like a calming yin. Every class is modifiable and open to all levels, creating space to explore new forms of movement and balance.

You'll feel stronger, clearer, and more connected - inside and out



THROUGH WORKSHOPS, MASTERCLASSES,
AND CEREMONIES, YOU'LL UNCOVER NEW
TOOLS FOR CONSISTENCY, CLARITY, AND
EMOTIONAL RESET. THIS IS WELLNESS
THAT LASTS

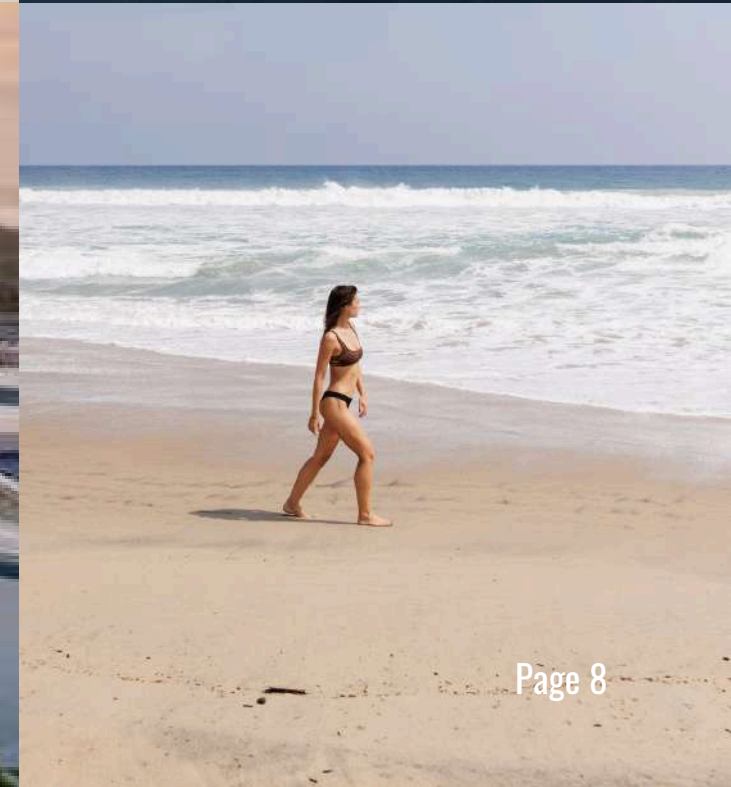




YOUR HOME FOR RESET: ISLA NEPTUNO

Tucked away in Rancho Neptuno, just outside Puerto Escondido, Isla Neptuno is a sanctuary by the sea. Six private houses, open terraces, and ocean breezes set the scene for reconnection and calm.

From sunrise coffee in quiet corners to evenings under the stars, the villa blends natural beauty with comfort and style. Its hallmark feature - the largest private pool in Puerto Escondido - features fire-lit islands, jacuzzi corners, and panoramic ocean views. Your private oasis.





SLEEP BY THE SEA.

Each guest will stay in Isla Neptuno's airy, ocean-view suites - serene spaces with modern furnishings, soft linens, and artisan details that reflect the soul of Oaxaca.

Wake to the sound of waves and the promise of a new adventure on Mexico's Pacific coast. Shared accommodations foster connection and community, while private corners and terraces offer space to rest and recharge. Every detail is designed for comfort — so you feel at home, even far from it.



YOUR PARADISE PLAYGROUND

Sunrise swims, golden sunsets, and a wellness rhythm that invites you to breathe.

Located on Mexico's Pacific Coast, Puerto Escondido blends beach life, Oaxacan culture, surf vibes, and tropical tranquility. the surf capital of Mexico, It was named one of Airbnb's top destinations for 2025 - and it's easy to see why.

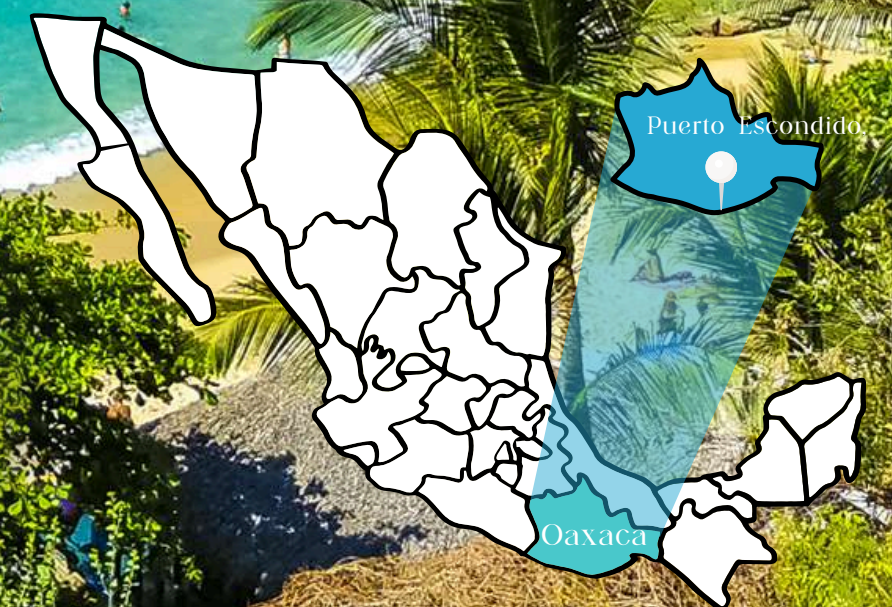
TRAVEL INFO

Fly into Puerto Escondido International Airport (PXM). There are direct flights from Mexico City (MEX, NLU), Guadalajara (GDL), Monterrey (MTY), Dallas (DFW), Houston (IAH), Calgary (YYC) and Toronto (YYZ). We'll pick you up and bring you straight to the villa, just a 30 minute drive away. No stress, no hassles, just ease.

Alternate airport option: Bahías de Huatulco (HUX) is about 1.5 hours away and offers additional seasonal direct flights from the U.S. and Canada, including Dallas, Chicago, Vancouver, Calgary, Edmonton, Winnipeg, Toronto and Tijuana. Transfers from Huatulco are not included, but it can be a convenient option depending on your location.

WHERE'S PUERTO?

Mexico





DISCOVER THE MAGIC OF PUERTO ESCONDIDO, OAXACA, MEXICO

January in Puerto brings whale watching, turtle nesting, swimming with dolphins, and daily baby turtle release, and more magic on this Oaxacan coastline.

Your free time options at the retreat include surf sessions, a stroll in the La Punta neighborhood, a nap in a hammock, or simply reflect, restore and reset.

Want to explore even more? Extend your stay and discover all that Puerto has to offer, or venture to nearby beach towns like Mazunte / Zipolite, Chacahua, bioluminescent lagoons, or a cultural visit to Oaxaca City. We'll help you plan your perfect post-Reset adventure.



NOURISH TO RESET

Food is a core part of The Reset experience. During your Reset week, our chef and the Isla Neptuno culinary team craft vibrant, nourishing meals using fresh, local, and seasonal ingredients designed to fuel your body and reset your relationship with food.

Every meal is colorful, balanced, and full of flavor, nourishing the body, uplifting the spirit, and inspiring healthy habits that last far beyond your stay.

All dietary needs and preferences can be accommodated.



THE RESET ISN'T JUST A RETREAT. IT'S A VIBE.
A CURATED SPACE WHERE PEOPLE FROM AROUND
THE WORLD COME TOGETHER TO SUPPORT,
CELEBRATE, AND GROW.

WHETHER YOU COME SOLO, WITH A FRIEND, OR
WITH YOUR PARTNER, YOU'LL BE PART OF
SOMETHING BIGGER. A TRUE COMMUNITY,
GROUNDED IN CONNECTION AND TRANSFORMATION.



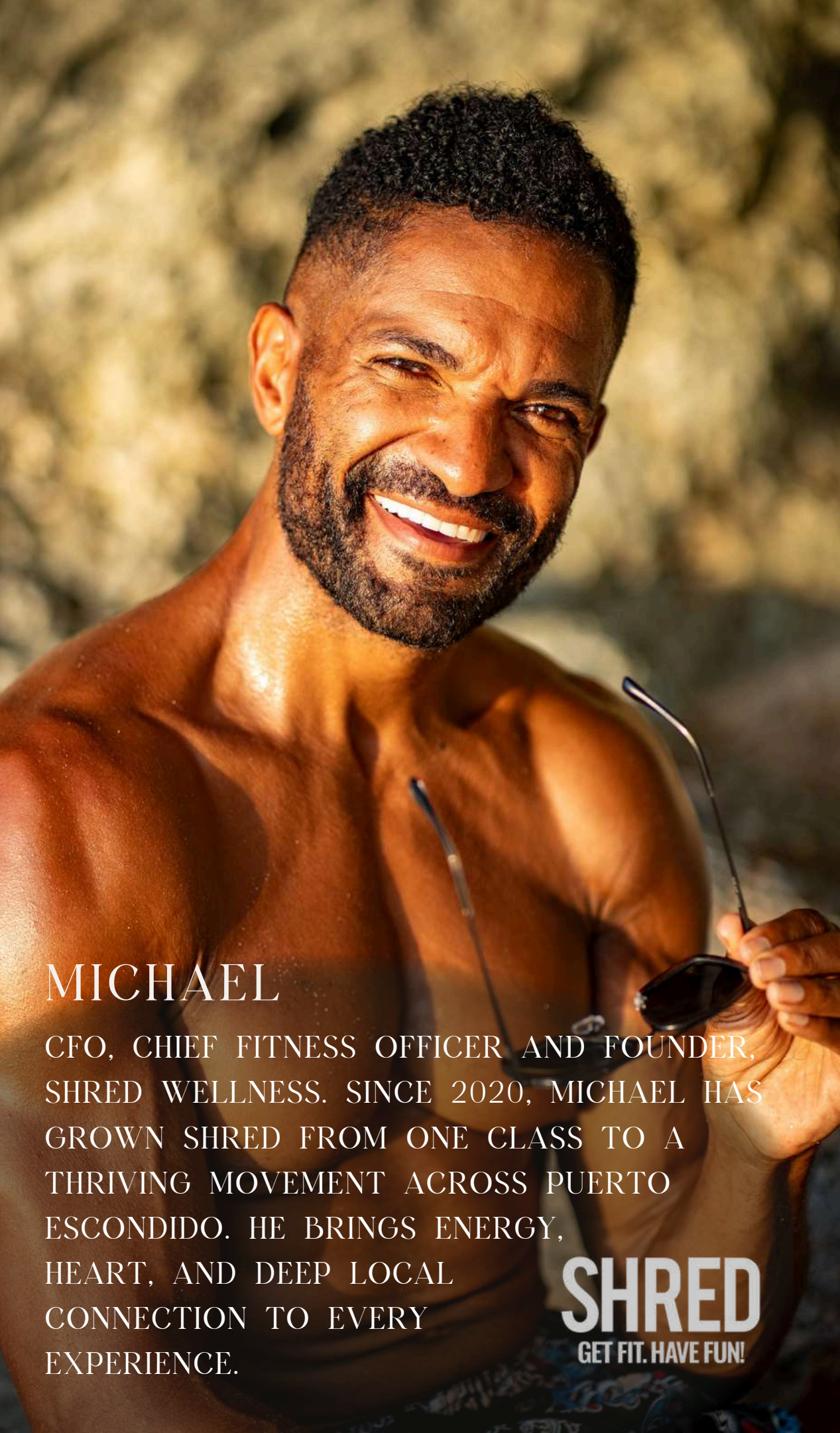
WHAT CHANGES INSIDE AT RESET

Movement is the doorway. What you meet on the other side is you. Reset from within.

This week is a full exhale for your nervous system and a full yes to your future self. You'll move, rest, and learn tools that make life feel lighter and more intentional when you return home.

- Clarity – Discover what you want, why it matters, and how to stay aligned.
- Confidence – Two daily sessions strengthen your body and your choices.
- Regulation – Breathwork, sound healing, and rest bring you back to center.
- Connection – Come solo or with friends; you'll feel seen, safe, and supported.





MICHAEL

CFO, CHIEF FITNESS OFFICER AND FOUNDER, SHRED WELLNESS. SINCE 2020, MICHAEL HAS GROWN SHRED FROM ONE CLASS TO A THRIVING MOVEMENT ACROSS PUERTO ESCONDIDO. HE BRINGS ENERGY, HEART, AND DEEP LOCAL CONNECTION TO EVERY EXPERIENCE.



MEET YOUR RESET HOSTS

This collaboration came together naturally when Gabi discovered SHRED and realized she didn't actually dislike fitness - she just disliked the gym. What she found at SHRED was a community that made movement feel empowering and inclusive.

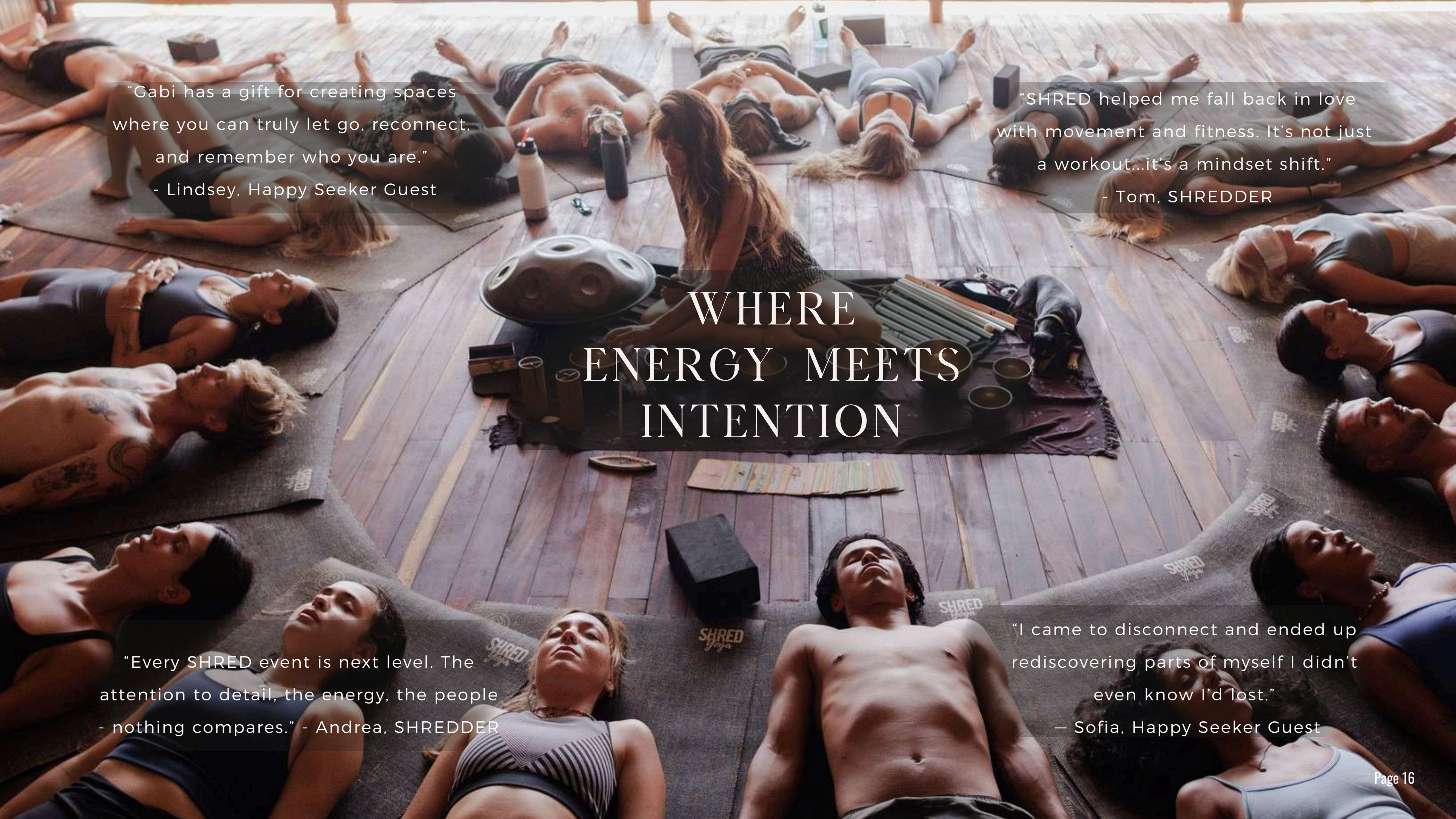
Michael and Gabi both share a passion for balanced, body-positive wellness that celebrates all forms of movement. They first teamed up when SHRED brought fitness experiences to Happy Seeker retreats. Now, The Reset marks the next epic chapter. You don't want to miss it.



GABI

FOUNDER, HAPPY SEEKER. TRAVEL INFLUENCER, ENTREPRENEUR, AND CERTIFIED YOGA TEACHER AND SOUND THERAPIST. GABI HAS LED 20+ GLOBAL RETREATS AND IS KNOWN FOR CREATING SPACES THAT INSPIRE BALANCE, JOY, AND TRANSFORMATION.



A high-angle, wide shot of a yoga studio with a wooden floor. Numerous people are lying on their backs on grey mats, arranged in a circular pattern around a central area. In the center, a woman with long brown hair is sitting cross-legged, playing a silver harmonium. Various yoga props like blocks, straps, and a small dog are scattered on the floor. The scene is lit with warm, natural light, creating a peaceful and communal atmosphere.

“Gabi has a gift for creating spaces where you can truly let go, reconnect, and remember who you are.”
- Lindsey, Happy Seeker Guest

“SHRED helped me fall back in love with movement and fitness. It’s not just a workout...it’s a mindset shift.”
- Tom, SHREDDER

WHERE ENERGY MEETS INTENTION

“Every SHRED event is next level. The attention to detail, the energy, the people - nothing compares.” - Andrea, SHREDDER

“I came to disconnect and ended up rediscovering parts of myself I didn’t even know I’d lost.”
— Sofia, Happy Seeker Guest

ONE WEEK.
ONE DECISION.
ONE INCREDIBLE
START TO
YOUR YEAR.

AN INVESTMENT IN YOURSELF THAT YOUR MIND, BODY & SOUL WILL THANK YOU FOR.

SPOTS ARE LIMITED. DON'T GET LEFT OUT!

YOUR RESET STARTS NOW!

PUERTO ESCONDIDO, MEXICO JAN 25-31, 2026

PRICE \$1,895 USD all included

GET \$100 OFF Early Bird pricing until 15 Nov

Pamper Me Package Add-on \$65/\$125

Installment payment plans available

Reserve with just 25% deposit



SAY YES TO THE RESET!

CLICK HERE

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+52 954 183 2660



letsgo@thatshredlife.mx



@thatshredlife or

@happyseekertravel



JOIN US FOR
the *reset*
2026 retreat
THE RETREAT YOU DIDN'T KNOW YOU NEEDED.