

# Burnout Reset

## 燃え尽きからの回復

*"A science-based wellbeing retreat for founders, consultants and leaders in high-pressure roles"*

**Kochi, Japan 2026**  
March 30 - April 7



## What awaits you (あなたを迎えるもの)

For seven days, step away, from daily distractions and immerse yourself in a quieter Japan: coastal islands, cedar forests, mountain rivers, and onsens

## A glimpse into your journey (あなたの旅の一瞥)



### Resiliency Wheel on Awaji Island

A playful, yet deep assessment of your current resilience while crossing one of Japan's most scenic islands.



### Learning

Morning grounding, cold plunges and lectures on the science of stress and burnout, with deep self work.



### Onsen & Star-gazing

Evenings spent in hot springs and under open skies to help activate your parasympathetic nervous system and help your body return to "calm."





## Who is it for?

High performers with early signs of burnout, committed to personal wellbeing and team performance and seeking science-led recovery, not spiritual escapism.

## What you will gain?

- A personalised 12-month resilience map to gently guide your growth
- A toolkit of 100+ ways to soothe, reset, and care for your nervous system
- A deeper understanding of how you move through challenges
- A renewed connection to your body, your values, and the quiet freedom that comes from within

## Who is behind this?

Burnout Lab is a research-driven initiative focused on preventing burnout and building resilience at both individual and organizational levels. We translate science into practical tools, trainings, and strategies that address the root causes of workplace exhaustion. Alongside our corporate programs, we host retreats in Kochi, Japan, and Lucerne, Switzerland, intentional spaces for reflection, restoration, and sustainable change.

## Impact numbers



4 YEARS

running stress management & burnout prevention courses & retreats



850+ PARTICIPANTS

have experienced our corporate trainings and offsites



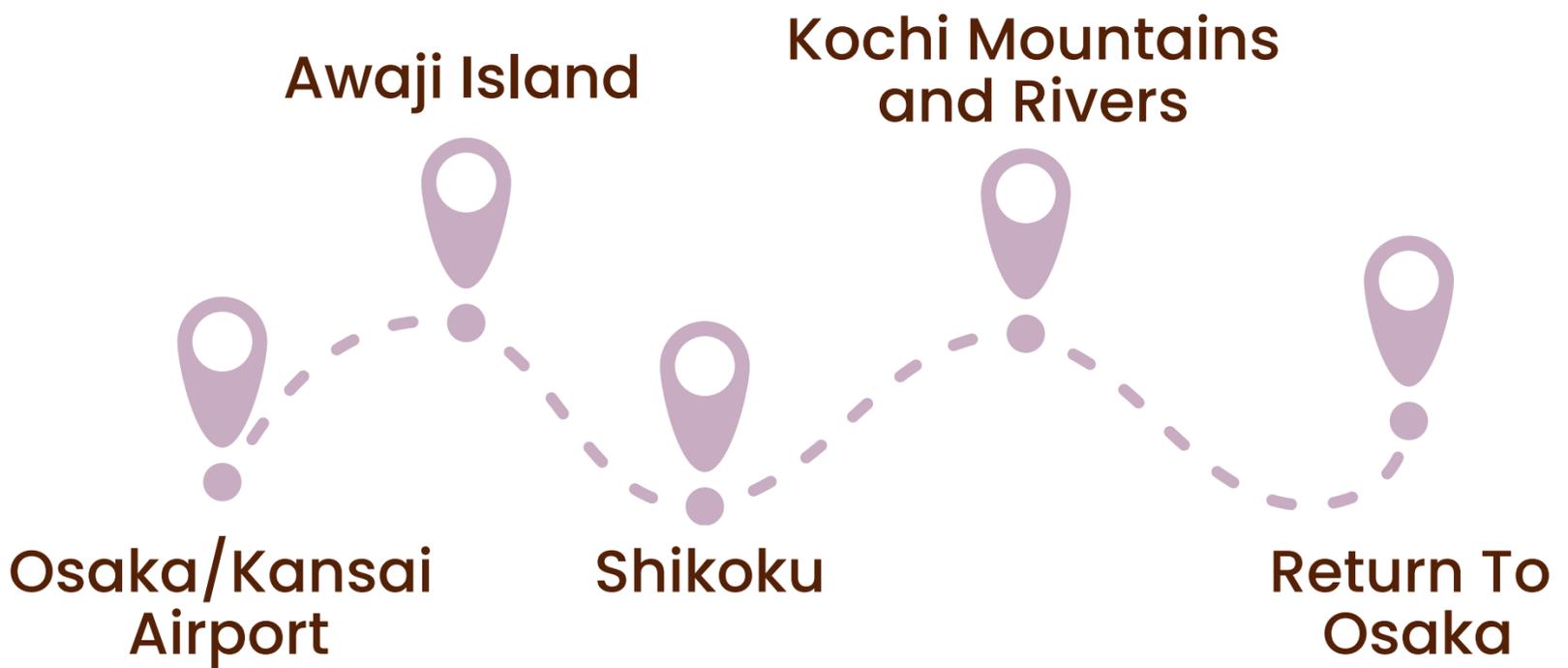
30+ COACHES

supported through executive coaching programmes.





## The journey (たび)



01

### Kansai & Awaji Island

Arrival, breakfast briefing, Resilience Wheel, scenic island crossing and whirlpools by the sea.

02

### Montbell mountain lodge

Lecture space, onsen evenings, star-gazing and night sky.

03

### Kochi City & mountain house

Physical wellbeing day, fascia practice, film night.

04

### Nikobuchi waterfall & Nakatsu gorge

Digital detox, nature immersion, money psychology walk.

05

### Sakura park & temple, Sakawa

Spirituality, reflection and ceremony in historic surroundings.

06

### Countryside home

Home-cooked dinners, music and closing rituals.

# Retreat details (特別なひととき)

at a glance



## Price

USD 2,390 (shared room)  
USD 2,890 (single room)

30 March - 7 April 2026  
8 days / 7 nights

## Dates & Duration

## Difficulty Level

Suitable for participants who are comfortable with outdoors and water-based activities.

Up to 12 people – intimate, curated group for depth and connection.

## Group Size

## Accommodation

- Montbell Japan lodge (mountain base)
- Private Japanese home in the Kochi mountains

Toyota Land Cruiser (max. 5 passengers per car) and/or similar 4x4 vehicles.

## Transfer



## Retreat guides (リトリートガイド)



### **Aksinia Mueller**

Aksinia is a doctoral candidate, researcher, lecturer, and stress scientist. Her work bridges the biology and psychology of stress, offering deeply researched, practical insights that connect mind, body, and environment. Educated at Bocconi, Harvard and IMD she brings rigor and real-world relevance to every session. At the retreat, her guidance offers high-caliber knowledge designed to shift both understanding and experience.



### **Anastasia Ilinikh**

Anastasia is a Relationship EQ (Emotional Intelligence) Coach. she helps empathetic women master their emotional world, thereby transforming their relationships. She provides practical tools and guidance to deal with emotions in challenging times, helping clients step into resilient, confident selves who feel comfortable speaking up, facing confrontations, and no longer taking things personally.



### **Daniel Low**

Daniel is the founder of Kochi Together, a life co-operative that focuses on Spirituality development through life-coaching programs, wellness retreats, and community engagement in Kochi Prefecture. Daniel is an ICF-accredited PCC level coach and trainer of coaches. His coaching experience also spans from music performance to personal spirituality development to working with ex-offenders and persons in recovery. It's hardly a dull moment when you are around Daniel as his vibrant energy effortlessly light others up.



### **Shane Tan**

Shane is a Quiet Power Coach who helps quiet burnout professionals reclaim their self-worth and build a soul-aligned life. He is grounded in the Quiet Power Method framework, which guides clients toward convergent clarity. He is an ICF-ACC-credentialed coach and a certified Psych-K facilitator. Having personally experienced burnout, Shane deeply believes that everyone deserves a second chance to rewrite their life story.



### **Juan Pablo Muñiz**

Juan Pablo is one of Burnout Lab's founders and coaches high-performing professionals at inflection points, navigating leadership transitions, recovering from burnout, or redefining what success looks like. He holds an MBA, IMD Business School in Switzerland and is an ICF Certified Coach that can coach profiiently in English & Spanish (C2); French (B2)

# Burnout Lab

Wellness Retreats & Offsites

## Get In Touch With Us.



[www.burnoutlab.co](http://www.burnoutlab.co)



[hello@burnoutlab.co](mailto:hello@burnoutlab.co)



[@burnoutlab.co](https://www.instagram.com/burnoutlab.co)