



## CARIBOU AZORES

### UPDRAFT IN THE ATLANTIC – FOR THE BEREAVED

6–13 July 2024

Objective: After your loved one has returned home, you have the desire to spend time with other guests in the same situation in stimulating, yet informal surroundings. You would like to take the opportunity to let nature experiences positively touch you and during daily "impulses" address topics of common concern, such as reflection on the transition to the other/next dimension, consciously experiencing the mourning period with its phases in order to discover meaning in the new chapter of life after appreciating what has been, and steps on how your life story could continue (holistically) in order to maintain enriching relationships with other people going forward.

This is an opportunity to spend a week with other bereaved and to share and revitalise renewing experiences in a meaningful environment where the beauty of nature is omnipresent, and the power of the earth is palpable and tangible. Let yourself be lifted up and enriched by these inspiring and meaningful experiences with significance – in simplicity in a hidden gem, in an authentic, non-ordinary environment in the middle of the Atlantic Ocean.

It is important to clearly define any specific needs you might have so that a tailor-made weekly plan can be compiled and agreed upon in advance.

#### Proposed time outline (as of summer 2023)

Saturday 6 July	Sunday 7 July	Monday 8 July	Tuesday 9 July	Wednesday 10 July	Thursday 11 July	Friday 12 July	Saturday 13 July
	Optional 7:45-8:15 Guided Meditation	Optional 7:45-8:15 Guided Meditation	Optional 7:45-8:15 Guided Meditation	Optional 7:45-8:15 Guided Meditation	Optional 7:45-8:15 Guided Meditation	Optional 7:45-8:15 Guided Meditation	Optional 7:45-8:15 Guided Meditation
	8:30 Breakfast	8:30 Breakfast	8:30 Breakfast	8:30 Breakfast	8:30 Breakfast	8:30 Breakfast	8:30 Breakfast
	9:30 Impulse: themed exchange <sup>3)</sup>	9:30 Impulse: themed exchange <sup>3)</sup>	9:30 Impulse: themed exchange <sup>3)</sup>	9:30 Impulse: themed exchange <sup>3)</sup>	9:30 Impulse: themed exchange <sup>3)</sup>	9:30 Impulse: themed exchange <sup>3)</sup>	11:00 Check-out
As of 15:00 Check-in <sup>1)</sup>	11:00 Excursion <sup>2)</sup>	11:00 Excursion <sup>2)</sup>	11:00 Excursion <sup>2)</sup>	11:00 Excursion <sup>2)</sup>	11:00 Excursion <sup>2)</sup>	11:00 Excursion <sup>2)</sup>	
16:30 Welcome + tour through Convento with its symbolism	Upon return option to enjoy garden and swim in pool or the sea	Upon return option to enjoy garden and swim in pool or the sea	Upon return option to enjoy garden and swim in pool or the sea	Upon return option to enjoy garden and swim in pool or the sea	Upon return option to enjoy garden and swim in pool or the sea	Upon return option to enjoy garden and swim in pool or the sea	
19:00 Buffet Dinner	Dinner	Buffet Dinner	Dinner	Buffet Dinner	Dinner	Buffet Dinner	
Optional Nightcap	Optional (at Convento) Nightcap to share experiences of the day	Optional (at Convento) Nightcap to share experiences of the day	Optional (at Convento) Nightcap to share experiences of the day	Optional (at Convento) Nightcap to share experiences of the day	Optional (at Convento) Nightcap to share experiences of the day	Optional (at Convento) Nightcap to share experiences of the day	

<sup>1)</sup> arrive at the guest house (Convento) with your body, heart and soul to relax, e.g. with a refreshing swim in the pool

<sup>2)</sup> daily activities/excursions will be scheduled in line with the weather

<sup>3)</sup> Impulses: themes in line with the interests/needs of the entire group

Invest in yourself: suggested donation 2024

CHF 2'500-3'000 (depending on room category and -location)