



## CARIBOU AZORES

### ATLANTIC PERSPECTIVES: BEYOND BOUNDARIES

10–17 August 2024

Objective: You have the desire to pause in a different way and spend time with other guests in stimulating, yet informal surroundings. You would like to take the opportunity to let nature experiences positively touch you and are encouraged to get involved during daily "impulses" as food for thought, to contribute and engage – in addition to your mind, also to open your heart and soul to further broaden your horizons... to “see” with the heart as Antoine de Saint-Exupéry put it in *Le Petit Prince*.

As the wisdom goes "The journey is the destination", during this week the idea is to experience *the moment* consciously, actively with positive energy and to continue cultivating enriching relationships with yourself, fellow guests as well as nature. This is an opportunity to spend a week with others and to share and revitalise renewing experiences in a meaningful environment where the beauty of nature is omnipresent. Let yourself be lifted up and enriched by these inspiring and meaningful experiences in simplicity in a hidden gem, an authentic, non-ordinary environment where the power of the earth is tangible and palpable in the middle of the Atlantic Ocean.

At some point during the week, should you wish to experience a contemplation day on your own, we are pleased to make suggestions for you to choose from.

#### Proposed time outline (as of spring 2024)

Saturday 10 August	Sunday 11 August	Monday 12 August	Tuesday 13 August	Wednesday 14 Aug	Thursday 15 August	Friday 16 August	Saturday 17 August
	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)