



CARIBOU AZORES

ATLANTIC PERSPECTIVES: BEYOND BOUNDARIES

17 - 24 July 2027

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 horizon... 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 experiences in a nurturing environment where the beauty of nature is omnipresent. Let yourself be lifted up and enriched by these inspiring and uplifting experiences in simplicity in a hidden gem, an authentic, non-ordinary setting where the power of the earth is tangible and palpable in the middle of the Atlantic Ocean. Testimonials can be found on our website.

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

Saturday 17 July	Sunday 18 July	Monday 19 July	Tuesday 20 July	Wednesday 21 July	Thursday 22 July	Friday 23 July	Saturday 24 July
	7:45-8:15 Guided Meditation	7:45-8:15 Guided Meditation	7:45-8:15 Guided Meditation	7:45-8:15 Guided Meditation	7:45-8:15 Guided Meditation	7:45-8:15 Guided Meditation	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
	10:00 Impulse: themed exchange ³⁾	10:00 Impulse: themed exchange ³⁾	10:00 Impulse: themed exchange ³⁾	10:00 Impulse: themed exchange ³⁾	10:00 Impulse: themed exchange ³⁾	10:00 Impulse: themed exchange ³⁾	9:30 Farewell
As of 15:00 Check-in ¹⁾	11:30 Excursion ²⁾	11:30 Excursion ²⁾	11:30 Excursion ²⁾	11:30 Whale watching	11:30 Excursion ²⁾	11:30 Excursion ²⁾	11:00 Check-out
16:30 Welcome + tour through Convento with its symbolism	Upon return option to enjoy garden and swim in pool or the sea	<i>(Returning to Convento after dinner only)</i>	<i>(Returning to Convento after dinner only)</i>	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 Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
Nightcap on the Convento terrace with a 180° view over the Atlantic	<i>Optional (at Convento)</i> Nightcap to share experiences of the day and bedtime story	<i>Optional (at Convento)</i> Nightcap to share experiences of the day and bedtime story	<i>Optional (at Convento)</i> Nightcap to share experiences of the day and bedtime story	<i>Optional (at Convento)</i> Nightcap to share experiences of the day and bedtime story	<i>Optional (at Convento)</i> Nightcap to share experiences of the day and bedtime story	<i>Optional (at Convento)</i> Nightcap to share experiences of the day and bedtime story	

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

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

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

Invest in yourself: suggested donation 2027

CHF 2'750-3'500 (depending on room category and -location)