

CARIBOU AZORES



Beyond Borders in the Atlantic
Experiential week for those affected
by a **life-limiting illness**

Dates available on website

*Just when the caterpillar thought the world was over,
it became a butterfly.*

Zhuang Zhou

Creative explorers!
www.caribou-azores.ch

The goal of **Caribou Azores** as a not-for-profit association is to support people in the same life situation during challenging transitions in life, such as those **affected by a life-limiting illness**, (or in other difficult situations, for example the bereaved), with an **experiential week based on a holistic approach** on the Azores Island São Miguel.

Beyond Borders in the Atlantic brings those affected by a life-limiting illness together in summer in a historic guesthouse full of symbolism in Vila Franca do Campo (weekly schedule available on the *Caribou Azores* website). Through daily "Impulses" as a basis for discussions, we address the grieving period with its different phases:

- stepping back from previous priorities
- pain and regret
- slowly letting go
- appreciation of what was
- define relevant aspects for the remaining time
- gaining confidence for what lies ahead...



*It is an attempt to say and express things that go beyond ordinary words, to "see" with the heart, as Antoine de Saint-Exupéry put it in the **Petit Prince**.*

Why the Azores?

Here on São Miguel, the physical remoteness from other continents allows a certain "headspace" for inspiring experiences. This island, where the power of the earth is tangible and palpable, offers an impressive backdrop for deepening the understanding of connections and achieving aha-effects; this thanks to a holistic approach through the five core capacities.

Why is the not-for-profit association called *Caribou Azores*?

The native Americans held the *Caribou*, a reindeer, sacred. And when they hunted a Caribou, they used every part of it because they felt obliged to Mother Earth. They could make something out of every part that was important and valuable to them and the community.

Would it make sense, if we humans would do the same and also use ALL our *five core capacities*?



What are the five core capacities?

Our holistic approach:

- to **physically** and **creatively** discover the multi-facted main island of São Miguel in the middle of the Atlantic Ocean with its picturesque cliffs, waterfalls, misty volcanoes and impressive crater lakes as well as warm springs and to feel and experience the power of the earth – and thereby
- creating **emotional** memories so vivid you will be able to smell the sea breeze for a long time to come, recapturing parts of your **creative** inner child
- to **mentally** enter deep conversations with other guests and during daily "Impulses" reflect on new ideas – a **creative**, joyful and **conscious** learning process
- to become increasingly **spiritually** aware of the "*here and now*", in the elements of nature, the other guests, one's own self as well as the "universal/divine" and through deep **creative** connection to open new gates and spaces
- ...because **creativity** is in **everything**...

*People don't often associate illness with grief
but the realization that life
will never be what it was
and the future is not what you thought
it would be,
is a major loss.*

Janet Jay



Direct flights to Ponta Delgada from

- ✈ Zürich: Mondays and Fridays
- ✈ London: several days a week
- ✈ Boston: several days a week
- ✈ New York: several days a week

Hosts

Caribou Azores was founded by us as siblings. After five decades, as brother and sister we launched the second half of our lives during a stay in the Azores. Reflecting on the way forward, it seemed natural that we should widen our lifelong quest by offering others in a meaningful setting the opportunity to find closer to themselves and to each other. Bringing people together is in our DNA.



We invite you to connect with us and look forward to hearing from you:
Regula@caribou-azores.ch • Urban@caribou-azores.ch

Caribou Azores
c/o Regula Waltenspül
Limmatstrasse 159
8005 Zürich

Creative explorers!
www.caribou-azores.ch

Caribou Azores
not-for-profit association
UID: CHE-238.540.079