



CARIBOU AZORES

Testimonial Anna – An Amazing Journey

«I embarked on a weeklong adventure with new friends to explore aspects of retirement as well as the amazing island of São Miguel in the Azores. Regula and Urban have chosen as their life's work, the gathering of varied people around common life events such as retirement and grief. As a physician nearing retirement, I was eager to learn from others on similar journeys and to have time to reflect; no better place than the Azores!»

Our hosts, Regula and Urban were so welcoming, accommodating, and kind. They were able to establish a comfortable rhythm for our days that maximized our conversations and sight-seeing excursions, but never felt rushed or chaotic. If I needed space/time on my own, they were understanding and flexible to allow me to take what was needed. We walked through spectacular tropical gardens, visited tea plantations, swam in ocean waters, enjoyed breathtaking scenery, and roads lined with blue hydrangeas and yellow ginger lilies. I felt very safe and well cared for by our hosts. In the sacred space of the Convento (our home for the week), our hosts nurtured a comfortable place for us to share our life experiences and to be creative explorers. We learned from each other and from our excellent facilitators. It was an informative time with a light touch. This was a terrific retreat, full of laughter, affection, and meaningful conversations over amazing meals with a backdrop of beautiful scenery. I returned with much to process as I prepare to journey into retirement and am armed with creative new thoughts about this journey.

For those wanting to retreat to the breathtakingly beautiful Azores, who desire to be spoiled with thoughtful conversations, new learning and good food among new friends from all over the world, then this week is ideal.»

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