



CARIBOU AZORES

Testimonial Carolyn

«I imagined our trip to the Azores with Caribou would provide sensational excursions and delicious meals, but I had no idea what the week would really deliver. The Convento de São Francisco was soothing to my soul – the historic setting, sea breeze, gardens, and fantastic care by the hosts/staff set a beautiful tone. After guided meditation (optional), our day started with a delicious breakfast including pineapple grown on the property and freshly squeezed orange juice. The excursions were a mix of relaxing sightseeing, wonderful hikes for exercise, and a day of whale watching. We returned to the Convento with plenty of time to relax. At 5:00, we had a daily “impulse” – a thought provoking discussion on topics such as artificial intelligence, approaching aging and end of life, and happiness. Dinners were well planned at a wide variety of restaurants and the food did not disappoint. The day ended with a nightcap and deeper discussion. This experience filled my mind, body, and soul and it was officially the best retreat I’ve ever had.»

Carolyn McClanahan, M.D., CFP®, Jacksonville, USA
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