



## CARIBOU AZORES

### **NEW HORIZONS IN THE ATLANTIC** – soon, early- or recent retirees

**3–10 August 2024**

Objective: You have the desire to pause in a different way and spend time with other guests in the same situation in stimulating, yet informal surroundings. You would like to take the opportunity to let nature experiences positively touch you and during daily "impulses" address topics of common concern, such as what it means to be retired: to bid farewell to your professional career, appreciate what has been, to make sense of the new chapter of your life, you define what continues to excite, motivate and which interests are in the foreground as well as steps how the life story could continue (holistically)...

This is an opportunity to spend a week with others in a meaningful environment where the beauty of nature is omnipresent and the power of the earth is tangible, to share and have revitalising and renewing experiences.

You are encouraged to get involved during the 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*.

Be inspired by these uplifting, renewing and meaningful experiences with significance – in simplicity in a hidden gem, in an authentic, non-ordinary environment in the middle of the Atlantic Ocean.

It is important to clearly define your ideas so that a tailor-made weekly plan can be compiled and agreed upon in advance.

#### **Proposed time outline** (as of summer 2023)

<b>Saturday 3 August</b>	<b>Sunday 4 August</b>	<b>Monday 5 August</b>	<b>Tuesday 6 August</b>	<b>Wednesday 7 August</b>	<b>Thursday 8 August</b>	<b>Friday 9 August</b>	<b>Saturday 10 August</b>
	<i>Optional</i> 7:45-8:15 Guided Meditation	<i>Optional</i> 7:45-8:15 Guided Meditation					
	8:30 Breakfast	8:30 Breakfast					
	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>						
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	
<i>Optional</i> Nightcap	<i>Optional (at Convento)</i> Nightcap to share experiences of the day	<i>Optional (at Convento)</i> Nightcap to share experiences of the day	<i>Optional (at Convento)</i> Nightcap to share experiences of the day	<i>Optional (at Convento)</i> Nightcap to share experiences of the day	<i>Optional (at Convento)</i> Nightcap to share experiences of the day	<i>Optional (at Convento)</i> 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)