CARIBOU AZORES

ATLANTIC PERSPECTIVES: BEYOND BOUNDARIES *8 - 15 August 2026*

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 horizons… 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 meaningful environment where the beauty of nature is omnipresent. Let yourself be lifted up and enriched by these inspiring and meaningful experiences in simplicity in a hidden gem, an authentic, non-ordinary environment 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 8 August	***Sunday 9 August***	***Monday 10 August***	***Tuesday 11 August***	***Wednesday 12 Aug***	***Thursday 13 August***	***Friday 14 August***	***Saturday 15 August***
	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	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 Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
Nightcap on the Convento terrace with a 180° view over the Atlantic	*Optional (at Convento)* Nightcap to share experiences of the day	*Optional (at Convento)* Nightcap to share experiences of the day	*Optional (at Convento)* Nightcap to share experiences of the day	*Optional (at Convento)* Nightcap to share experiences of the day	*Optional (at Convento)* Nightcap to share experiences of the day	*Optional (at Convento)* Nightcap to share experiences of the day	

[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 2026
CHF 2'500-3'500 (depending on room category and -location)