

# CARIBOU AZORES



***Updraft in the Atlantic***  
Experiential week for  
the bereaved

**2-9 August 2025**

*Grief is like the ocean; it comes in waves, ebbing and flowing.  
Sometimes the water is calm and sometimes it is overwhelming.  
What we can do is (learn to) swim on the path of healing.*

*Author unknown*

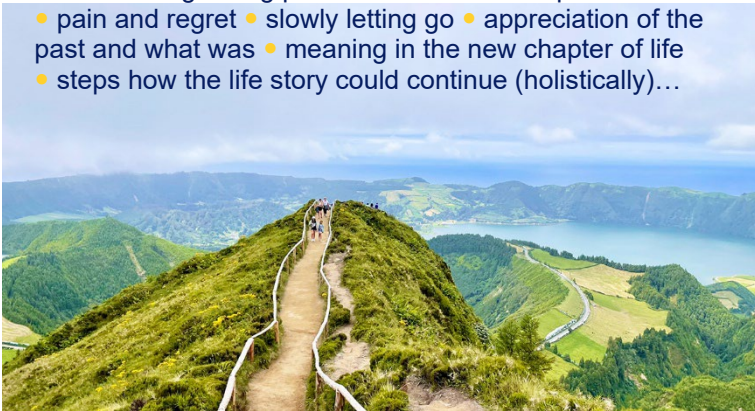
**Creative explorers!**  
[www.caribou-azores.ch](http://www.caribou-azores.ch)

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

**Updraft in the Atlantic** brings **widow(er)s** 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:

- pain and regret
- slowly letting go
- appreciation of the past and what was
- meaning in the new chapter of life
- steps how the life story could continue (holistically)...



*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**...

*One watches the sun slowly setting  
and yet is startled when darkness suddenly falls.  
When the sun of life sets,  
the stars of memory shine,  
for people are like stars,  
they shine long after they have expired.*

*Author unknown*



### 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:  
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