



## CARIBOU AZORES

### **BEYOND BOUNDARIES** 5. – 12. August 2023 **LIVING IN THE MOMENT**

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 affect you and are encouraged to get involved during daily "impulses" as food for thought, to contribute and engage – also to open your heart and mind to broaden your horizons.

As the wisdom goes "The journey is the destination", the idea is to experience the moment consciously, actively with positive energy and to continue cultivating enriching relationships with yourself, other people as well as nature. Let yourself be enriched by these inspiring and meaningful experiences in simplicity in a hidden gem, an authentic, non-ordinary environment in the middle of the Atlantic Ocean.

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** (as of November 2022)

| <b>Saturday 5 August</b>   | <b>Sunday 6 August</b>   | <b>Monday 7 August</b>   | <b>Tuesday 8 August</b>  | <b>Wednesday 9 August</b>  | <b>Thursday 10 August</b>  | <b>Friday 11 August</b>  | <b>Saturday 12 August</b>                         |
|--|--|--|--|--|--|--|---|
|  | <i>Optional</i><br>Guided Meditation<br>7:30-8:00                            | <i>Optional</i><br>Guided Meditation<br>7:30-8:00 |
|  | Breakfast 8:00-9:15  | Breakfast 8:00-9:15                               |
|  | Excursion <sup>2</sup>   | Check-out at 11:00                                |
| As of 15:00<br>Check-in <sup>1)</sup>                            | Upon return option to<br>enjoy garden and<br>swim in pool or the sea         | Upon return option to<br>enjoy garden and<br>swim in pool or the sea         | Upon return option to<br>enjoy garden and<br>swim in pool or the sea         | Upon return option to<br>enjoy garden and<br>swim in pool or the sea         | Upon return option to<br>enjoy garden and<br>swim in pool or the sea         | Upon return option to<br>enjoy garden and<br>swim in pool or the sea         |   |
| 16:30 Welcome in<br>the garden and intro-<br>duction to Convento | As of 17:00 - Impulse:<br>Themed exchange <sup>3)</sup>                      |   |
| 19:00 Buffet Dinner  | Dinner in town   | Buffet Dinner  | Dinner in town   | Buffet Dinner  | Dinner in town   | Dinner in town   |   |
| Nightcap at<br>Convento  | <i>Optional (at Convento)</i><br>Nightcap to share<br>experiences of the day | <i>Optional (at Convento)</i><br>Nightcap to share<br>experiences of the day | <i>Optional (at Convento)</i><br>Nightcap to share<br>experiences of the day | <i>Optional (at Convento)</i><br>Nightcap to share<br>experiences of the day | <i>Optional (at Convento)</i><br>Nightcap to share<br>experiences of the day | <i>Optional (at Convento)</i><br>Nightcap to share<br>experiences of the day |   |

<sup>1)</sup> arrive at the guest house (Convento) with your body, heart and soul and relax; e.g. with a refreshing swim in the pool

<sup>2)</sup> the daily activities/excursions will be scheduled in line with the weather forecast

<sup>3)</sup> Impulses/themes: prioritized in line with the needs of the entire group

**Creative explorers!**

[www.caribou-azores.ch](http://www.caribou-azores.ch)