



CARIBOU AZORES

COUPLES – REINVENTING YOURSELF AS A COUPLE AFTER CHILDREN LEFT?

Objective: You have a desire to spend time with your partner/spouse in stimulating, yet informal surroundings. You have the wish and opportunity for a transformative experience through small(er) group outings with other couples in the same situation, in line with personal preferences and to address topics of mutual interest. These conversations may include positive as well as challenging issues such as personal freedom and independence in balance with togetherness opposed to dependence on one's children. You will have the opportunity to share with other guests about possible new aspects of your own relationship in order to consciously and positively experience your time together as a couple with positive energy, with the aim to foster a continued enriching relationship.

It is important to clearly define your concrete ideas so that a custom tailored weekly agenda can be discussed and agreed upon well in advance.

Potential Time Outline – as example

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Optional</i> Guided meditation 07:15-08:00	<i>Optional</i> Guided meditation 07:15-08:00	<i>Optional</i> Guided meditation 07:15-08:00	<i>Optional</i> Guided meditation 07:15-08:00	<i>Optional</i> Guided meditation 07:15-08:00	<i>Optional</i> Guided meditation 07:15-08:00	<i>Optional</i> Guided meditation 07:15-08:00
	Breakfast 07:30-9:15	Breakfast 07:30-9:15	Breakfast 07:30-9:15	Breakfast 07:30-9:15	Breakfast 07:30-9:15	Breakfast 07:30-9:15	Breakfast 07:30-9:15
	Staggered departures for daily excursions in several groups ²⁾	Staggered departures for daily excursions in several groups ²⁾	Staggered departures for daily excursions in several groups ²⁾	Staggered departures for daily excursions in several groups ²⁾	Staggered departures for daily excursions in several groups ²⁾	Staggered departures for daily excursions in several groups ²⁾	Check-out by 12:00 noon
As of 15:00 Check-in ¹⁾	Upon return option to enjoy garden and swim in pool	Upon return option to enjoy garden and swim in pool	Upon return option to enjoy garden and swim in pool	Upon return option to enjoy garden and swim in pool	Upon return option to enjoy garden and swim in pool	Upon return option to enjoy garden and swim in pool	
16:30 Welcome in garden	As of 17:00 – Impulse: Themed exchange ³⁾	As of 17:00 – Impulse: Themed exchange ³⁾	As of 17:00 – Impulse: Themed exchange ³⁾	As of 17:00 – Impulse: Themed exchange ³⁾	As of 17:00 – Impulse: Themed exchange ³⁾	As of 17:00 – Impulse: Themed exchange ³⁾	
19:00 Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	
Icebreaking nightcap	<i>Optional</i> Nightcap to share experiences of the day	<i>Optional</i> Nightcap to share experiences of the day	<i>Optional</i> Nightcap to share experiences of the day	<i>Optional</i> Nightcap to share experiences of the day	<i>Optional</i> Nightcap to share experiences of the day	<i>Optional</i> Nightcap to share experiences of the day	

¹⁾ arrive at the guest house with your body, heart and soul and relax; e.g. refreshing swim in the pool

²⁾ lunch will depend on the daily activity, some as picnic and other as lunch at restaurant

³⁾ impulses/themes: prioritized in line with the needs of the entire family – when appropriate, adequate experts can be included

Note:

depending on the daily weather forecast activities will be scheduled accordingly

Creative explorers!

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