



CARIBOU AZORES

SUGGESTED WEEKLY GRID – AS EXAMPLE

Proposed time outline

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<i>Optional</i> 7:45-8:15 Guided Meditation	<i>Optional</i> 7:45-8:15 Guided Meditation	<i>Optional</i> 7:45-8:15 Guided Meditation	<i>Optional</i> 7:45-8:15 Guided Meditation	<i>Optional</i> 7:45-8:15 Guided Meditation	<i>Optional</i> 7:45-8:15 Guided Meditation	<i>Optional</i> 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
As of 15:00 Check-in ¹⁾	9:30 Impulse: themed exchange ³⁾	9:30 Impulse: themed exchange ³⁾	9:30 Impulse: themed exchange ³⁾	9:30 Impulse: themed exchange ³⁾	9:30 Impulse: themed exchange ³⁾	9:30 Impulse: themed exchange ³⁾	<i>Optional</i> 9:30-9.45 SkyTV in cloister
<i>Optional</i> 16:30-16.45 SkyTV in cloister	11:00 Excursion ²⁾	11:00 Excursion ²⁾	11:00 Excursion ²⁾	11:00 Excursion ²⁾	11:00 Excursion ²⁾	11:00 Excursion ²⁾	11:00 Check-out
17:00 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	

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

⁴⁾ Upon interest (and availability), singing bowl massages and Reiki may be offered as an additional service at the Convento

Invest in yourself: suggested donation 2023-24

CHF 2'500-3'000 (depending on room category and -location)