



CARIBOU AZORES

Testimonial Annette

As a Danish citizen, having held a high-pressure job in an international organization and lived in several countries, I have good mileage on my speedometer. After retiring a year ago and moving to Porto, I felt it would be meaningful to reflect further on this new chapter of my life.

Having already considered what my future as a 'retiree' could look like, I was intrigued by the opportunity presented in the flyer "New Horizons in the Atlantic" – an experiential week offering a blend of mental/spiritual stimulation through the Impulses, alongside physical exploration of the island. For me, an opportunity to exchange with fellow-boomers, get inspired, reflect further and gather new ideas...

I travel extensively, but rarely as part of a group. Yet the combination of physical and spiritual exploration in this setting appealed to me. Each morning's chakra-balancing meditation took place on the cloister's lawn, where the sound of the water fountain served as a perfect conduit for deeper meditation, whether you were an experienced meditator or a newcomer, providing a calm headspace to start the day.

Through a series of engaging Impulses and spirited discussions – on a worthy farewell to a career, letting go, appreciation, and gratitude – we were prompted to envision what this new chapter, the 'autumn of life', could look like. The gentle yet profound experiences inspired both introspection and motivation.

Daily excursions to carefully chosen destinations on this remote island connected us to the history, local traditions, and nature, with breathtaking scenery that seemed to bridge the gap between heaven and earth. These serene moments offered a tranquil state of mind, contributing to a greater sense of clarity and connection to the universe. Fun-filled dinners provided an exploration of culinary diversity, followed by nightcaps back at the Convento, where bedtime stories reflected the theme of the Impulses, sharing heart-warming and wisdom-filled stories.

The siblings, Regula and Urban, created an environment that felt safe, with a loving and supportive atmosphere, so that not a day passed by without witty/funny moments and bursts of laughter. I am glad that I joined the group: for the inspiration, camaraderie, sense of humour and fun. These days on São Miguel contributed to my perspective on an inspiring new chapter, now that I have retired.

Here's to charting New Horizons and living each day in grace, with reverence for the universe, passion, wit and joy!

*Annette Slot, Spiritual Seeker, Porto, Portugal
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