

CARIBOU AZORES



Dual flight in the Atlantic
Experiential week for ***Empty Nesters***
– couples reinventing after kids left...

Dates available on website

*Your children are not your children,
they are children of life's longing for itself.
They come through you but not from you.
And though they are with you, yet they belong not to you.
You may give them your love, but not your thoughts.
For they have their own thoughts...*

Khalil Gibran

Creative explorers!
www.caribou-azores.ch

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

Dual Flight in the Atlantic brings **Empty Nesters** 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 this period in life with its different phases:

- sons and daughters of life's longing
- appreciation of what was
- slowly letting go
- their souls live in the house of tomorrow
- meaning of the new chapter in 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**...

*...you may house their bodies, but not their souls,
for their souls dwell in the house of tomorrow,
which you cannot visit,
not even in your dreams...*

Khalil Gibran



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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