



## CARIBOU AZORES

### Testimonial Marita, Anita and Anna

Along our journey through grief, we one day received a deeply thoughtful card from [Caribou Azores](#). It touched something in us – and these were some of our initial thoughts:

- ‘Finally, I can meet people in the same situation.’
- ‘The invitation spoke to me, I didn’t hesitate and I signed up right away.’
- ‘The powerful image and words stayed with me and a few weeks later, I simply had to sign up.’

At the beautiful and energy-filled Convento de São Francisco, we were warmly welcomed by Regula and Urban. In the lovingly restored spaces, with thick stone walls and lava arches, we quickly felt at ease. Peace and the simple act of just ‘being’ could be felt throughout the rooms – truly perfect for our week of mourning. We felt completely safe and cared for in this respectful, empathetic atmosphere of togetherness and mutual support – on every level.

The days began with morning meditation in the cloister, followed by shared breakfasts and open exchanges about our journey through grief – where we each stood in our process, how we were feeling, and how we might begin shaping a new life without our beloved partner. We were gently guided toward ways of caring for ourselves, allowing space, time, and permission for all the emotions that arose.

One special moment was the sound healing held in the tranquil cloister on Sunday afternoon – a profound experience that touched our group so deeply that we asked for a second, which was held at the end of the week.

In the afternoons, we explored the island together, immersed in its powerful and beautiful nature. Time and again, we were given plenty of opportunities to let this unique landscape work its magic on us and to enjoy fine food and specialities in the evenings.

The ongoing, enriching exchange between us of thoughts, ideas, experiences, dreams, doubts, sorrow and tears – as well as the gentle humour that surfaced – gave and continues to give us strength for our road ahead.

With deep gratitude to the two siblings for this meaningful, valuable, and enriching week, we returned home strengthened. And yet, we remain aware that our emotions will continue to come and go, like the ebb and flow of the tides in the Azores.

Marita, Anita und Anna



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