



CARIBOU AZORES

Testimonial from Silvia & John

Caribou Azores 'New Horizons in the Atlantic' experiential week was a genuine journey of discovery of the Azores, its beautiful nature and remarkable sea life, and oneself. It gave me a unique space to reflect on and embrace the next chapter of my 'autumn life,' at my own pace. Carefully chosen quotes, concepts, and "impulses" invited both quiet contemplation and meaningful exchanges of ideas. Urban and Regula's rich and diverse life experience also opened up new areas of exploration that have stayed with me well beyond my visit.

Everything unfolded within a beautifully curated yet deeply personal experience: the island's charm, history, wonderful food and drink. The Convento's special energy and calm, Zen-like atmosphere made it an ideal place to pause, reconnect, and look ahead with curiosity, openness, and intention.

Silvia von Gunten, Boston, USA

Inscribed above the Temple of Apollo at Delphi is the timeless maxim 'Know Thyself'. Yet how often do we gift ourselves the opportunity to step into that temple and explore that 'inner world'? The stunning backdrop of the island of São Miguel and the thoughtfully curated Caribou Azores experience was just the right way to 'disconnect to reconnect' – to disconnect from the familiar, day-to-day demands of life and reconnect with our inner self. While the natural beauty of the island was breathtaking, the food scrumptious, the dolphins delightful, the hot springs soothing, the most valuable part of the experiential week for me personally was the opportunity to put the inner world at the center of my thought: What do I really want? What is really important? How will I use the gift of time?

John Moavenzadeh, Boston, USA

August 2026

