

¡EXPLORE CUBA!

CULTURE, HISTORY & YOGA



6 DAYS / 5 NIGHTS • NOVEMBER 9-14, 2017

INCLUDES: LODGING • MEALS • DAILY YOGA • IN-COUNTRY TRANSPORTATION • ALL LICENSES •
ENGLISH SPEAKING GUIDES • AND LOTS OF FUN SURPRISES!

SPACE IS LIMITED...

**CONTACT US TODAY
FOR RESERVATIONS!**

OPEN TO STUDENTS & STUDIOS NATIONWIDE



888-978-5215

INFO@CULTURALCONTRAST.ORG

WWW.CULTURALCONTRAST.ORG

Travel authorized by license by the Department of Treasury Office of Foreign Assets Control (OFAC) which authorizes registered guests of our programs to legally travel to Cuba, to participate and engage in a full time schedule of authorized exchange activities in Cuba, which will involve meaningful interaction between travelers and people in Cuba.

EXPLORE CUBA: CULTURE, HISTORY & YOGA



YOUR TRIP INCLUDES:

- **6 days/5 nights** in Havana, Cuba plus day trips to neighboring towns.
- Premium **Casa Particular** (B&B Style private homes) accommodations in Cuba
- **Gratuities** to wait staff at included meals while in Cuba
- **Included meals:** 5 breakfasts, 5 lunches and 3 dinners. You will experience some of the best cuisine in Cuba. *Some special dietary needs can be accommodated. Call for info.*
- **Ground transportation** within Cuba will be provided with a professional driver throughout the trip
- An experienced, English-speaking **professional guide** who is knowledgeable about Cuban history, politics, education, medical system, arts, economics and more.
- All **entrance fees** to the important cultural and historic sites.
- **Medical insurance** while in Cuba (this does not cover preexisting conditions).
- **US Treasury compliance and Guidance**



NOT INCLUDED:

- **Round trip airfare** via commercial airline to Cuba is not included. The group will be traveling together on the same flights between Orlando and Havana. All group members will be notified of the group flight information approximately 60 days prior to departure, at which point flights can be purchased directly from the airline by each traveler. All group members should plan to depart from Orlando to Havana on the morning of November 9. An overnight in Orlando may be required the night prior to departure. **Please do not book any flights until you have received the group flight information.**
- **Cuban Tourist Visa** (if Cuban born, additional documentation & fees apply) can be obtained in the airport on the date of departure.
- **Travel Insurance** - All payments are non-refundable. We recommend that each participant purchase supplemental travel insurance. Cancellations prior to departure without insurance will cause participants to forfeit their payment.
- **Orlando lodging** - Your trip originates and terminates in Orlando. If you do not live in Orlando, you may wish to book a hotel in Orlando the night before departure.
- **Baggage fees** are the responsibility of each passenger.
- Guidance regarding gratuities for your professional Cuban guide and driver and room attendants will be provided in your pre-trip briefing.



EXPLORE CUBA: CULTURE, HISTORY & YOGA



DAY 1 - THURSDAY, NOVEMBER 9 - INTRO TO CUBA

- The group will meet at Orlando International Airport for group check-in at approximately 5:30AM. (*Flight details will be announced approximately 60 days prior to departure.*)
- Upon arrival in Havana, retrieve your luggage and meet your professional English speaking Cuban tour guide. Bus transfer will be provided directly to your beautiful casa particular (lodging in a private home).
- Enjoy Cuban hospitality as you are welcomed with a special **lunch** at your new "casa" for the week.
- You will have an opportunity to participate in a light **heart-opening yoga session and set your intentions** for the days to come.
- **'Havana - past, present and future'**. Miguel Coyula, former assistant to the city planner of Havana, will give an interactive presentation that covers the rich history and architecture of Havana, followed by a discussion about Cuba's future.
- Group **dinner** at 'paladar' (privately owned restaurant) – **Atelier** – Havana's most famous private restaurant located in a classic 1950's Miramar home.
- After dinner, walk around and explore the beauty of Old Havana.



EL MALECÓN IN HAVANA, CUBA

DAY 2 - FRIDAY, NOVEMBER 10 - OLD HAVANA

- **Breakfast** included at your casa particular
- **Morning Yoga on a rooftop in Old Havana.** Opportunity for amazing photos too!
- After your morning yoga enjoy a professionally led tour of Old Havana. Explore the 4 main plazas of Old Havana, including: **Plaza de Armas, Plaza de la Catedral, Plaza Vieja, and Plaza San Francisco.**
- After the walking tour of Old Havana, relax for a moment at the historic **La Bodeguita del Medio** – home of the Mojito!
- Lunch included at **La Bodeguita del Medio** – The home of Ernest Hemingway's favorite mojito!
- After lunch, visit the **Cuban Museum of the Revolution** for a guided tour. The museum is housed in what was the Presidential Palace of all Cuban presidents and became the Museum of the Revolution during the years following the Cuban revolution.
- Enjoy some free time in the afternoon. You may wish to explore the streets of Havana in a vintage American car.
- In the evening, the group will meet for an **incredible dinner at Rio Mar Paladar**, enjoy, where the ocean meets el Rio Almendares.
- After dinner your join the group for live music on the Malecón with a group of local street musician and friends of Cultural Contrast.



"HAVANA VIEJA" - OLD HAVANA



"A PLACE WHERE TIME STANDS STILL"

DAY 3 – SATURDAY, NOVEMBER 11 – VIÑALES VALLEY

- *Morning Yoga...* Get ready to flow with an **uplifting yoga sequence** and set the tone for a day of green open spaces with extraordinary views.
- **Breakfast** included at your casa particular
- Get ready to leave for a day trip to Viñales Valley
- After yoga and breakfast, you will depart in a luxury coach bus to the western province of **Pinar Del Rio**, home of Cuba's most lush landscapes and one of the main agricultural regions of Cuba.
- Visit an incredible **sustainable organic farm for a tour**. The owners will explain how they harvest and filter their own rainwater for irrigation, use companion planting techniques and terraced raised beds and to grow dozens of varieties of organic produce on the hillside. After the tour, the owners will host a true **farm-to-table organic lunch!**
- Afternoon: Explore some of **Cuba's natural caves** on a unique walking and **boat tour** that offers breathtaking views overlooking the entire Viñales valley region, an agricultural hub and the epicenter of tobacco production in Cuba. (weather permitting)
- Visit the quaint village of **Viñales**, including a visit to a farmer's home and tobacco plantation. Learn the art and science of tobacco growing and you can even try to **roll a cigar!**
- Dinner on your own: Enjoy dinner at a 'paladar' in Havana.



VINALES, CUBA

DAY 4 – SUNDAY, NOVEMBER 12 – SALSA & CULTURE

- **Morning Yoga** session will include all levels yoga flow & guided Pranayama. You will breathe deeply and relax with a deeper understanding of Cuba.
- Enjoy a leisurely **breakfast** at your casa particular
- Participate in an optional salsa dance class or enjoy a walk around Havana.
- **Lunch** is included at the casa particular
- Meet with Cuban artists and musicians or entrepreneurs
- Havana, is now host to a multitude of private restaurants. Whether you choose a quaint paladar in Old Havana or an elegant private restaurant in Vedado or Miramar, the options are endless. Your guides will assist you in making unforgettable dinner plans.
- In the evening you will uncover the Havana nightlife. Practice your new dance moves at Casa de la Musica or see the legendary **Cabaret show at Club Tropicana!** (not included)

EXPLORE CUBA: CULTURE, HISTORY & YOGA



DAY 5 - MONDAY, NOVEMBER 13 - BEACH DAY!

- **Morning Yoga practice with Eduardo Pimentel:** Known as the "Godfather of Cuban Yoga", Eduardo began his practice when he discovered library books about yoga in the 1970s. He corresponded with his guru, BKS Iyengar, via snail mail, (often waiting 4 months to receive a letter from India) before traveling to India to study with him in person. During his 40 year journey he has spread yoga throughout the entire island and is now known as a public figure. Experience for yourself how yoga is practiced in Cuba! **Please remember to bring yoga supplies to donate to the Cuban Yoga Community.**
- Breakfast included at your casa particular
- Pack your bathing suit! After yoga, we're going to the beach! Experience the famous **white sand beaches of Playas del Este**, located about 15 minutes outside of Havana, Playas del Este is renowned for its pristine white sands and crystal aquamarine waters. Meet Cuban musicians and beachgoers, while you Enjoy a "coco frio" - coconut water straight from the coconut while you relax on the beach!
- Lunch - Included at **Ajiaco**, a paladar that specializes in traditional Cuban food with a unique twist.
- Visit Havana's **Plaza de Armas** and visit the book and antique market.
- Before dinner, travel to the Malecón at sunset for a final group mediation as prepare to bid farewell to Cuba
- Return to the hotel to relax before preparing for a farewell dinner with the group.
- Dinner at Havana's single finest restaurant – **El Litoral**. An incredible nautical themed restaurant that features it's own fishing boat and an entirely organic appetizer bar.



EXPERIENCE BLISS AT PLAYAS DEL ESTE

DAY 6 - ¡TUESDAY, NOVEMBER 14 - ADIOS CUBA!

- Breakfast included at your casa particular
- Check-out of the casa particular
- Before going to the airport, you will visit the quaint **fishing village of Jaimanitas** and visit the Gaudi-inspired neighborhood-mosaic-tile-art project of **world-renowned artist José Fuster**. Mr. Fuster turned his entire village into a mosaic project. Featured on A&E, the Travel Channel and Discovery, you will visit his private home and studio and have the opportunity to view and buy art directly from the artist at his studio/home.
- Transfer to the airport – You will check in as a group and board your brief flight back to Orlando.
- Limited lunch options are available in the airport
- American Airlines flight - Departs Havana at approximately **11:00 AM**, arrives Orlando **12:10 PM** (Departure time is subject to change by the airlines.)



JOSÉ FUSTER'S MOSAIC PROJECT

THE YOGA TEACHERS

MAUREEN DINKINS

YOGA TEACHER



In 1999 Maureen took her first yoga class and it was clear from that first class that this was something she wanted to know more about. In 2002 she took her first Ashtanga yoga class and since then has been on the path to learn more about yoga each day. Maureen has been teaching yoga since 2004 and made her first trip to Mysore, India to study Ashtanga yoga with the Jois family at the K. Pattabhi Jois Yoga Institute in 2007. Several years and trips back to Mysore, Maureen was blessed with Authorization to teach Ashtanga Yoga by her teacher Sharath Jois in 2014. She travels to Mysore annually to continue her yogic studies. While in Mysore, she also takes classes in yoga philosophy, Sanskrit language and chanting under the guidance of her teachers Dr. M.A. Jayashree and Professor Narasimha. Maureen also holds a 200 E-RYT with Yoga Alliance and has a Bachelor's Degree in Spanish from the University of South Florida.

In addition to Ashtanga, Maureen teaches various styles of yoga including Vinyasa and Gentle/ Restorative Yoga. Her depth of knowledge in the field of yoga is vast and she is able to meet her students wherever they are on their path to self observation and improvement. As a student first and a teacher second, Maureen knows the importance of maintaining a daily yoga practice. It is because of her dedication to her own practice that she is able to give the best of herself to her students as well as set an example for those on the path of yoga.

EDUARDO PIMENTEL

GODFATHER OF CUBAN YOGA



The growth of yoga in Cuba is largely the work of one man, Eduardo Pimentel. He is the president and Founder of the non-governmental, Cuban Yoga Association (CYA).

Eduardo Pimentel began his yoga journey in 1971, studying from a book by Swami Sivananda. He furthered his yoga studies in both India and the United States and embarked on his teaching career in 1980. He is a registered yoga teacher by the International Yoga Federation. His most influential teacher has been B.K.S. Iyengar. For over 15 years Pimentel and Iyengar exchanged letters to one another before finally meeting in India.

Eduardo Pimentel has trained more than 12,000 yoga practitioners while aiming to develop a prominent Vipassana community in Havana. Eduardo has taught many Cubans about yoga and has even been featured on national television.