

Yoga, Holistic Care and Cultural Exchange

CUBA • October 7-16, 2016

Cost- \$4,500 with Roundtrip Airfare from Miami, Florida to Cuba. Supplemental fee for single room occupancy.



If you are looking for a trip to inspire and connect The Yoga Community and Altruvistas invite you to a restorative people to people journey to Cuba this October. We start our trip in Holguin where we enjoy the coastal beauty of Eastern Cuba where we will engage with the local yoga community health practitioners and bioenergetic doctors. We will enjoy time at the beach as well as soak up the local arts and music scene. Then we are off to the vibrant capital city of Havana. Our engagement with healers and the yoga community continues, as well as our exploration of Cuba's visual and performance arts. We'll dance, visit studios and galleries. We'll wander World Heritage Sites of extraordinary beauty, and neighborhoods that have been revitalized through imaginative art projects. This journey includes the practice of yoga most days, and all levels or no experience welcomed.

Program Highlights

- Enjoy Dance & Yoga Classes
- Wander Unesco World Heritage Sites
- Explore Natural Beauty & Bioreserves
- Meet With Artisans & Musicians
- Visit Artist Galleries & Studios
- Engage With The Cuban Yogis
- Dialogue With Local Entrepreneurs
- Support Community Dev. Projects

About Altruvistas

Altruvistas is a socially responsible travel company that promotes transformational philanthropy in the travel industry. Our philosophy is holistic in its approach; we focus on both eco-consciousness and social responsibility because we believe that travelers should benefit the people and places they visit. Altruvistas Journeys creates privately branded trips for others using the pillars of experiential education, philanthropy and social responsibility. Altruvistas Funds-Our Meso-financing program's mission is to provide communities the financial tools they need to improve their lives and benefit from the tourism sector. And, Altruvistas Connects-Our professional fellowship program matches community grantees with emerging or service-seeking tourism professionals to implement community development programs, support the capacity building of the community and bridge cultural norms.

Daily Itinerary

Day One

(D)

Check in for departure from Miami. Depart from Miami International airlines. Arrive in Holguin Frank Pais International airport. Transfer to hotel. Enjoy a small break to check in, shower, and rest. Orientation Meeting & Briefing- engage in an overview of our journey together in Cuba. We will review health and safety issues, petty crime, culture and group dynamics. Briefing by an alternative health care provider on well-being in Cuba! This is our holistic overview of health achievements and challenges. Welcome Dinner

Day Two

(B,L)

Welcome Morning Meditation and Yoga class with local Yogis. Enjoy a guided brief city tour of Holguin. We will visit its main square and Art-Deco theatre, a local art gallery, local murals and the Museo Provincial. After lunch we will briefly visit the Carlos de la Torre Natural History Museum, just south of the square on Calle Maceo, in another colonial mansion, that has a large collection of indigenous snail shells in dazzling colors. Presentation and exchange with organizers of the Biannual International Conference on Traditional, Natural and Bio-energetic Medicine. We will receive an overview of the work they have done for years and answer our questions on the integrative care system in Cuba, with Dr Bernardo Acosta, Mariela Gongora and Rubio Cruz. Explore local paladares (privately owned restaurants that are booming in Cuba's new diversifying economy) in the city and to continue conversations with local teachers and students.

Day Three

(B,L)

Morning Meditation and Yoga class with Local Yogis. Exchange with the Hermanos Saiz Association. Here we will meet with a group of young Cuban artists and learn about their work. One highlight is their work to revive "romeros" (al fresco religious festivities) that announce the arrival of springtime. These festivities are presided over by the Taino axe and the wooden cross, symbols of the blending of elements (indigenous and Catholic) that gave birth to Cuban culture. This refers to the Spanish custom of placing a cross at the highest point of a town or village in order to prevent epidemics or natural disasters. We will visit the Loma de la Cruz, which offers wonderful views over the city and across the province. Enjoy a Salsa dance lesson with escuela de baile. The afternoon is free for personal exploration or to enjoy the beach with our friends. Dinner and eve are free to practice our moves at the Casa De Trova Holguin.

Day Four

(B,L)

Morning Meditation and Yoga class with local Yogis. Meeting with a representative of the National Commission of Acupuncture in Holguin and visit their clinic. This Commission was appointed this year by the Ministry of Health to facilitate the development of acupuncture throughout the country by developing acupuncture curricula in the medical colleges, creating a Teacher-Education Program to provide a faculty to teach acupuncture to every family doctor in the country, to encourage acupuncture research and to help to extend the practice of acupuncture among all the medical specialties. In the afternoon we will enjoy a visit with a representative of the Consejo Provincial de las Artes Escnicas y la EGREM then we will enjoy visit to the Casa de Rumba.

Day Five

(B,D)

Check out of hotel. Leave early for Havana. Arrive in Havana and enjoy a lunch reservation at Il Divino. Visit to a matinee at the Casa de Musica, as available. Invited Speaker to hotel to give a historical overview of the development of Havana (Requested architect and urban planner Miguel Coyula). Welcome to Havana Dinner at Hemingway's old dive the Floridita. Free to enjoy night life in old Havana.

Day Six

(B,L)

Morning Yoga exchange. Bellas Artes Museum to explore Cuban fine art. We will break for lunch in Old Havana at Mercedes. Visit to the Matinee Show of Opera de la Calle. Guided City tour of La Habana. Visit the four major historical squares of Cuba. Historian's massive efforts to restore Old Havana buildings, attract tourism and new investment, and improve social services for local residents. See buildings and homes in different stages of reconstruction, meet with neighborhood residents. Learn about how tourism impacts economic good. Dinner with Invited Cuban Guest Eduardo Pimentel to discuss the history of Yoga and Integrated Healing from the Cuban Yoga Association.

Day Seven

(B,L)

Morning Yoga exchange. Pizza at Mediterraneo Habana. Briefing and visit on the "Integration of Natural and Traditional Medicine (NMT) into the Cuban Health Care System" by Dra. Marta Perez Via. Enjoy a wonderful lecture/demonstration with Fernando Sayas and the History of Dance in Cuba, with one of the dancers as a surprise from Malpaso dancers. Dinner reservation tonight is at Paladar San Cristobal. Evening free for Optional Show at the Cafe Taberna

Day Eight

(B,L)

We offer a full day excursion to the Rosario Mountains bio-reserve, Las Terrazas ecological community and environmental education center. We will meet with reserve officials and community and student volunteers working in the reserve. Enjoy meeting with local artists and learn about the community's unique architecture along with visiting a school and a local clinic to meet with doctors. This is a great opportunity to interact with the local community and we will have lunch at the Casa del Campesino (with Los Polos) before heading back to La Habana.

Day Nine

(B,L)

Morning Yoga exchange. Visit to the local synagogue where Malpaso rehearses, and see the whole group rehearse – and have people to people with them. Lunch at El Aljibe. Visit to the community arts project of Jose Fuster in Jaimanitas, welcomed by Alex, and time to explore house and neighborhood. Drop offs to the San Jose Crafts and Arts faire for last day shopping. Wrap up Meeting. Farewell Dinner at Café del Oriente.

Day Ten

(B)

Check out and transfer to airport



Tour Price Includes:

- Cuban tourist visa
- Roundtrip ground transportation to and from airport within guidelines of arrival times.
- Private coach throughout the journey
- Ten (10) days 4-star hotel accommodations. All rooms ensuite (private bathroom)
- Group lectures by accomplished guides
- Expert trip leaders and trip management on journey
- Daily buffet breakfasts and either lunch or dinner
- Entrance fees to all arranged tours and sites
- Honoraria to invited speakers
- Donations to local NGOs and community projects
- Bottled water on coach during travel days
- Gratuities during group meals and for porters
- Pre-trip materials, packing lists, Ecpat luggage tag
- All meals sourced from local food purveyors.

Not Included:

- Domestic air fare to Miami; hotel in Miami
- International air; trip cancellation insurance; personal items; alcohol and other beverages not included in meals; laundry service; internet fees if charged at hotels;
- Gratuities to Cuban guide and driver, daily maid service in hotel rooms.

COST: \$4,500 (early registration) per person sharing. To occupy a room of your own, you may pay a \$500 single room supplement. Additional charge to occupy a room on your own. Note: We reserve the right to adjust should the rate change significantly. Single hotel room cost is calculated by each hotel property and each property contract may limit number of single occupied rooms.



Supporting the dynamic exchanges of Altruvistas journeys in Cuba, for the past three years **Cicely Sanchez** has directed our Cuba program in Havana. Cicely has her degree in English and was an educator before becoming licenses as a Cuban guide and translator. Altruvistas Founder Malia Everette and Cicely became friends over 15 years ago and have worked together closely to build and diversify our Cuba journeys and our philanthropic programs. Cicely is an entrepreneur, launching AltruGirls Salon in 2015 and is the proud mother of two intrepid sons.



Lisa Murray owns Yoga Community, and has been teaching yoga and meditation professionally for ten years. She is a certified teacher in the Walt Baptiste Method of Raja Yoga, Sherri Baptiste's Power of Yoga Teacher Training program, and The Himalayan Yoga Tradition Teacher Training Program. She has studied yoga, meditation and yoga philosophy extensively with Dr. Mehrad Nazari, Michele Hebert, Sherri Baptiste-Freeman, Swami Veda Bharati of India and Swami Nityamuktananda Saraswati of Italy. She has taught a wide range of students from ages 5 to 102, and specializes in the importance of breath work as the foundation of a strong yoga practice. Her passion for sharing yoga as a lifestyle is evident in her classes and teaching style.



Renowned percussionist **Carol Steele** has been traveling to Cuba for more than 25 years and introducing the island to fellow travelers for 15. As a professional musician, she has performed or recorded with Peter Gabriel, Steve Winwood, Joan Baez, Tears for Fears, Bette Midler, and many other well-known artists. Carol was also the first American woman to play with Los Muñequitos de Matanzas, one of Cuba's iconic folkloric groups. Carol's enthusiasm is contagious, as is her love of Cuba, its culture, its history, and its people. She loves to share this passion with everyone that travels with her.

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