

## **ARENAS CUBA ITINERARY: JULY 12-JULY 24, 2019**

Join *Susana Arenas Pedroso and Arenas Cuba* on a cultural immersion tour to Havana and Matanzas Cuba. This program provides non-stop opportunities to experience life in Cuba and learn at the source Afro-Cuban dance, music and culture. There will be 7 days of Afro-Cuban Folkloric and Popular Dancing/Live drumming (Approx. 25 Hours) with Cuba's Internationally known master instructors. Meet many of Havana & Matanzas' most active spiritual leaders, visual artists, thinkers, performing artists and educators. Also attend music and dance concerts, enjoy Cuban cuisine and culturally rich experiences. This trip will explore Afro-Cuban culture and Cuban history. Arenas Cuba has roots and personal relationships with the art and spiritual communities in Havana & Matanzas and is committed to providing a unique opportunity to experience Afro-Cuban culture. This trip includes double occupancy accommodations at *casa particulares* and/or Hotels, all classes/related activities, translators/guides, ground transportation and 2 meals per day.

- Afro-Cuban dance lessons from internationally known master instructors-*Raices Profundas, Munequitos de Matanzas, Leonel Menendez*. Song and drum lessons from Cuban Masters
- Opportunities to go to the beaches- Playa de Este and Varadero, Matanzas
- Visit Museo de Africa, Casa de Yoruba, Callejon de Hammel, Sabado de la Rumba/El Gran Palenque, visit La Virgen de Regla, attend Afro-Cuban spiritual ceremonies
- Meet Cuban active spiritual leaders, visual artists, thinkers, performing artists and educators
- Attend music& dance concerts, opportunities to purchase custom art, jewelry, clothing from local artists
- Enjoy performances by dance companies and evening opportunities to see live music/dance.

**Sample Daily Schedule-**

**\*Detailed Event/Activities Itinerary-Upon Payment of Full Trip Registration\***

**Friday, July 12-HAVANA-(2 Meals per Day)**

Arrival to Havana  
Check-In Casas/Hotel  
Welcome Dinner  
Evening Activities

**Saturday, July 13-HAVANA**

Day Activities  
Sabado de la Rumba

**Sunday, July 14-HAVANA**

Callejon de Hammel  
Playa de Este  
Evening Activities

**Monday-Friday: July 15-July 18 HAVANA**

10-2 Dance Class  
Afternoon Activities

**Saturday, July 19-HAVANA**

Activities during the day

**Sunday, July 20 & Monday, July 21-MATANZAS (2 Meals per Day)**

10-2 Dance Class  
Afternoon Activities

**Tuesday, July 22-MATANZAS**

Varadero/Playa

**Wednesday, July 24-MATANZAS**

Departure to U.S.