



Women's Voices in Cuba

December 10-19, 2026

Thursday December 10th

Arrival & Opening Circle

Your Cuban journey begins! We'll depart together from the Miami International Airport with plans to arrive in Havana by 1:00pm. After settling into your stylish accommodations at the *Muthu Hotel*, we'll gather for a *Mojito Meet & Greet*. J'leen, our trip host, will lead us in an intentional moment to connect, ground ourselves, and feel more connected to our fellow travelers!

♥ Meals Included: Dinner

We'll toast our arrival with a welcome feast at *Paladar San Cristobal*, a local favorite known for its candlelit courtyard, lush antiques, and famed guests (yes, even Obama dined here!).

Friday December 11th

Historical Overview of Cuba

8:00am Fuel up on fresh tropical fruit and café Cubano because today is all about the past, present, and future of Cuba's storied capital.

9:00am We'll begin with an intimate talk from Miguel Coyula, one of Havana's leading architects and urban planners. His briefing on "The History and Future of Havana" at Casa de Amistad will give you a richer lens through which to view the city—its resilience, its architecture, its dreams.

11:00am Next, lace up your walking shoes: A Walking Tour of Old Havana brings history to life with its colonial plazas, colorful alleyways, and bustling street markets. You'll trace 500 years of urban evolution as we move through Havana Vieja, then jump forward to 20th-century landmarks like the Capitol building, styled after the U.S. Capitol but infused with Cuban flair.

1:00pm Our lunch is more than a meal—it's a mission. We'll dine at a paladar and social project that supports pregnant women in Old Havana, where you'll learn how food and care go hand-in-hand to create change.

2:30pm In the afternoon, we walk to visit with women entrepreneurs (including a fan maker who'll help you choose your own hand-painted souvenir), and diving deeper into the soul of Havana's neighborhoods.

4:00pm Later, we gather at the Convento de Belén, a 300-year-old convent turned award-winning community center that uplifts elders through music, science, and spirituality. Here, we'll explore how Cuba views aging, particularly "the Third Age" for women, and what it means to belong at every stage of life.

5:30 pm We end the day

Evening is yours to rest!

8:00pm Optional Cultural Experience: Visit the Fábrica de Arte Cubano (FAC), a contemporary art and music venue housed in a repurposed factory. Think interactive art installations, pulsing live music, fashion, and the creative edge of Havana.

♥ Meals Included: Breakfast, Lunch

Saturday December 12th Viñales Valley, Farms and Mogotes

8:00am. Breakfast.

9:00am. **Full day excursion to Viñales Valley** in Pinar del Rio. This morning we depart east towards this beautiful UNESCO biosphere reserve—situated in one of the most picturesque parts of Cuba, among the limestone "mogotes" hills of the Pinar del Rio province. It is a small and culturally rich rural village, with friendly and welcoming residents. Upon reaching Viñales, we'll visit an organic farm and learn about sustainable farming in Cuba. Their family will show us around and explain the workings of the organic farm he has created. With the beautiful views as our backdrop, we will enjoy a deliciously fresh organic meal prepared by the family—a truly authentic farm-to-fork experience! Here each of us will support by offering \$25 per person.

We will visit the Viñales Valley Town, visit local galleries and a Tobacco processing plant despalillo nearby. Return to la Havana and dinner together.

♥ Meals Included: Breakfast, Dinner

Sunday, December 13th

Immersion & Connection

8:00am Breakfast.

10:00am Optional **Salsa Dance Class**. Shake off your hesitations and move your hips with joy! This all-levels dance session at the resort is a joyful way to embrace Cuban culture—laughter guaranteed.

Lunch is at your leisure and free time.

3:00pm Visit to the **Muraleando Community Arts** project. Get ready to dance, and experience the power of community.

5:00pm **GirlFriendCircle + Cuban Rum Tasting**. We'll gather before dinner to share stories and savor the flavors of Cuba's world-famous rum. Optional tasting included for those who indulge.

7:00pm Dinner reservation at Café Laurant. After we walk to the lovely Hotel Nacional to wander its historic halls and outdoor spaces.

9:44pm **Live Cuban Jazz** at La Zorra y El Cuervo jazz club.

♥ Meals Included: Breakfast, Dinner

Monday, December 14th

Women Today

8:00am Breakfast

9:30am Visit with the Federation of Cuban Women (FMC). Learn about Cuba's legal and cultural framework for gender equality and engage in honest conversation about where women are thriving—and where they're still pushing for change.

11:00am Exchange with La Guiñera. This women-led cultural and social project is transforming their neighborhood by offering education, art, and opportunity to youth and working families.

1:00pm Lunch

3:00pm Meet filmmaker Gloria Rolando. Watch her poignant short film "Dialogues with My Grandmother," and engage in conversation about race, gender, and identity in Cuba.

5:30pm Return to the hotel. Enjoy time to rest, dine or take a sunset stroll.

♥ Meals Included: Breakfast, Lunch

Tuesday, December 15th, Sacred Women, Regla and Ifa

9:00am Enjoy an intimate blessing by a **Santera**, and Cicely, AltruVistas program director shares about the **female Orishas**.

11:00am Visit **Regla**, a town across the bay where Afro-Cuban spirituality is rooted in every stone. We'll step into the **Church of Regla**, home to the Black Madonna—known in Santería as the Orisha **Yemayá**, the protector of the sea. A moment of reverence, beauty, and cultural depth.

12:30pm Lunch with the community project, **Regla Sol**. Share with Hip Hop artist Magica. Then we make our way to the **El Morro** fortress, overlooking the sea and Havana for a group photo.

5:00pm Return to hotel for free time for rest and dinner. Choose your own dinner adventure or join an optional **Salsa Night Out** at a local club.

Meals Included: Breakfast, Lunch

Wednesday, December 16th, A Culture of Arts

8:00am. Breakfast.

9:00am. Visit the **National Ballet School of Cuba**, where movement is both discipline and art. As you walk the tiled corridors of this renowned institution, you'll witness the elegance and focus of Cuba's rising dancers and learn how the arts are prioritized and nurtured from an early age.

11:00am. Explore the **Museo Nacional de Bellas Artes**, where Cuba's visual storytelling unfolds across canvases, sculptures, and installations. A guided tour will walk us through Cuba's history and soul—expressed in bold strokes and revolutionary color.

1:00pm. Lunch at **Karibuni**, a local development project and café run by a social enterprise. We'll meet **Kenia**, one of its passionate founders, and learn how food, jobs, and community come together here.

3:00pm. Enjoy an interactive experience at the dance studio of renowned choreographer **Rosario Cárdenas**. You'll sit in on a rehearsal and experience

how Cuban modern dance blends Afro-Caribbean movement, contemporary technique, and raw emotional power.

5:00pm. Hands-on Croquette-Making Class. Join Malia and her friends in the kitchen for a fun and flavorful cooking session where you'll learn to make one of Cuba's most beloved comfort foods—crispy on the outside, creamy on the inside, and best when shared.

♥ Meals Included: Breakfast, Lunch, and Croquetas!

Thursday, December 17th

Yoga & Playas del Este

8:00am. Breakfast + hotel check-out.

9:00am Restorative Yoga and exchange with our friends **from Yoga Va at our hotel.**

11:00am Meet **the legendary photographer Roberto Salas** in his home for a unique overview of his remarkable life.

1:00pm Lunch at **Jardin de los Milagros with Cuban poet Nancy Morejon.**

3:30pm Optional Afternoon at the **Playas del Este beach**, with time for dinner and sunset.

Meals Included: Breakfast, Lunch

Friday, December 18th

Reflection & Farewell

8:00am. Breakfast.

10:00am . Dialogue with the **Institute of Friendship with the People**. This powerful closing conversation invites us to listen to the Cuban perspective on the U.S. embargo, travel restrictions, and the deep resilience of communities—especially women—who have found ways to thrive despite hardship.

12:00pm Free time at the **San José de Almancenés Craft Market**, where you can shop for locally made art, jewelry, textiles, and souvenirs. This is your chance to bring home a tangible memory of Cuba. Then wander Old Havana and have lunch, shop, talk with locals.

5:30pm. Final **Wrap-Up Circle**. We'll gather to name our takeaways, reflect on what's shifted, and honor the sisterhood that's grown day by day.

7:00pm. **Classic Car Cruise**. Hop into a parade of vintage convertibles and ride through the streets of Havana with music, laughter, and wind in your hair.

8:00pm. **Farewell Dinner at Cesar's Jazz Club**. Our last shared meal will be a feast of flavors, stories, and toasts to this unforgettable journey.

♥ Meals Included: Breakfast, Dinner

Saturday, December 19

Hasta Luego

8:00am. Breakfast and transfer to **José Martí International Airport**. Fly home with sand in your shoes, rhythms in your body, and stories in your soul.

♥ Meals Included: Breakfast

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