



MAY 6-12, 2017

Y12SR Immersion to Havana, Cuba w/Nikki Myers!

May 6th – in Miami – 1 night

May 7-12 – in Havana – 5 nights

This is a tentative itinerary and subject to change and evolution

May 6th - Guests fly to Miami, Florida to spend the night. We will have a special group rate at the Miami Crowne Plaza International Airport Hotel. There is a free shuttle that circles every 20 minutes or so between the airport and the hotel. Phone: 305-446-9000 – \$95/night Group rate via Altruvistas. For those who are able, we will gather in the lobby of the hotel on the eve of 5/6 for a brief orientation w/ Altruvistas rep.

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May 7th **Arrival and Orientation** **(L & D)**

Early am Check in for Departure from Miami, with Altruvistas special assistant Amit Ariel.

10am (TBA) - Depart from Miami International Airport

11am - Arrive in Jose Marti International Airport

1:00pm - Lunch in Old Havana at the **Tres Monedas Paladar**. Then we will enjoy a guided **walking city tour of Old 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.
4pm - Transfer to Casas Particulares.

6:30pm **Orientation Meeting & Briefing-** Welcome by Nikki and Annabelle. Then Altruvistas staff will engage in an overview of our delegation together in Cuba. We will review health and safety issues, petty crime, culture and group dynamics. and our holistic overview of health achievements and challenges.

7:30pm **Welcome Dinner at San Cristobal Paladar.**

May 8th **(B, L)**

8am – **Y12SR Meeting/Practice & Breakfast at main house**

10:00am - **Invited Speaker** to house to give a historical overview of the development of Havana (Requested architect and urban planner *Miguel Coyula*)

12 Noon - **Salsa Dance Class**

Lunch after Salsa Class Location TBA

2:30pm - Enjoy guided tour of the **Cuban Fine Arts Museum (with Omar as guide)**. Then enjoy 2 hours to wander on your own through the museum or walk through old Havana. Pick up at 6pm at Bellas Artes.

Dinner in old Havana on own. We can help make

reservations for you as needed, or you are welcome to explore on your own.

7:30pm Depart for NA Meetings (bus drops us off & taxi home)

May 9th **(B, L)**

8-10:30 am - Morning Yoga Exchange with the Cuba Yoga Cooperativa and breakfast sharing.

**11:30am - Havana Compas Exchange
Lunch following - location TBA**

2:30pm – A brief, fun exchange with the community arts project **Murrealando**. This Community Art Project in Havana, inspired originally by local neighborhood artists who taught art “in the streets.” Outdoor murals and sculptures, depicting fanciful celebrations of Cuban life, were a natural outgrowth of these art classes. In a country where nothing is disposable and everything is useful, broken typewriters, old telephones, tire rims, wrought-iron chair parts - all were fair game to weld and paint and turn into sculpture. The original efforts were made in conjunction with cleaning up trash dumps that had collected throughout the neighborhood. Found art objects, parks and murals now replace piles of trash and serve as gathering places for residents and visitors. We will request to meet with local artist and co-founder of the project, Manuel Díaz Baldrich Manolo (donations welcome here). A great place to buy souvenirs and support local artists.

4:00pm - Visit to a local Cuban’s home arts studio.

6pm Dinner on own. We can help make reservations for you as needed, or you are welcome to explore on your own. (Este no es un Café)

7:30pm - Depart for NA Meetings (bus drops us off & taxi home)

Evening free for exploring the wonderful **Fabrica de Arte**.
(optional – people can cab it if they want to go)

May 10th **(B,L)**

8am – Y12SR Meeting/Practice & Breakfast at main house

10am - Briefing by Cuban Guest *Eduardo Pimentel* to discuss the history of Yoga and Integrated Healing from the **Cuban Yoga Association**.

Lunch 12:30pm - Melon Restaurant

2pm - Visit with a Cuban Photographer in their home (Roberto Salas or Roberto Chile - perhaps time for the literacy museum, museum of the revolution - TBD)

4:00pm - Our friends *Vladimir and Marila* visit us and share their personal experiences with Yoga and healing. Location TBD.

6pm Dinner on own – Location TBD

7:30pm Depart for NA Meetings (bus drops them off & taxi home)

10:00pm - Free for Cultural Activities like dancing at the Casa de Musica (optional/on own)

May 11th **(B, D)**

8-10:30am - Morning Yoga Exchange with the Cuba Yoga Cooperativa and breakfast sharing with Jorge Avila and Friends.

11:00am - Enjoy a rehearsal at the Rosario Cadenas Contemporary Dance Company.

1pm - Lunch on own in Old Havana

2:30pm - Excursion to the community of Regla, learn about Santeria at a visit to the Museum and

enjoy a guided historical Tour. Visit to the Church of Regla. (dedicated to virgin of Regal which is Yamaya)

**6pm Farewell Dinner – La Casa
(Dinner at El Divino if we do not attend NA Mtg –
TBD)**

10:00pm Free for Cultural Activities like the Fox and the Crow for live Jazz (10 cuc includes 2 beverages – optional/on own)

May 12

(B)

Check out and transfer to airport