



## **Yoga & Culture in Cuba with Erin Fleming**

**May 28 – June 3, 2017**

### ***May 28, Sunday:***

Arrival to Jose Marti Airport in Havana where we'll enjoy the VIP lounge before being picked up by our guide and taken to the Hotel Nacional, Havana's signature hotel loaded with atmosphere and history. After checking in, we'll explore central Havana by foot visiting some highlights close to the hotel and stop for cocktails at "La Bodeguita del Medio," the birthplace of the mojito. After a late lunch at the highly recommended "Dona Eutimia"\*\*\* we'll return to our hotel to rest. At around 7:00pm we'll leave for our welcome dinner at paladar "El Litoral."

### ***May 29, Monday:***

Morning yoga with Erin will be a great antidote to all the travel! After our buffet breakfast we'll take a guided tour of this iconic hotel, followed by a dance class at the hotel to get us ready for the evenings ahead! At noon we'll have lunch at Restaurante "La Guarida,"\*\* one of the most elegant paladars in Havana. After lunch we'll explore the Callejon de Hammel, known as central Havana's 'high temple' of Afro-Cuban culture with its street murals, art shops and music pouring out from every corner. We'll enjoy some free time to either further explore on our own or return to the hotel to relax. In the afternoon we'll all hop into some classic cars traveling along the Malecon, a broad esplanade along the sea, all the way to Miramar and Palacio Convenciones. Dinner at 7:00pm at "Restaurant El Aljibe" and those interested can head over to the nearby jazz club, "La Zorra y el Cuervo."

### ***May 30, Tuesday:***

Breakfast and yoga at the hotel with a senior Cuban yoga teacher and students from Havana around 10am. Lunch at a classic Cuban restaurant "La Barraca" at our Hotel Nacional. Around 4:00pm we'll depart for a walking tour of the pedestrian-only street of Calle Obispo. Full of art galleries, shops, music bars, and more this is a great opportunity to do some shopping! We'll then make our way to Hotel Ambos Mundos Hotel, Ernest Hemingway's residence between 1932 and 1939.

This evening will be a free night to explore the local nightlife or have an early night back at the hotel. For those interesting in seeing the show at the Tropicana (approx. \$125 per person) this is your night!

***May 31, Wednesday:***

We'll begin the day with yoga and then have breakfast at 9:00am. At 10:00am we'll leave for the Museum of the Revolution located in Old Havana. This museum was constructed in 1913 with its interior decorated by Tiffany's of New York. After lunch at the Cuban-Creole paladar "San Cristobal" we'll visit the National Museum of Fine Arts which exhibits exclusively a Cuban Art Collection. We'll return to hotel for some downtime and walk to dinner at 7:00pm at paladar "Café Laurent."

***June 1, Thursday:***

Morning yoga and then breakfast. Around 10am we'll depart to the "Museum of Regla", a treasure trove of historic displays related to the Afro-Cuban Santería religion just across the harbor from Havana. We have the possibility of also experiencing a Santeria ritual/performance. Later we'll enjoy dinner at "El Cocinero"\*\*\* and the rest of the evening is free. For those wishing to go the "Fabrica de Arte Cubanos"\*\*\* this is the evening to go! They are open from 8pm-3am.

***June 2, Friday:***

After morning yoga and breakfast we'll visit the house and studio of one of Cuba's most well known artists and ceramists, Jose Fuster, after which we will visit a school of music (details tbd). We will return to the hotel and the rest of the day is free. At 6:30 pm we meet for dinner at another wonderful paladar. At 8:00 pm, those interested will depart for an evening show at the Ballet.

***June 3, Saturday:***

After an early breakfast we will depart to the airport for our return flights home. Those staying for the Extension will depart to Cienfuegos and Trinidad.

\*\* = meal not included in trip price

NOTE: The exact timing and schedule may vary from above. Restaurants may also change based on their availability