

# Yoga in **CUBA!**

“Connect your body and mind”



Eduardo Pimentel, “Yoga Master of Cuba” and president of the Cuban Yoga Association, will welcome you to Cuba. He is the lead teacher at the Mhai Yoga Cuba Retreat and studio owner and director at the Vidya Yoga in Havana.

Eduardo is also well known as “The Godfather of Cuba Yoga.” He has taught thousands of yoga practitioners in Cuba and overseas. You will enjoy meeting him and joining his private classes every morning of your stay in Cuba.

A national yoga television program coordinated by Eduardo Pimentel, has built up a large number of Cuban followers for this age-old discipline going back to the 2nd century BC in India. In addition, Pimentel and his wife, Elsa Hermida, have their own studio “Vidya Yoga” in Havana where they teach yoga to all interested individuals. Pimentel, who began his training in Hatha Yoga in 1971, has been teaching since 1982. Yoga has been practiced in Cuba since the 1950s, but its growth surged as a reaction to world events. In the 1990s, the Cuban Ministry of Public Health officially recognized natural and traditional medicine like Yoga and Acupuncture in the National Health program. Economic support to Cuba disappeared when the Soviet Union collapsed in 1991; the US embargo also created a shortage of medicines. Yoga's time had come.



7816 12th Street NW  
Washington, DC 20012  
[interplannercuba.com](http://interplannercuba.com)

Contact us for a day-by-day program  
Interplanner - 202.722.6882 | [Interplanner@comcast.net](mailto:Interplanner@comcast.net)



## Day 1 Miami-Havana

Please plan to meet at the American Airlines ticket counter 3 hours prior to your flight departure.

Check-In procedures at Miami International Airport: American Airlines operates out of concourses D & E. Passengers are required to check-in either at the kiosks or with an agent to choose which one of the OFAC twelve categories they are traveling under and obtain their boarding pass. Then proceed to one of the "Cuba Ready Booths" operated by CTS located in front of the check-in areas spread around Terminal D. A CTS agent will check your travel documents and will stamp your boarding pass as "Cuba Ready." You may then proceed to airport security and on to your departure gate. We suggest you report to the American Airlines check-in counter at least three hours prior to departure time

### WELCOME TO CUBA!!

Upon arrival at the Havana International Airport, you will need to make your way through passport control where they will take your photo (be prepared to remove any hats, scarves or glasses) and check your paperwork for entry into Cuba. Make your way to baggage claim and from there exit through customs to where your national guide will be waiting for the delegation (your group).

Enjoy some sights of the city in a panoramic bus tour of Havana en-route to lunch. Lunch will be provided at La Casa Paladar. The restaurant owner and chef will explain the operations of the new private restaurants and talk about buying food and cooking.

After lunch, the delegation will transfer to the hotel, check in and settle into their rooms before meeting in the hotel conference center for the welcome briefing.

Enjoy a welcome dinner at Paladar San Cristobal. This is one of Havana's best which has hosted President Obama for dinner. Special guest will be Yoga Master Eduardo Pimentel.

## Day 2 Havana

**Please Note: Breakfast will be provided daily during your stay in Cuba.**

Morning meditation and yoga class conducted by Eduardo Pimentel. Class will be conducted by the pool on the roof of the Hotel Capri.



### Cuban Traditional "Mojito" Ice

6 ounces light rum

12 mint sprigs, or spearmint, 8 roughly broken apart 6 tablespoons fresh lime juice

4 tablespoons sugar Club soda

4 slices lime

This afternoon depart for a visit to the city of Regla. Visit the church of Nuestra Señora de Regla, one of Cuba's most frequented pilgrimage churches. The most impressive is the statute of the Virgin of Regla who is black and cradles a white infant in her arms. She is the patron and protector of sailors. She is considered the equivalent of Yemaya, the goddess of the sea in the Yoruba religion. Visit the Municipal Museum of Regla. There will be a ritual dance of Santeria, the religion brought to Cuba by African slaves.



Visit a local Farmer's Market (Mercados Agropecuarios), mingle with the local Cuban people, and enjoy shopping. This is a great opportunity to talk to the local farmers.

Continue this morning on a walking tour of the historic center of Old Havana, a village founded in 1519 and declared a World Heritage site by UNESCO in 1982. There will be an explanation of the projects carried out by the City Historian's Office for the rehabilitation of Old Havana.

Lunch will be provided at Artechef Restaurant & Culinary School in Vedado followed by an afternoon visit to the Artechef Restaurant & Culinary School, which is a combination culinary school and restaurant. The chef/instructor will demonstrated the proper preparation for ropa vieja which you will be able to sample; so simple, but so good. Learn how to make real "Cuban Mojitos."



### **Dinner is included at Paladar La Fontana.**

After dinner, the delegation will go down to the Cannon Blast ceremony, a tradition evoking the announcement of the closing of the gates of the city and of the channel at the entrance of the bay. This ceremony takes place every evening at the 18th century San Carlos de La Cabaña fortress.

### **Day 3 Havana**

Morning meditation and yoga class by Master Eduardo Pimentel.

This morning the delegation will have a welcome orientation to Cuba on behalf of the staff at the Cuban Institute of Friendship with People in conjunction with our local team at the Casa de la Amistad. This mandatory meeting focuses on Cuban/U.S. relations, and is a required component of all US visits to Cuba. (Duration 45 minutes)

Continue on a visit the Organopónico Vivero Alamar (organic farm). Located in Alamar, just outside of Havana, this cooperative farm was started as a way to feed the surrounding neighborhood and has evolved into a 25 acre vegetable garden with animals, fruits, and herbs, and employs 160 people. Today, the farm yields 300 tons of harvested vegetables annually and the produce is sold to nearly 50,000 people every year. Talk with employees and hear about the impact that this farm has not only in Cuba, but globally, while taking in the beauty of the area.

### **Lunch will be provided at El Bosque Restaurant.**

This afternoon dust off your dancing shoes and work off lunch during dance classes at El Chevere Night Club. Learn some Latin moves from a local instructor.

Dinner at your own expense.

This evening enjoy a neighborhood street party with all the residents of the block participating. It's a great opportunity to interact with the locals.



**Gifts:** The delegation should collaborate to bring some rum, chips, crackers, or sodas to contribute to the party. These can be purchased at the hotel or any local store.

### **Day 4 Havana - Pinar del Rio**

Morning meditation and yoga class by Master Eduardo Pimentel Vazquez.

Depart this morning for the approximate two-hour ride to visit the “El Patio de Pelegrin” community project located in the town of Puerta del Golpe. Visit the diverse children’s arts, drawings and handicrafts workshops. Join the children and parents in some of their music and dance activities. Join the locals, do some volunteer work in the city orchard, and have the opportunity to meet the people that provide food for the community.

Lunch will be cooked and provided by the workers. It’s great opportunity to engage in conversations about day-by-day life in this town.

### **Return to Havana.**

This evening attend a special farewell reception at the Santa Isabel Hotel terrace in Old Havana. The stilt walkers dance group will entertain you as you follow them dancing in the streets to your farewell dinner.

Share your memories of Cuba with other delegates at a farewell dinner at the Café Del Oriente Restaurant in the historic center.

### **Day 5 Havana - Miami**

Today you bid farewell to Cuba, “The Pearl of the Antilles” Transfer to the airport for departure. Our guide and local airport representative will be available to help you with the check-in procedures.



**Notice:** Scheduled meetings and other planned interactions are subject to the availability of the professionals we seek to collaborate with, as well as allowances made by the Cuban government to grant visits to visitors. Where permission from the Cuban government is required, adjustments may need to be made. Interplanner is committed to featuring replacement program activities that will retain the content and quality of this cultural experience.

# INTERPLANNER

INTERNATIONAL  
PLANNING  
SERVICES INC

