

## Havana Yoga Vacation March 17<sup>th</sup> to 21<sup>st</sup> 2011

### Thursday March 17<sup>th</sup>

Arrive at Old Havana Hotel - check in

### Friday March 18<sup>th</sup> – Sunday March 20<sup>th</sup>

Breakfast

One hour pranayama

Juice break

2.5 hour asana

Free time

### Saturday March 19<sup>th</sup>

Dinner with Havana yoga community

### Monday March 21<sup>st</sup>

Breakfast

Departure or book with hotel to stay on if you prefer



Hotel Conde de Villanueva courtyard

**Yoga is all levels of experience.** You must bring your own yoga props. 1 mat, belt, block and 3 firm blankets. *Yoga self-care for RMT's will be incorporated into this weekend.* Yoga will be co-taught by Leigh Milne and Havana yoga maestro Eduardo Pimentel. Havana yogis will be participating and yoga will be taught in English and Spanish (and Sanskrit).

**Havana is a city of culture.** The hotel concierge can help you find museums etc. This time of year there may be a Ballet performing. We know where to go dancing!! We may be able to arrange for a dance lesson if interest. Havana Viejo (old town) is a walking district rich with galleries, music and restaurants. Monday March 21<sup>st</sup> I recommend heading to a resort or casa particular in Veradero and spending the rest of Monday March 21<sup>st</sup> through Thursday relaxing then fly out Thursday night (7 day total trip).

**Flights:** Most charter flights are 7 or 14 days from Halifax to Veradero.

Havana is 2 hours by bus to Veradero or you can hire a taxi. Also coming from Airport to Havana the bus can drop you off in old town. Approximate cost for bus is \$25 CUC (approx. \$26 CD) per person each way. I suggest Barry Freeman at Maritime travel to help you with air, Veradero resort and transfers (902) 492-6702

**Cost** for accommodation, breakfast, Yoga and one group dinner at a restaurant (in Canadian \$\$) see below rates:

Hotel Conde de Villanueva (location of yoga) or Hotel Valencia

Four night's \$978 single or \$718 per person double occupancy, plus 15% HST. This is a modest to mid range hotel. The Hotel Rachel a higher end lovely boutique hotel is available for a higher rate. All are older converted casa/mansion boutique style and walking distance to one another. Old town is stunning but can be noisy at night; expect this and bring ear plugs.

Prices do not include gratuities, taxes, entertainment, ground or air transport.

**To register** \$200 non-refundable deposit payable now and the remainder is payable in Full by November 15<sup>th</sup>. Otherwise rate increases to \$1078 single and \$818 double after Nov. 15<sup>th</sup> payable in full at time of registration.

**Call Leigh 902-273-9642** or email: [leigh@thesadhanacentre.com](mailto:leigh@thesadhanacentre.com) for the registration form.

**MTANS 3 CEC's**