



8 DAYS / 7 NIGHTS

YOGA TRIP CUBA

2024-2025




GREEN ALLIGATOR
TRAVEL & EVENTS


CASA PRIMA
CONTEMPORARY
RURAL ECO HOUSE

ITINERARY



Day 1

Arrival Havana

Individual arrivals (airport transfer included)

19:00 - 21:00

Welcome dinner at the Casa Particular

Included meals: _/_/D

Day 2

Havana

07:30 - 09:30

Yoga in Havana (in "Spanglish" / Vinyasa, Hatha, Astanga)

09:30 - 10:30

Breakfast in the Casa Particular

11:00 - 15:00

Guided city tour Havana with the most important spots

18:30 - 21:00

Dinner Paladar Vistamar or similar

Included meals: B/_/D

Day 3

Havana

07:30 - 09:30

Yoga in Havana (in "Spanglish" / Vinyasa, Hatha, Astanga)

09:30 - 10:30

Breakfast in the Casa Particular

11:00 - 15:00

Possibility for optional excursions

18:30 - 21:00

Dinner Paladar La Guarida

Included meals: B/_/D

Day 4

Havana - Viñales - El Rosario

08:00

Departure in Havana

08:00 - 16:00

Panorama tour with lunch break in Viñales

17:00 - 18:00

Yoga at Casa Prima (in "Spanglish" / Vinyasa, Hatha, Astanga)

19:00 - 20:00

Dinner at Casa Prima

Included meals: B/L/D

Day 5

El Rosario

08:00 - 09:00

Yoga at Casa Prima (in "Spanglish" / Vinyasa, Hatha, Astanga)

09:00 - 10:00

Breakfast at Casa Prima

11:00 - 16:00

Possibility for optional excursions

17:00 - 18:00

Yoga at Casa Prima (in "Spanglish" / Vinyasa, Hatha, Astanga)

19:00 - 20:00

Dinner at Casa Prima

Included meals: B/L/D

Day 6

El Rosario & Cayo Jutias

08:00 - 09:00

Yoga at Casa Prima (in "Spanglish" / Vinyasa, Hatha, Astanga)

09:00 - 10:00

Breakfast at Casa Prima

11:00 - 16:00

Excursion to Cayo Jutias (beach time incl. snack)

17:00 - 18:00

Sundowner at Casa Changuita

19:00 - 20:00

Dinner at Casa Prima

Included meals: B/L/D

Day 7

El Rosario - Havana

08:00 - 09:00

Yoga at Casa Prima (in "Spanglish" / Vinyasa, Hatha, Astanga)

09:00 - 10:00

Breakfast at Casa Prima

12:00 - 16:00

Journey back to Havana

18:30 - 21:00

Farewell dinner in Havana

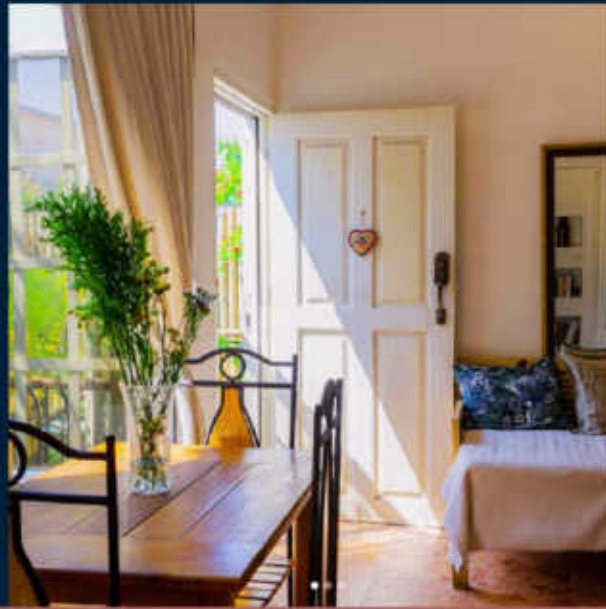
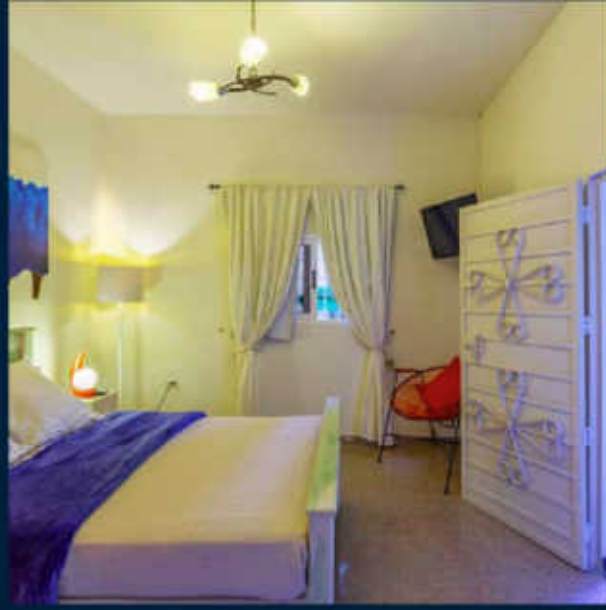
Included meals: B/_/D

Day 8

Departure Havana

Individual departures (airport transfer included)

Included meals: B/_/_



ACCOMMODATION HAVANA CASA PARTICULAR

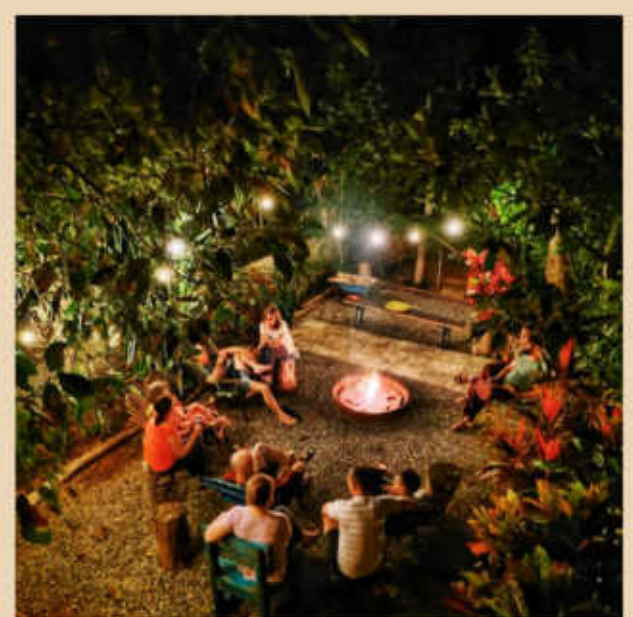
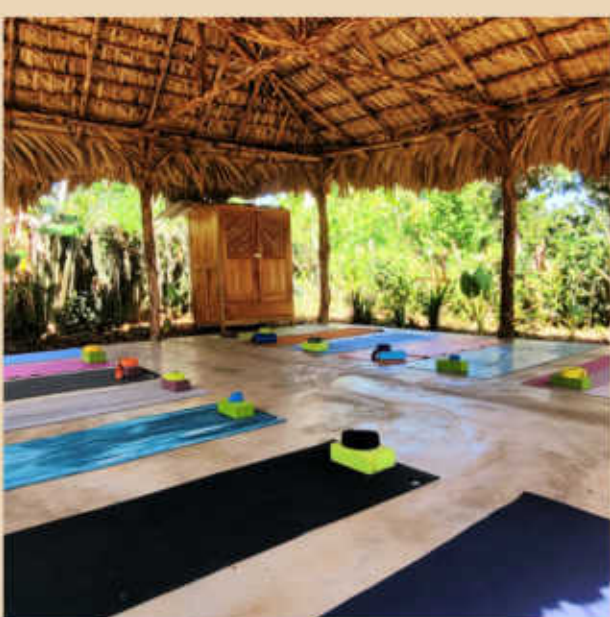
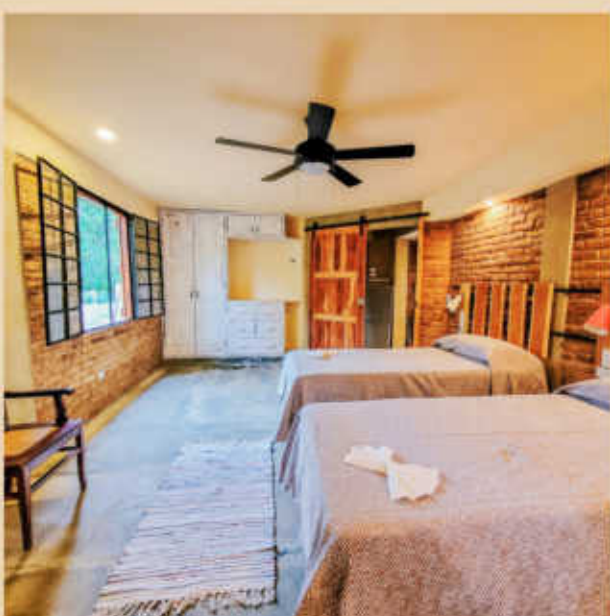
Experience Cuba from its charming side by staying in a 'casa particular'. These private accommodations, run like small hostals, offer personalized service and warm hospitality.

Accommodation in Havana is selected according to the number of participants.



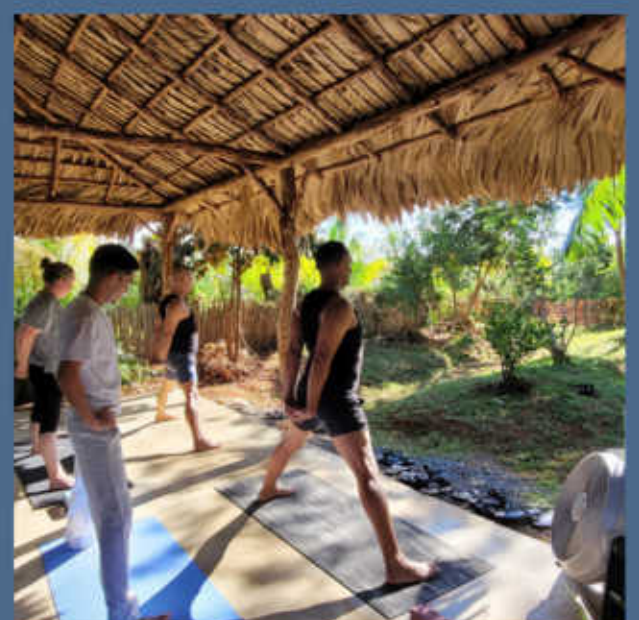
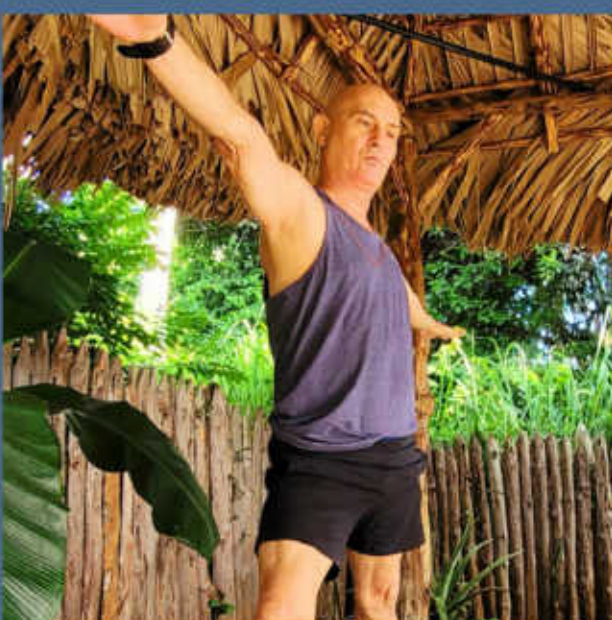
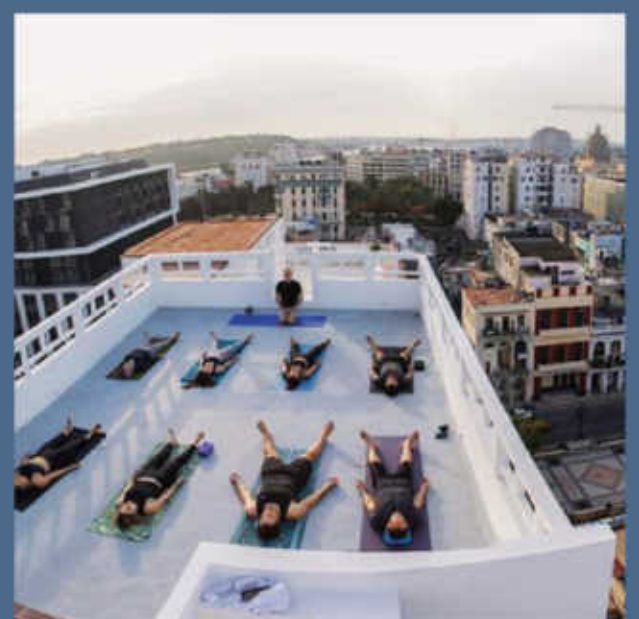
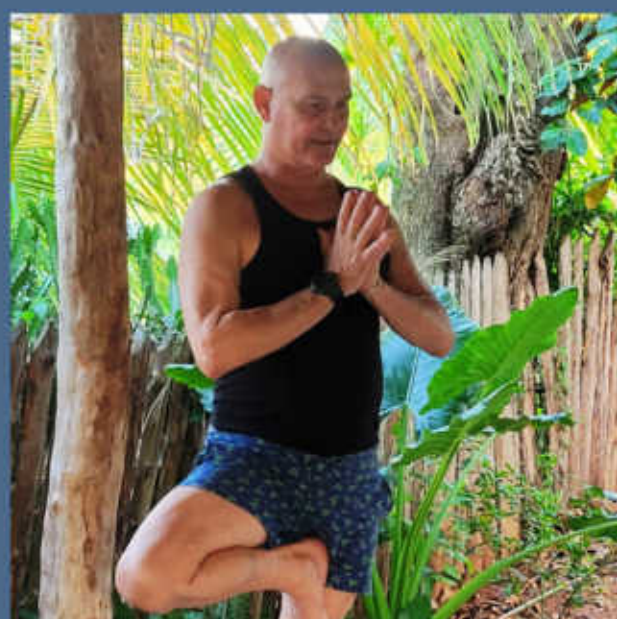
ACCOMMODATION EL ROSARIO CASA PRIMA

Stay in the community of El Rosario, a typical village that was founded by Fidel Castro's revolution to connect remote farming families to the infrastructure. An unforgettable insight into the local way of life and culture. The eco hostel Casa Prima offers the perfect opportunity to unwind, get to know the authentic Cuba of today and spend the night in comfort. Beside the yoga infrastructure, the finca offers various individual excursion options on site and is a true paradise for nature lovers.



YOGA LESSONS & INSTRUCTOR LUIS ALBERTO

Luis Alberto Sánchez is a yoga instructor in Havana, Cuba. He received his training from the "Asociación Cubana de Yoga" under the guidance of Eduardo Pimentel, a prominent figure in Cuban yoga for over 45 years. Despite not adhering strictly to a specific yoga style, his practice and classes are heavily influenced by "Vinyasa flow" with a focus on proper nutrition, sequencing of asanas, and creating safe and well-structured classes. Luis also has experience in Prenatal and Restorative Yoga. He has had the opportunity to learn from renowned teachers such as Sean Curn, Tias Little, Mary Parford, Janet Macleod, and Edgar Martinez. Additionally, he has successfully completed a 200-hour yoga teacher training program in Hatha and Ashtanga yoga, meeting the standards set by Yoga Alliance USA in the Rishikul Yogashala in India.



PER PERSON



1950 USD

in a shared room
(max. 3 persons)

2150 USD

in a private double room
or a private twin room



2450 USD

in a private single room



PUBLIC PRICES

Minimum number of participants: 4 persons

Maximum number of participants: 12 persons

Small group surcharge:

with 3 participants, per person: +350 USD

with 2 participants, per person: +650 USD

Payment methods in Switzerland

EL ROSARIO

OPTIONAL EXCURSIONS



STAND-UP PADDLE

1 hour: 12 USD

MOUNTAIN BIKE

1-2 hours: 12 USD
2-4 hours: 25 USD



HORSE RIDING

1-2 hours: 17 USD
3-4 hours: 28 USD



HIKING



BIRD & NATURE OBSERVATION

1-2 hours: 13 USD
3-4 hours: 24 USD



HAVANA OPTIONAL EXCURSIONS



SALSA LESSON

1 hour: 25 USD
incl. transportation

RUM & TOBACCO TASTING

49 USD
incl. transportation



E-BIKE TOUR

2 hours: 50 USD
4 hours: 75 USD
incl. transportation



Summary



Date & Duration

several dates for
8 days and 7 nights



Max. number of participants

12 participants



Yoga level and style

all levels are welcome for:
Vinyasa, Hatha, Astanga



Food

Healthy, local and seasonal food
(please notify us of any dietary
requirements in advance)

Note: Itineraries may vary depending on the season and local conditions.



incl.:



**not
incl.:**

- + all transfers to the mentioned program items
- + 7 Overnights with breakfast
- + 3 lunches / 7 dinners
- + 7 yoga lessons
- + Guided tours and excursions according to the program
- + Ride in a classic car in Havana

- International flight and tourist visa
- All drinks and meals not mentioned in the program
- Optional excursions
- Personal expenses
- Tips

DATES & CONDITIONS

SEASON 2023/2024

26.03.2024 – 02.04.2024 (Tuesday-Tuesday)

21.05.2024 – 28.05.2024 (Tuesday-Tuesday)

22.07.2024 – 29.07.2024 (Monday-Monday)

SEASON 2024/2025

19.11.2024 – 26.11.2024 (Tuesday-Tuesday)

28.01.2025 – 04.02.2025 (Tuesday-Tuesday)

25.03.2025 – 01.04.2025 (Tuesday-Tuesday)

15.04.2025 – 22.04.2025 (Tuesday-Tuesday)

03.06.2025 – 10.06.2025 (Tuesday-Tuesday)

22.07.2025 – 29.07.2025 (Tuesday-Tuesday)

Reservations with travel date, name and room request must be confirmed by Casa Prima.

Terms of payment:

50% prepayment to confirm the trip

100% payment up to 30 days before arrival.

According to current exchange rate.

Bank charges to be borne by the client.

Cancellation conditions:

from reservation up to 30 days before arrival 50%.

30-02 days before trip 80%.

Less than 24 hours before departure 100%.



LET'S CONNECT:

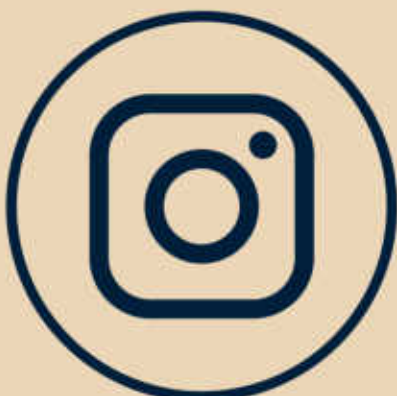
For more details and prices



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NAMASTE




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