



Cuban Yoga Adventure

Daily Schedule *(subject to change)*

- Arrival day – Welcome dinner and check-in after 3 PM
- 6:45 AM – 7:15 AM Beach Meditation
- 7:30 AM – 9:30 AM Yoga
- 9:30 AM – Breakfast
- 10:00 AM – 11:00 AM Activity or Free time
- 1:00 PM – Lunch
- 1:00 AM – 4:30 PM Free time
- 4:30 PM – 6:00 PM Yoga
- 6:30 PM – Dinner
- 7:30 PM – Dharma talk, music jam other activity or free time

Tuesday or Wednesday – Day trip to Havana

Evening out to explore Havana nightlife

- Salsa lesson during free time
- Massage and facial available during free time