



Yoga in Havana / Jazz Festival Tour

January 12 -19, 2019

*With special host, Bay Area Iyengar yoga instructor, Janet MacLeod**

Deadline to register: November 1, 2018

This exciting new program **Yoga in Havana** is a rich and highly interactive legal “people-to-people” journey that combines daily yoga classes with the music, art, and culture of Cuba. Don’t miss this unforgettable adventure to the Havana Jazz Festival with PlazaCUBA and Janet MacLeod!

Daily excursions include: a tour of the National School for the Arts (La ENA), performances with Cuba’s top musicians and dancers, meetings with Havana’s yoga community, private artists studio visits, and more.

Our team of English-speaking Cuban hosts and PlazaCUBA representatives is made up of seasoned professionals who will coordinate events and provide assistance every step of the way. We provide tips and insider information from our many years of experience in Cuba, and make your trip an authentic, once in a lifetime journey.

** Janet has been teaching yoga for over 30 years, including teacher training programs at the Iyengar Institute of SF.*

Package Price Double Hotel Occupancy - \$2,950 (per person) / Single supplement - \$550

Discounts \$50 off for repeat customers / \$100 off if you register by September 12, 2018

Package Includes

- Authorization Letter for legal travel to Cuba provided by PlazaCUBA
- Travel assistance including expert guidance booking flights to Cuba and getting ready to travel
- Daily yoga classes with Cuban students, taught by Janet McLeod
- All tours, educational meetings and performances as listed on the official tour schedule
- Seven nights accommodations at a beautiful 4-star hotel in Havana, just minutes from classes
- Breakfast daily, welcome dinner, and three special lunches
- Airport transfer to the hotel in Havana on January 12
- Ground transportation with English-speaking guide for planned activities in Havana
- An expert staff of Cuban coordinators and a PlazaCUBA representative on every trip

Not included

- Airfare / Travel Insurance
- Meals and gratuities not included on the program

Travel

When traveling with PlazaCUBA, you can legally book your flight with one of many American carriers now offering direct service to Havana. Contact us for more information.

Note: Travelers will be covered under PlazaCUBA’s travel authorization for the exact dates of the tour. Please let us know if your travel dates will extend beyond the tour dates. If you choose, we can extend your Authorization Letter for an administrative fee of \$100.

REGISTRATION FORM for YOGA IN HAVANA – JANUARY 12 – 19, 2019

Sample Itinerary (subject to change)

Day one, Saturday January 12

Arrive in Havana. Meet with PlazaCUBA rep/s over

Day two, Sunday, January 13

Yoga class with Janet McLeod

Bus Tour of Havana with lunch

Shop at the Feria San Jose in Old Havana (arts, painting, and crafts fair)

Dinner Included

Day three, Monday January 14

Yoga class with Janet McLeod

Meet with the local yoga community for a discussion about Yoga in Cuba

Evening: Attend the Cuban National ballet or Tropicana Night Club (entrance fee not included)

Day four, Tuesday January 15

Yoga class with Janet McLeod

Meet distinguished local artists and jewelry makers in their studios

Private Concert: Jam Session with Cuban's finest jazz musicians

Day five, Wednesday January 16

Yoga class with Janet McLeod

Visit the National School of Music (La ENA). Learn about the Cuban Music & Arts education system, followed by student introductions and performances.

Day six, Thursday January 17

Yoga class with Janet McLeod

Meet local healers working in various disciplines

Evening: Havana Jazz Festival Concerts

Day seven, Friday, January 18

Yoga class with Janet McLeod

Visit an organic farm, and have a farm to table lunch with local farmers

Evening: Havana Jazz Festival Concerts

Day eight, Saturday, January 19

Depart Cuba

REGISTRATION FORM for YOGA IN HAVANA – JANUARY 12 – 19, 2019

REGISTRATION and PAYMENTS

Fill out the this form and send it with your \$500 non-refundable deposit or full payment **by Nov. 1, 2018.**

Your registration will be complete when we have received all of the following:

- (1) Completed form with signed License Requirements, Limits of Liability, and Cancellation Policy
- (2) Payment in full (Due by November 1).
- (3) A copy of the "information page" of your passport.
- (4) Your Cuba flight itinerary (as soon as you book your flight).

Please make your check out to PlazaCultura and mail your payment to:

PlazaCUBA

P.O. Box 3083

Berkeley, CA 94703

Phone: 510-872-9505

Email: plazacuba@yahoo.com

PERSONAL INFORMATION

Legal name (as it appears on your passport): _____

Address (City, State and Zip): _____

Home Phone: _____ Cell phone: _____

Email: _____ Date of birth: _____

Country of Birth: _____ Occupation: _____

Passport # and Citizenship: _____ Expiration Date: _____

Do you have special dietary needs or health problems that require special assistance? Yes No

If yes, please describe: _____

If you want a double room, do you have a preferred roommate? _____ Name: _____

How did you hear about us? (Internet, event, name of person _____

EMERGENCY CONTACT

Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____

REGISTRATION FORM for CUBA: YOGA IN HAVANA – JANUARY 12 – 19, 2019

PLAZACUBA LICENSE REQUIREMENTS

PlazaCUBA’s people-to-people license requires that all participants adhere to a full-time schedule of educational exchange activities that will result in meaningful interactions between the traveler and individuals in Cuba. PlazaCUBA is responsible for ensuring that all travelers comply with the people-to-people license requirements.

By taking part in this people-to-people program to Cuba with PlazaCUBA I agree to participate in all the activities unless sick or otherwise unable.

Signed _____ Date _____

LIMITS OF LIABILITY

I, _____, understand that I am responsible for making, obtaining, and securing all travel arrangements to and from the destination. Furthermore, I understand that PlazaCUBA acts only as an agent for the passenger in regard to ground transportation and/or all other related travel services as stated in the program description and itinerary, and thus assumes no liability for: injury, delay, irregularity, loss or damage to person or property, or additional costs resulting directly or indirectly from: acts of nature, detention, weather, failure of any means of transportation to comply with schedules, quarantines, strikes, civil disturbances, theft, government regulations related to customs, immigration, violations of law, or trade embargoes, discrepancies, and/or changes in transit or living accommodations over which it has no control, whether such changes arise out of or are incident to the program or otherwise. I understand that reasonable changes in schedule or prices may be made at any time when deemed advisable for the comfort and well-being of the participants. I understand that PlazaCUBA cannot accept responsibility for the property or personal illnesses of or injuries to any individuals. I understand the rules of legal travel to Cuba as described in the travel restriction guidelines of the U.S. Department of the Treasury. I understand that PlazaCUBA reserves the right to refuse to accept or retain any person as a participant.

CANCELLATION POLICY

I understand that my deposit is not refundable and that for cancellations made thirty-one (31) or more days prior to date of departure, total payments made minus the non-refundable \$500 deposit will be refunded. I understand that for cancellations between thirty (30) and fifteen (15) days prior to the date of departure, up to \$1,000 of the total payments made may be retained by PlazaCUBA. Furthermore, I understand that for cancellations fourteen (14) days or less before the date of departure that up to 100% of the program fee may be retained by PlazaCUBA.

I understand and agree to the terms as stated above in regard to my participation.

Signature: _____ Date: _____

Print name: _____