

## CUBA: Havana & Varadero

April 13-21, 2018

\$4,999 (based on double occupancy)

\$999 (single supplement)

**BOOK NOW 888.747.7501**

### INTRODUCTION TO CUBA CULTURE, HISTORY & ARTS JOURNEY

*Cuba is a country steeped in mystery. Connect with the warm Cuban people while enjoying a unique mix of vibrant music, eclectic art, and 1950s cars. Delve into the complexities of Afro Cuban customs and thought. Form your own opinions as you revel in Cuba's culture, people, and spirit. A journey to Cuba is like no other! Are you ready to leave your preconceived ideas at the door and embrace the local culture? It's an experience you won't regret!*

#### Program Highlights

- 9 days & 8 nights
- Explore Havana and the unique beauty of **Varadero** as well as the surrounding Matanzas province.
- Chat with local shop owners in **Old Havana** and learn from local historians about this World Heritage site.
- Explore a local market while you learn about production of the handicrafts from **local artisans and owners**.
- Stroll along the **Hicacos Peninsula** for a sightseeing tour of the resort town of Varadero including a Rum and Cigar House.

#### Cultural Immersion

- Put your dancing shoes on and learn a few Latin moves from a dance instructor at the **El Chevere Night Club**.
- Hear some of Cuba's famous jazz at a local **Jazz Café** and at a local nightclub.
- Visit a rehearsal of the **MalPaso Dance Company**, founded in 2013 under the artistic direction of Osnel Delgado, with an opportunity to speak with the company members.

#### Community Connections

- Meet local Cubans of all ages during an evening **neighborhood street party** with residents of the block participating.
- Talk to the people you pass on the street. You'll be delighted at how open to conversation the locals are, and you may surprise yourself with the new impressions formed.

#### License Regulations

*Under current guidelines, this program conforms to OFAC requirements for hands-on, professional exchange in Cuba.*

#### Journey Leader: **Dr. Clint Dorn | Chiropractor**

Dr. Dorn studied in the Minneapolis area where he earned his chiropractic degree. He also spent a year and a half in clinical practice and nine months as an associate doctor in a Southern Minneapolis clinic. He grew up in Shiocton, and earned his undergraduate degree at UW Oshkosh.

- Dr. Dorn is a member of the Wisconsin Chiropractic Association; the Motion Palpation Institute, which focuses on chiropractic physiology; and Integrity Management, which focuses on quality of patient care and service.



#### Why Nanda Journeys?

*Travel for people with purpose and passion. See for yourself what a difference travel makes.*

#### Ready to go?

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