

***Recharge & reconnect***

**a yoga & core retreat in havana, cuba**

***at the Mhai yoga retreat centre***

sATURDAY, APRIL 7, 2018 – SATURDAY, APRIL 14, 2018

***Sunrise 7:10 am; sunset 7:50 pm***

This schedule is a guide, and there may be slight adjustments during the retreat. We’ll be on Havana time!

Every day where there is ***Free Time*,** there will be the opportunity to rent paddle boards or to participate in Kite Surfing Lessons.

Each guest also has the opportunity for a 30 minute one on one session with Eduardo Pimentel.

**Saturday, Day 1 – Arrival Day - *Let it Go***

Check-in 3:00 pm

 Late Lunch / Snack

 Slow Flow welcome yoga class (KP & JW to do a brief welcome and KP to lead yoga)

Dinner

**Sunday, Day 2**

7:00-7:15 Sunrise Meditation on the Beach

 7:30-8:45 Yoga with Kath y

8:45-9:30 Breakfast

9:30 – 5 Free time

11:00 - 11:45 – Pop Physique with Jodi

1:00 – 2:00 - Lunch

2:30 – Optional Paddle Boarding Lesson

5:15-6:30 Yoga and Philosophy Talk with Eduardo

6:30-7:30 Dinner

7:30 – Mojito Workshop ☺

**Monday, Day 3**

7:00 – 7:15 Sunrise Meditation on The Beach

 7:30-8:30 Pop Physique with Jodi

8:45-9:30 Breakfast

9:45 Departure for Havana City Excursion

5:00 - Bus Departs from Havana, back at the villa for 5:30.

 6:30 – 7:30 – Yin & Restorative Yoga with Kathy

7:45- 8:30 Dinner

**Tuesday, Day 4**

7:00-7:15 Sunrise Meditation on The Beach

 7:30-8:30 Pop Physique with Jodi

8:30-9:30 Breakfast

10:00-11:00 Salsa Dancing and Lesson

 11:00 – 5 Free time and Spa Services (optional)

1:00 - Lunch

 5-6:30 Yoga with Kathy & Eduardo and Eduardo’s students from Havana

 6:30-7:30 Dinner with Eduardo’s students

**Wednesday, Day 5**

7:00-7:15 Sunrise Meditation on the Beach

7:30-8:45 Yoga with Kathy

8:45-9:30 Breakfast

10:00 Departure to the world famous Organic Garden and Farm

1:00 Lunch

2:00 - 5:00 Free Time / Spa

 6:00-7:00 Pop Physique with Jodi

 7:30 – 8:30 Dinner (if you’re staying at the retreat)

8:00 Night out in Havana! (optional – it can be for dinner or after dinner)

**Thursday, Day 6**

7:00-7:15 Sunrise Meditation on The Beach

 7:30 - 8:45 Yoga with Kathy

8:45-9:30 Breakfast

10:00-11:00 Yoga Philosophy with Eduardo

11:00 – 5:00 Free Time / Spa Services

Lunch 1:00

5:30 - 6:30 Pop Physique with Jodi

7:30 – 8:30 Dinner (if you’re staying at the retreat)

8:00 Night out in Havana! (optional – it can be for dinner or after dinner)

**Friday, Day 7**

7:00-7:15 Sunrise Meditation on The Beach

 7:30 - 8:30 Pop Physique with Jodi

8:45-9:30 Breakfast

10:00-11:00 Yoga Philosophy with Eduardo

11:00 – 5:00 Free Time / Spa Services

Lunch 1:00

5:00 - 6:15 Yoga with Kathy

7:30 - Farewell Dinner and Bonfire and Live Music

**Saturday, Day 8**

**Departure Day**

Optional Sunrise Meditation

8:30-9:30 Breakfast

 12:00 PM - Check out

**The Classes:**

**Vinyasa Flow Yoga:**

The vinyasa flow style yoga taught by Kathy, has strong flows and creative sequences of hatha poses designed to encourage students to connect their body, mind, and spirit through strengthening, lengthening and opening. The classes are set to inspiring music and incorporate an aromatherapy savassana massage. These classes will challenge each student to go beyond where they have been before, in a safe, authentic environment that encourages questions, smiles and laughter!

The classes are suitable for all levels of yogi’s.

**Pop Physique Class:**

The Pop Physique classes, led by Jodi Watson, are ballet-barre inspired workouts designed to sculpt and tone the entire body in just 45 minutes to an hour.  Your glutes, abs, arms and legs will all get worked hard! It's much more than a workout; it is a transformative mind/body experience!

**Candlelight** **Yin & Restorative Yoga:**

This class promises a mix of yin and restorative poses coupled with candlelight and warm ocean breezes. Yin Yoga is a series of deep stretches that target the deeper fascia of the spine & pelvis allowing for improved flexibility of soft tissues, mobility and the release of stress in the body & mind.

**Iyengar Yoga & Philosophy**

Led by the highly experienced and charming Cuban native Eduardo Pimentel, this class will be more alignment focused and include a talk on yoga philosophy as it relates to our daily lives.