***Disconnect to reconnect***

***Mhai yoga and Wellness retreat in HAVANVA, CUBA***

saturday, FEBRUARY 24th, 2017 – SATURDAY, March 4th, 2017

**The Schedule!**

Each day Kathy Parsons will guide a vinyasa flow yoga class with creative sequencing and inspirational music providing an opportunity for students to strengthen, lengthen, stretch and reconnect.

Suitable for all levels, these moving meditation 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 second daily class will be led by the highly experienced, charming and talented Cuban native Eduardo Pimentel, and will be more alignment focused and calming.

***Sunrise 7:00 am; sunset 6:30 pm***

Yoga plays an important role in keeping our energy force ‘prana’ flowing freely through our body. Each day’s practice will have a theme that embodies one of our seven main chakras. Chakras are powerful energy centres in our body, and once ***unblocked and fired up***, each energized chakra can bring incredible benefits to your mind, body and soul.  You will see!

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.

**Saturday Day 1 – Arrival Day - Let it Go – *Exploring all chakras***

Check-in 3:00 pm

 Late Lunch / Snack

 Slow Flow welcome yoga class

Dinner

Free time

**Sunday, Day 2 – “I AM” Be Grounded, Be Strong, Be Present - *Root Chakra (Muladara)***

6:50-7:15 Sunrise Meditation on the Beach

 7:30-8:45 Yoga with Kath y

9:00-9:30 Breakfast

9:30 – 5 Free time / Lunch at 1:00

10:30 – Paddle Boarding Demo

2:30 - (optional kite surfing demo)

5-6:30 Yoga with Eduardo

6:30-7:30 Dinner

7:30 – Mojito Workshop ☺

**Monday, Day 3 – “I FEEL” Be Creative, Be Curious, Be Flexible - *Sacral Chakra (Svadhisthana)***

6:50 – 7:15 Sunrise Meditation on The Beach

 7:30-8:30 Breakfast

8:45 Departure for Havana City Yoga Excursion (bring your mats! We'll be doing yoga in Old Havana!)

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

 6:30-7:15 Dinner

 7:30 -8:30 Restorative yoga with Eduardo

**TUESDAY, Day 4 – “I CAN” Be Empowered, Be Authentic, Be Connected  - *Solar Plexus Chakra (Manipura)***

6:50-7:15 Sunrise Meditation on The Beach

 7:30-8:45 Yoga with Kath y

9:00-9:30 Breakfast

10:00-11:00 Aromatherapy Workshop

 11:00 – 5 Free time / Lunch at 1:00

 5-6:30 Yoga with Eduardo his students from Havana!

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

**WEDNESDAY, Day 5 – “I LOVE” Be Love - *Heart Chakra (Anahata)***

6:45-7:15 Sunrise Meditation on the Beach

7:30-8:45 Yoga with Kathy

9:00-9:30 Breakfast

10:00 Departure to the world famous Organic Garden and Farm. Optional free time in Havana afterwards (transportation provided)

 4:30 Depart from Havana to return to the Villa

 6:00-7:00 Yoga with Eduardo

 7:30 – 8:30 Salsa Dancing and Lessons

8:30 – Dinner

**THURSDAY, Day 6 – “I SPEAK” Be Truth, Be Expressive, Be Free - *Throat Chakra (Vishuddha)***

6:50-7:15 Sunrise Meditation on The Beach

 7:30-8:45 Yoga with Kathy

9:30-10:00 Breakfast

10:00 – 5 Free time / Lunch 1:00

4:45 - 6:00 Yoga with Eduardo

6:45-7:45 Dinner

8:00 Night out in Havana! (optional)

**FRIDAY, Day 7 – “I SEE” Be Intuitive, Be Light - *Third Eye Chakra (Anja)***

6:45-7:15 Sunrise Meditation on The Beach

 7:30-8:45 Yoga with Kathy

 9:00-9:30 Breakfast

 9:30 – 5 Free time

1:00-2:00 Lunch

5:30 – 6:45 Yoga with Eduardo

7:30 - Farewell Dinner and Bonfire and Live Music

**SATURDAY – Day 8 – “I KNOW” Be You - *Crown Chakra (Sahasrara)***

**Departure Day**

Optional Sunrise Meditation

8:30-9:30 Breakfast

\*Play it by ear yoga class with Kathy

 12:00 PM - Check out