

Dance Cuba! A Program in Dance & Dance Therapy in Santiago & Havana March 9 to 18, 2012 – Preliminary Itinerary

Friday	9 March
Morning	Depart for Santiago from Miami. On arrival, transfer to the hotel.
Mid day	Lunch (included).
Afternoon	Orientation, tour of Santiago with your guide and local hosts.
Evening	Dinner and activity (optional).
Saturday	10 March
Morning	Breakfast at the hotel. Following breakfast, Introduction to Cuban dance: Lecture-demonstration, experiential session with dancers at Casa del Caribe or similar
Mid day	Break for lunch (not included).
Afternoon	Cuban folk dance session from above or similar.
5 PM	Casa de Tradiciones: Foco Central de Tivoli
Evening	Dinner and Ballet Folklórico Cutumba in Santiago (optional).
Sunday	11 march
Morning	Breakfast at the hotel. Excursion to visit la Virgin del Caridad del Cobre , most revered patron of Cuba.
Mid day	From there, continue along the Route of the Slave. Lunch in the mountains (included).
Afternoon	Return to Santiago.
Evening	After dinner, an evening of dancing, music (optional).
Monday	12 march
Morning	Breakfast at the hotel. Cuban Dance session/demo/experiential TBA.
Mid day	Take launch across Santiago bay to Cayo Granma for a wrap up lunch and afternoon with dancers with whom you have been working.
Evening	Transfer to airport. Late evening flight to Havana. On arrival, transfer to hotel.
Tuesday	13 march
Morning	Breakfast at the hotel. Late morning walking tour of Old Havana, followed by a tour by bus of modern Havana, an opportunity to become familiar with Havana.
Mid day	Lunch (not included)
Afternoon	Possible visit to National School of the Arts (Dance). Possible performance or meeting with Danza Voluminosa or DanzAbierta.
Evening	Dinner and activity (optional).
Wednesday	14 march
Morning	Breakfast at the hotel. DMT presentations for Psicoballet practitioners
Mid day	Break for lunch (not included).
Afternoon	Workshop: Georgina Fariñas: What is Psicoballet? Primary characteristics and use in therapy and as a means of artistic expression for persons with special needs.
Evening	Dinner and activity (optional).
Thursday	15 march
Morning	Breakfast at the hotel. DMT presentations for Psicoballet practitioners

Mid day	Break for lunch (not included)
Afternoon	Workshop: Presentation by children's and other groups involved in psicoballet.
Evening	Dinner and activity (optional).
Friday	16 march
Morning	Breakfast at the hotel. DMT presentations for Psicoballet practitioners
Mid day	Break for lunch (not included)
Afternoon	Participatory workshop in psicoballet with the group, followed by analysis and conclusions.
Evening	After dinner (optional) a possible visit with Las Palomas, project organized by Lizette Vila combining dance with expressions of peace and diversity. Participation.
Saturday	17 March
Morning	Breakfast at the hotel. Day free for own activities.
Evening	Farewell party.
Sunday	18 march
Morning	Return flight to Miami. End of trip.

Evening activities can include jazz clubs, dance clubs, dance or music concerts, a visit to the Tropicana Nightclub or other activities of your own choosing. Groups of interest may be the Ballet Folklórico Cutumba, Conjunto Folklórico de Oriente, Foco Cultural Tumba Francesca in Santiago. In Havana, there are the Danza Contemporanea de Cuba, Ballet National de Cuba, Danza Volumniosa, and many other possibilities. There are also multiple salsa clubs in Santiago and Havana <http://www.salsa-in-cuba.com/eng/salsaclubs.html>