

# Havana, Cuba

March 22-26, 2019

COURSE: Clairvoyance and Our Inner Psychic – Learn to develop clairvoyance and psychic abilities in Havana.

COST: \$800

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On March 22 I will be leading a small group of students on a spiritual journey of self-empowerment to Havana, Cuba. This trip will focus on the development of Clairvoyance and Our Inner Psychic. The goal is to learn to quiet the mind, listen to the body and enhance our spiritual capabilities.



## What is included:

- Airport Transfer to and from the airport (arrival March 22<sup>nd</sup> and departure March 26<sup>th</sup> – if you need to arrange for transportation outside of those days, there will be an additional charge).
- Shared accommodations in a local home (casa particular) in Central Havana.
- Breakfast Daily
- Welcome Dinner
- 1 Beach Excursions
- 1 Dancing Excursions
- Course Certificate of Completion

## What to expect:

- We arrive on the afternoon of March 22<sup>nd</sup>
- We will stay at a casa particular, breakfast served daily.
- We will have meditation and yoga every morning at 8am.
- We will have a 2-hour class every day.
- We will enjoy a walking tour of Old Havana (be prepared to WALK 5-7 miles)\*
- We will dance and dine at local venues.\*
- We will have a spiritual consultation by a Babalau.\*



## What to know:

Cuba is a communist country, which means the prices are the same everywhere on the island. You can expect to spend no more than \$25-35 USD per day on dining (lunch and dinner). Beers and Cocktails are about \$2-5 each, EVERYWHERE.

Communism also means that Cuba is an EXTREMELY safe country. Two of us on the trip speak Spanish at near native fluency, so you will have access to the Cuban people with the help of interpreters throughout the experience.

Be prepared to WALK. A LOT. Cabs are expensive and don't like going short distances. It is not uncommon to walk 5 miles a day MINIMUM.

You should travel light, and if you can, bring gifts to offer for people you meet. Look at what you have that no longer serves you, and consider bringing on the trip to offer as a thank you for allowing us to be guests in their country.

## Flight Details:

Please note, flight cost is not included. We will provide you with a discount code on American Air or Delta by 1/1.

\* Additional cost may apply

## COST:

**Total cost \$800 per person (double occupancy).**

(Single occupancy is \$1,000 and each payment is \$250 and only 2 of these are available.)

Deposit of \$200 due ASAP. Only 8 spaces are available

Payment 2 of \$200 due by 1/15

Payment 3 of \$200 due by 2/15

Final Payment of \$200 due by 3/8

You can pay via major credit card (square) or paypal ([coachamina@icloud.com](mailto:coachamina@icloud.com)). Please call me to make payment

arrangements at 808-954-0224 ☺