



## Latin Fusion Dance Project Travels to Cuba

**Experience all that Cuba has to offer: Teach, Perform, and Transform your dancing in just 2 weeks!**

Join me in Cuba this January and see the island in a truly unique way! Experience Cuba through the eyes of its dancers. MetaMovements Artist Collective has offered us a special rate to help Latin Fusion Dance Project (and some of our dancer-friends and collaborators) to train and experience the real Cuba before it changes forever. I went on this trip on my own last year and it was an absolutely life-changing experience for me. The organizers design the program to fulfill all current US government requirements, and they monitor any changes in laws, keeping the program always in compliance, so you don't have to worry!



### More on the Program

Set your goals, train within the unique MetaMovements program model, and see the changes happen before your eyes! Connect to the Cuban community and build friendships with people who are as passionate about dance as you all while building up your skills! Our amazing team of Cuban dancers, musicians and instructors, will lead your workshops, and serve as your cultural guides for the majority of your activities on the island. This program will take place over the course of two different weeks. In addition, you will have an up-close Cuban experience as we stay in "casas" and become integrated with Cuban hosts. Transportation will pick up all participants to go to classes or other programmed activities daily. Finally, in between the two weeks, experience Matanzas, one of the



most traditional parts of Cuba, where you will have an opportunity to experience Varadero Beach, which has been ranked as one of the top 10 most beautiful beaches in the world.

**A Sneak Peek into your schedule:** You will experience first-hand what it is like to be an artist in Cuba and how it is to live there; a chance to form your own opinions, outside what you see in the news & magazines. Beyond the daily interaction and integration with Cuban dancers and artists, there are even opportunities for performances, teaching and collaborations! (Please let us know if this is something you'd be interested in so that we can begin putting in the necessary requests in advance.) One of my absolute favorite experiences was freestyle dancing right on the Malecon seawall in Havana, where tons of dancers and onlookers joined in and ended up turning into a huge impromptu dance party with live drumming! We'll also be able to join in on the MetaMovements program entitled "Orishas in Nature" where you travel with Afro-Cuban experts to the ocean, river and mountain to learn about their deities and their sacred dances in their "natural habitat."



While the spirit of authentic direct exchange will be prevalent for all travelers. There will be two tracks you can fall under in this program...

### *Intensive Contemporary Dance*

You will start each day training in the home studios of the National Contemporary Dance Company, with their signature technique workshop in Cuban Modern (a codified technique that fuses Afro-Cuban movement vocabulary with classical ballet and Graham-based modern, with additional inspiration from Cunningham,



## MetaMovements Cultural Connections Travel Programs

Sokolow and Limon.) In the afternoon, you will enjoy intensive workshops in Cuban barre, folkloric, rumba, casino rueda, and more.

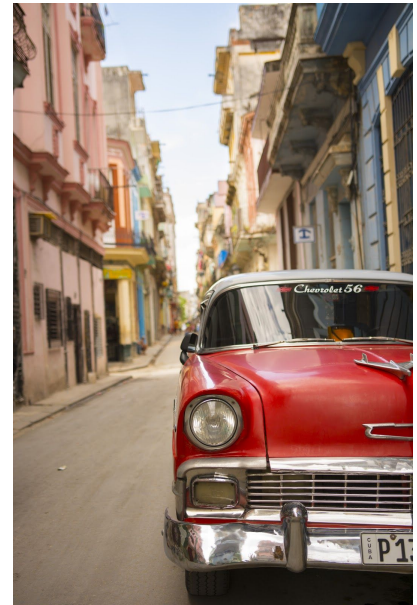
### *Explore Cuba Through its Dance & Music*

This tour is the most popular program for the artist, the traveler, and cultural enthusiast alike -- designed as a special blend of people-to-people exchanges and workshops allowing each participant to explore Cuban arts and culture from every angle. It includes amazing opportunities for dance, music, and photography workshops tailored to your level and experience as well as exciting exchanges with artists and entrepreneurs throughout the island.

### **Cost & Additional Notes on What's Included:**

#### ***What's included in all of the Price/ Program Options***

- Full-time schedule of programming provided, meeting all US & Cuban regulations
  - Workshops (With the exception of optional private lessons; you have the opportunity to train 1 on 1 with the masters... an exclusive offer by MetaMovements)
  - Opportunities to immerse yourself in the dance & music scene, with live performances and evenings of social dancing
  - Tours of Old Havana
  - A real Cuban rumba party
  - Participate in MetaMovements signature "Day in the Life" program, to learn about Cuba through the eyes of a dancer
  - Visit an Artisan's Crafts-market
  - Ride in the old American cars
  - Additionally programmed activities available upon request (sightseeing Havana, museums, visual arts and more! You'll also have the opportunity to provide your own wish list of programming)
- Group airport transfers provided (to and from Havana airport only -- specialty transfers from other cities will require an additional fee.)
- 24-hour emergency assistance
- Knowledgeable Cuban hosts will help with all your logistical needs on the ground
- Friendly US-based staff who will help you coordinate all aspects of your trip



### **Specifics for each part of the LDFP Program:**

#### **Jan 1-8 or 8-15 - \$2199 (8 days, 7 nights)**

- Base Land Package (\$1999 Regular Rate)
- Accommodation- Casas Particulares
- Meal Plan - 2 meals/day
  - Note about food: Having the meals organized helps the whole group stay on our time schedule and makes finding food easier, it's not as simple as it is in NYC to grab a bite and go!
- Transportation to all scheduled program activities in Havana
- Optional Add on- Trip to Matanzas! (see details below)



#### **Optional Add-on: Trip to Matanzas - \$199**

- See a different side of Cuba, including beautiful spots in nature, the city of bridges, Varadero, plus small town life, and a traditional cabildo.
- Double-occupancy lodging in a rustic Casa Particular (Single upgrade available for additional cost)
- 2 meals included
- Transportation during program activities. Mode of transport will depend on number of participants.



## MetaMovements Cultural Connections Travel Programs

- NOTE: Minimum # of attendees required.
  - Travelers from Jan 1-8, You will extend your trip and RETURN flight should be on MON, JAN 9th.
  - Travelers from Jan 8-15, You will extend your trip and ARRIVAL flights should be SAT, JAN 7th.
  - Travelers from Jan 1-15. NO change to your travel dates.

### **Not included:**

- Flight costs. *(MetaMovements will help any participant in booking an ideal flight that works for each individual. With many more airlines now flying straight to Cuba, costs are down even more than they were a year ago.)*
- Visa *(varies based on air provider from \$50-\$90)*
- Cuban Health Insurance *(required by the Cuban government. Sometimes included in air cost. MetaMovements will advise)*
- Exit Tax (~ \$30)
- Tips & Gratuities
- Additional food, drink, transportation or activities outside of your scheduled program

### **SPACE IS LIMITED! RESERVE YOUR SPOT WITH US TODAY!**

To reserve your spot on this exclusive trip, MetaMovements only requires a \$500 deposit & application. This deposit is non-refundable, but can be used towards ANY trip with MetaMovements in case you are unable to travel in January. Payments are accepted in check/money order or credit card (+3% processing fee). Final payments are due by December 15th.

### **SPECIAL SUPPORTERS PACKAGE:**



MetaMovements has given us the opportunity for our friends, family, and supporters to join us on this awesome program -- A portion of the price will go towards members of Latin Fusion Dance Project to help the entire team realize their dream of training together in Cuba and making a positive difference on the island! In the past, MetaMovements has seen similar arrangements function really well -- allowing the supporters to not only connect to the island themselves, but share in your own accomplishments as well!

If you have people in your life who you think would fall into this category, make sure to reach out to them and connect them to us so we can send over their package information!