

About Us:

Iyengar Yoga is one of the world's most widely practiced forms which emphasizes correct alignment of all parts of the body within each yoga pose. This precision builds strength and stamina—balance and flexibility—and a new sense of well being.

Scott Hobbs has been practicing and teaching Iyengar yoga for over 35 years. He founded the Iyengar Yoga Institute of Los Angeles in 1984 and was one of the first group of Americans to be certified as an Iyengar Yoga teacher that same year.

Scott is fortunate to have studied yoga with B.K.S. Iyengar and his children Geeta and Prashant.

Currently he teaches at YogaWorks throughout the Los Angeles area and at the Iyengar Yoga Institute of Los Angeles. Scott's classes not only feature his many years of expertise but a healthy dose of humor as well.

He is a long time vegetarian, actively involved in the animal rights movement.

Scott is also the Director of the Cameron Parsons Foundation established in 2006 for the purpose of bringing attention to and conserving the artwork and the writings of the late artist Cameron and her first husband, the late scientist and writer Jack Parsons.

Join us for a trip of a lifetime. I am Cuban born and have been doing biannual wellness medical trips to Cuba since 2000. I have a very large extended family in Cuba as well.

Please don't hesitate to call or email me should you have any further questions.

Ramon E. Yera, MD
(323) 992-8330
yeraramon@yahoo.com

Sign Up:

The Iyengar Yoga Retreat will be
May 29 – June 5, 2015.

We plan to travel on a nonstop charter flight
from Miami to Santa Clara, Cuba.

The cost of the trip is \$3550/person (\$350
extra for a single room).

Includes:

Airfare: Miami-Santa Clara; Havana-Miami

Miami airport taxes

Medical insurance while in Cuba

Visa

Hotels

Most meals

Activities per itinerary

Transportation/guide per itinerary

License fee (US Department of the
Treasury).

To reserve your spot, please mail me a \$500/
person deposit. The balance (\$3050) will be
due on March 1, 2015. Please make sure
passports will be valid within six months of
the date of travel (Dec/2015).

My address is as follows:

Ramon Yera

3120 Elvido Drive

Los Angeles, CA 90049.

Don't hesitate to call or email me should you
have any further questions regarding the trip.

Muchas Gracias.

Ramon E. Yera, MD
(323) 992-8330
yeraramon@yahoo.com

HOLA CUBA
May 29 - Jun 5, 2015

Iyengar Yoga Cuba Retreat
with Scott Hobbs

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Day 1: Friday: Depart Miami for Santa Clara. We arrive at 9AM and board our bus to the Cuban City of Trinidad. Trinidad is Cuba's oldest settlement founded in 1514 so they are celebrating 500 years. It is one of the island's crown jewels. In 1988, the United Nations declared Trinidad a World Heritage Site. We will check into our hotel (Trinidad del Mar). Lunch is to follow at "Plaza Mayor" restaurant and followed by a walking tour of the city. We will visit Museo Romantico and then return to our hotel for a much needed restorative yoga class. In the evening we will delight all our senses with traditional Cuban cuisine, music and dancing.

Day 2: Saturday: Scott will lead us in a morning Iyengar Yoga Session. Breakfast to follow at the hotel and then we will take a Locomotive ride to Manaca Iznaga Sugar Plantation. The village of Iznaga is 14km east of Trinidad. It is most famous for the Hacienda Iznaga and its splendid tower, built in 1835 by Alejo Maria del Carmen e Iznaga, once one of the wealthiest sugar planters in Cuba. Lunch will be at the Iznaga Restaurant. Upon return we will be ready for another of Scott's restorative sessions. Dinner will be at the hotel.



Day 3: Sunday: After morning yoga and breakfast, we will take a day trip to Topes de Collantes. Topes is located in the Sierra Escambray which is Cuba's second highest mountain range. The slopes are swathed in Caribbean pines and an abundance of ancient tree-ferns, bamboo, and eucalyptus. We will have lunch in the rain forest. Another restorative session to follow. Dinner at the hotel.

Day 4: Monday: Scott is now ready for the first Iyengar Salsa class (just kidding.) After our morning session and breakfast we will take a day trip to my home town Sancti Spiritus. SS is a charming colonial city. You will meet many members of my family (over 130 to date) here. Lunch on the river walk. Restorative yoga when we get back. Dinner at the hotel.

Day 5: Tuesday: Morning Yoga and breakfast at the hotel then we depart for Havana. We will stay at the magnificent Hotel Sevilla. The Hotel is situated in Old Havana near the elegant Promenade del Prado. You are now at the center of Havana's cultural scenes. The hotel was once the headquarters of the mafia and is where Al Capone stayed. It has an inviting lobby as well as a splendid street level pool with palm trees and a great sun deck. Once we check in we will be ready for another restorative session. In the evening, we will enjoy the wonderful Havana nightlife.

Day 6: Wednesday: Morning Yoga and breakfast at the hotel then off for a walking tour of Old Havana. We will tour the famous Partagas Cigar Factory and the Havana Club Rum Museum which comes with a tasting of the famous 7 year rum (I told you we were "light drinkers;" it becomes light and we start drinking). Lunch will be at "Cafe de Oriente Restaurant." Restorative yoga when we get back to the hotel. Dinner will be on our own.

Day 7: Thursday: Morning Yoga and breakfast at the hotel then we will tour the Revolution Museum and the Museum of Contemporary Art of Cuban Painters (Bellas Artes). Lunch will be at "La Mina" restaurant then off to San Jose Art and Craft Warehouse to peruse and shop. A restorative yoga session is in the plans before our fabulous dinner in the outdoor grill (la barraca) of the famous Hotel Nacional. We will then attend the "Buena Vista Social Club" concert. Bring your dancing shoes and dance like nobody's watching.

Day 8: Friday: Morning Yoga and breakfast at the hotel before we depart to the airport for our flight back to Miami.

