



THE POWER OF FOCUS

with Brigitte Lube, 27.april – 04.may 2019

Energy always follows our focus. It makes perfect sense to guide your focus to what you want to experience!



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Experience CUBA and take advantage of additional values !

INSPIRATION

Away from your daily routine you have the chance to concentrate on your own. You can focus on your own desires, wishes and your personal and professional development.

ARRIVE AT YOUR INNER SELF, GET POWER

Contemplate, reflect, feel the calm, experience nature, beach walks, point your focus to the HERE and NOW

POWERFULL RESTART

To restart your life focused and full of energy, to make powerful decisions and to experience new dimensions. Live your life to the fullest.

Relax, calm down, get new energy and just BE once again!! Your personal coach Brigitte Lube shows you the way! Together with her, you start an exciting journey defining your inner focus. You fill up with new energy, see your future crystal clear and feel reborn.
A short time out with powerful results!

Brigitte Lube is a certified mental coach and Cuba lover from Germany. Over 20 years she accompanies people on their personal realization and self-unfolding. As a «midwife to life»she supports people with emotional, mental and energetic techniques to unfold their full potential and to enjoy life.

Away from daily life with all its challenges you concentrate on the most important issue – on YOURSELF! Together with your coach Brigitte Lube you start the journey to yourself. What gets you going? What blocks you? What gives you power? With lots of fun and variety you boost your enjoyment of life in the stunning outdoors of Cuba. You will find a new meaning of life.



Journey of healing, pleasure and discovery

I suggest you this magnificent stay in Cuba in collaboration with the center CRÉA (Akaelia Equestrian Healing Centre) which favours the animal approach to the development of the person and in particular with the horses.



Cuba

Cuba is a sparkling mixture of history, music, adventure and incredibly rich culture. Besides sunshine, warmth and crystal-clear water, Cuba offers stunning landscapes, exotic animal trails, cities with breathtaking architecture and a stunning nightlife.



Trinidad – Cuba

Like frozen in time, Trinidad offers its guests an exceptional experience. It is a museum town, surrounded from the sea and mountains. Trinidad knows how to combine the necessities of modern life with the heritage of a rich history. Hotels, restaurants, shops and other modern day amenities are together with the historic flair of a colonial town.



Trinidad was declared in 1988 as a world heritage site by UNESCO. The city was founded in the 16th century and is without a doubt a jewel of colonial architecture worldwide. Due to the historic and cultural values, the natural attractions of the Escambray mountains, the beaches, the richness of the sea and the politeness of the people Trinidad is a perfect location for you to visit.

Program

THE POWER OF FOCUS: «*Life is unbelievable and I enjoy it to the fullest*». That is the way it could be, if we would concentrate more on what you really want to live and what for you are thankful.

Energy always follows the focus. ... in our fast-paced society, it is easy to lose the contact to ourselves, our abilities and desires. We lose ourselves in self-criticism, guiltiness and focus on issues not working in life. We are surprised that we lose the joy of life and self-efficacy more and more...We are well trained to take care of our body, but we are not trained to keep our thoughts tidy, so they could lead us in a healthy, fulfilling and rich life.

In Cuba, away from your every day's life you concentrate on what is most important - on **YOURSELF!** And you concentrate in what you really really want and what strategies of thought can get you there.

WORKING IN THE NATURE: You will work on your special themes and goals and we will use the nature to stimulate you and intensify your creativity and learnings. To increase yourself awareness. There is a well-balanced mixture of intense working, experience and exploring new sides of yourself ... and of course to have fun!



DAILY AGENDA: After a group breakfast, everybody gets together for the road to Crea Center at 9h00 or other activity. In the morning, we start with different kinds of meditations to go deeper in ourselves. The mornings we will spend mostly in the Crea center, where we deal with various questions and themes in quietness. After lunch we will explore the surroundings, focused on our daily topic.... a small Caribbean island with white sandy beach in front of Trinidad, a fresh source in the valley de Los Ingenios... All group diners will be at a designed casa but we can sometime go to the restaurant. Your evening will be free. You can also enjoy Trinidad at the Casa de la Musica for dancing or others activities.

WHY CUBA? The Cubans are master in «Excepting life as it is» and the enjoyment of life. We get easily and quickly inspired of their way of life – it is truly contagious.

PROGRAMM «POWER OF FOCUS» IN DETAIL

Day 1 : As soon as you deposit your registration, it is imperative to book your flight quickly in order to enjoy the best prices. We suggest Air Transat flights with an arrival in Santa Clara from **Saturday, April 27**. This airport is the closest to Trinidad, only 1h30 drive away. Upon arrival in Cuba, you will be greeted by one of our English guide for the transfer to your accommodation.

Day 2: ARRIVING AND DROPPING MENTAL BALLAST AT CRÉA

Group breakfast and information meeting before departure at 9 am for CRÉA. At the center, we welcome you with a tasting of the famous sugar cane juice (guarapo), a miracle drink with magical properties that will fill you with energy. This drink is available throughout your stay..



The first day we use to completely arrive and to free our thoughts of heavily weighing situations. Afterwards we focus in on our target of the week: What will be the main focus? What exactly should be different after Cuba? What will I take home? And what will I leave here? We go by horses, bikes or carriages to a cool and refreshing swell to use its cleaning energy to drop our mental ballast, to clean our system, to arrive and to be completely in the HERE and NOW. We will open ourselves for new and bigger experiences. On the way we are accompanied by the incredibly beautiful nature, the sugarcane fields and the exotic noises of the jungle.



Day 3: PAUSE AND REFLECT

Our status of life is exactly the reflection of our former thoughts. On this day we work in the very beautiful surrounding of Cayo Blanco on the topic: what are your thinking strategies? What are your healthy/blocking thoughts- and belief systems? Where are the trigger points in your life and where do you betray yourselves and your values? And therefore, cut our life energy. Which belief systems were supportive/imitating eventually going back to the early childhood? With the catamaran we sail true the turquoise blue Caribbean sea and snorkel at the coral reef. We eat freshest fish and enjoy fresh picked coconuts and inhale completely the feeling of the Caribbean.



Day 4: TO NEW HORIZONS

How and what do we really really like to live? How would we like to feel when we wake up in the morning or go to bed at night? How do we recognize our environment and how do we want to be recognized? What would be the most beautiful way of spending my life? Where should our most beautiful journey go? What would have to be different at home to spend every day relaxed, fulfilled, balanced and with joy of life? To find the answers to the questions above we go to Los Ingenios with a beautiful view where we use the mental stimulus of the meta-level to elevate us from our present life. We will look in the future with perspective and greatness. On the way back, we savor fresh roasted and hand-picked coffee and who wants a coco loco (coconut with rum).



Day 5: A DAY ON YOUR OWN JOICE

After our breakfast, we go at 10h00 to a guided tour in Trinidad, see some museums, beautiful old houses, feel the beat around... In the afternoon, you spend the time as you like and how you feel. Either you get a massage (reservation), or shopping or you just leave it open and find out what happens....



Day 6: LOOSING BRAKES - FILLING UP RESSOURCES

What kept you away from living your ideal life? Where are your hidden and limitating patterns of thoughts? Where are your mental imprints and what strategies can you use to redirect them to gain your fullest potential?



We go by car or horse to a beautiful view point where a small adventure awaits us (optional). Where we dissolve our limitations and reach the full freedom of self-governance.



Day 7: MANIFEST AND TRANSFER TO DAILY LIFE

We use the energy of yesterday's success to transfer the experienced and learned in every days life. According to our motto: "There is nothing good except you do it" we will create a implementation plan inclusive daily mental program to make sure, that you will reach all the beauty of life that you created in this week.

17h30 Departure for Santa Clara airport. We wish you a good trip !

PURA VIDA ... we come !!!!

LODGING



Pricing

Opening price of our equestrian center in Cuba, the first of its type, with just:

Price in double occupancy: \$ 1070 (flight not included)**

Price in single occupancy: \$ 1170 (flight not included)**

** These prices are exclusive to this program. A minimum of 10 registrations is required to start this trip.

Inclusions

- Bed & Breakfast accommodation in the beautiful city of Trinidad, Cuba
- All workshops and Cuban excursions described in the program
- 1 hour of massage per participant with reservation during your free time
- All meals (3 per day)
- Guided tour around Trinidad in English, a city declared World Heritage Site by UNESCO
- 24h on-site guide and assistance service in English
- Sugar cane juice (Guarapo) at will, a miracle drink with magical properties that will fill you with energy
- All local transport and airport transfers

Exclusions

- Round trip flights
- Insurance and personal expenses during the stay
- Tips for tour guides (according to your appreciation)
- Alcoholic beverages
- Meal at the restaurant, if organized

Payment and cancellation conditions

To confirm your booking you must pay a deposit of 30% of the amount of your file, by bank transfer. The information will be provided when you register. The balance of your trip is due no later than 45 days before your departure.

- More than 30 days before departure: 5% of the trip price
- Between 30 and 15 days before departure: 25% of the trip price
- Between 15 and 3 days before departure: 50% of the trip price
- Within 3 days of departure and after departure date: 100% of the trip price
- If the Ministry of Foreign Affairs did not recommend any stay in Cuba, the CRÉA Center would commit to do everything possible to minimize these cancellation fees

Come live an authentic experience and chart new courses, accompanied by myself, Daniel Soucy, a Canadian of origin who has been living in Cuba for several years. I am your host and owner of the Equestrian Center CREA in Cuba.



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President and founder, Cuba



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Centre CRÉA, Centre de Ressourcement Équestre Akaelia

IMPORTANT INFORMATION

We strongly advise you to obtain a comprehensive insurance covering the risks generally associated with travel such as: life insurance, medical and hospitalization expenses, loss and theft of luggage, cancellation insurance, evacuation, accident insurance.

Your passport must be valid for at least 6 months after you leave Cuba.

Caution is required when traveling, regardless of destination. That's why we advise you to make 2 photocopies of your passport, your health insurance card and your plane ticket; one copy safe in your luggage and the other one with someone at home. That way, it's easier to find the information if anything happens with your passport.

Visa and MasterCard are the only credit cards accepted in Cuba. Travelers' checks and credit cards issued by a US bank are NOT accepted.

Unfortunately, Cuba still is not able to offer payment by credit card in the service points, restaurants and shops, so it is necessary to plan to exchange money either directly at the airport or in a bank or currency exchange house (Cadecas).

Tipping: a delicate but essential subject for many professionals of this field and specially the people of Cuba. Just be grateful for the service you receive on a daily basis, as you would do it in your environment. Keep in mind that they need it to live.

All our guides have a perfect knowledge of Cuba and many years of experience. They are selected according to a high standard of professional conscience and accompany you in French or in the language of your choice.

We offer you a respectful way to travel to Cuba, to immerse yourself in its people, culture and way of life. Through our tours, we promote an attitude of dialogue and respect which reinforces in our customers the importance that Cuba attaches to its natural resources and cultural heritage recognized by UNESCO.

A SHORT TRAVEL GUIDE FOR CUBA



What to put in your hand luggage?

- Passport, money, airline and hotel tickets, wallet
- Driving license if you plan to rent a car or scooter
- Health insurance card (essential in Cuba)
- Valuables (jewelry, watches, etc.)
- Camera, iPod, DVD
- Earphones (if not, you can buy them on the plane)
- Medicines with labels (in their original container)
- A T-shirt, a pair of flip-flops, skirt or dress, sarong, underwear (complete kit in case of loss of suitcase)
- Sunglasses; if you have 2 pairs, put one in your carry-on bag and the other in your suitcase
- Cleaner + wipe for the glasses (the wind and the sand dirty the glasses quickly)
- Small brush and toothpaste
- Books, magazines
- Business cards (instead of writing phone numbers, for your meetings)
- A warmer sweater and a pair of socks (it's cold on the plane sometimes)
- Card Games, Scrabble or others
- Little blanket (it's cold on the plane and it can also be used as a pillow on the beach)
- Inflatable travel pillow

Important notes about your carry-on

- Put containers of liquids of less than 100 ml in a closed bag
- Do not put nail clippers, nail files or other sharp objects in your carry-on baggage

What to pack?

- Swimwear
- 6 or 7 dresses for dinner
- Underwear
- Tanks
- Beach dresses, sarongs, shorts
- 1 warmer pants (in case temperatures are cooler)
- Shoes: 1 sport pair, 1 pair of sandals for the beach, 1 pair of sandals for outings
- Alarm clock
- Thermal tumbler for drinking on the beach (it's good for the environment and keeps beverages cold or hot)
- Beach bag (choose a waterproof bag that closes with several pockets such as a small backpack that could also be used as hand luggage)
- Sun cream in quantity, cream after sun, sunburn cream (Vichy and Clarins are my favorite ones)
- Snorkeling kit
- White t-shirt to go swimming for those having fragile shoulders in the sun
- Closed bags to bring back souvenirs
- Cosmetics in closed bags to prevent damage (shampoo,

- conditioner, perfume, cleanser, etc.)
- Mouthwash (sore throat is common due to air conditioning)
- Hair elastics, nail file, ear picks, nail clippers, razors, etc.
- Insect Repellent and After Bites
- Tylenol, Advil, Benadryl, Imodium, Polysporin, Bactroban, Liquid Polysporin
- Eye drops
- Mini first aid kit including disinfectant pads
- Excavators and buckets for the beach (for children)
- Small bag for outings or walks
- Tie-wrap x 2 (to seal your suitcase at the airport if it does not have a padlock)
- Flash light
- Hat or scarf to protect from the sun.
- Dial
- Rope and clothes pins to dry laundry on the balcony
- Washcloth (there are none there and it's always practical)
- Inflatable mattresses or accessories that you will leave to another traveler upon your departure (convenient for splashing in the water and making your lounge chair more comfortable)
- Remember to put a sheet of fabric softener in the bag, it helps eliminate moisture and odors (but do not put it near your black clothes).

Important notes about your suitcase

- The weight of your luggage should not exceed 20 to 24 kg depending on the airline and your class.
- Take into account that your laundry will be heavier on the way back because of humidity.

What to buy as gifts for the chambermaids?

Would you like to thank your chambermaid for her work and at the same time make sure your room is impeccable every day? Remember to bring her some small gifts. In Cuba, as in many other Southern countries, personal products cost a fortune. That's why I always plan a visit to the store "écono" before my departure. Here are some suggestions for small gifts: razors, tampons, sanitary napkins, make-up removers, elastics and hair clips, make-up, scissors, mini first aid kit, Tylenol, ear muffs, nail files, toothpaste, teeth brushes, nylon stockings, school items, toys for children, baby clothes ...

Important notes about shopping for gifts

- Think of light objects, otherwise you will quickly exceed the maximum weight for your suitcase
- Buy things that will be useful to you there and that you will leave as a gift.
- Everything you find in a pharmacy here is a luxury product there

Have a nice trip !