

# Cuba!

## Myth, Music & Spirit

**January 7–14, 2016**

**A Marriage of Different Cultures: Havana, Cienfuegos & Trinidad de Cuba**

**January 15–22, 2016**

**The Cuba Less Traveled: Santiago, Guantanamo & Baracoa**

**During both weeks, we will familiarize ourselves with the roles archetype and myth play in Cuba's psychology and spirituality.**

Strongly influenced by African, Caribbean, and Spanish culture, the heritage and archetypal aspects of Cuba are rich and many layered. Its music is unique and Cuba's distinctive form of spiritual practice a fascinating amalgamation of African and Christian beliefs.

**Highlights of both programs include:**

- Presentations by Jungian analyst Monika Wikman; academic scholar and performer of Afro-Cuban music Benjamin Lapidus; and musicologist Evry Mann
- Meetings and discussions with local scholars and professors
- Opportunities to meet local Cuban artists and musicians
- Demonstration and performances of Cuban music and dance
- Visits to world-class cultural sites of interest, including fine arts and ceramic museums
- Travel through scenic countryside and overnights in outlying provinces



January 7–14, 2016

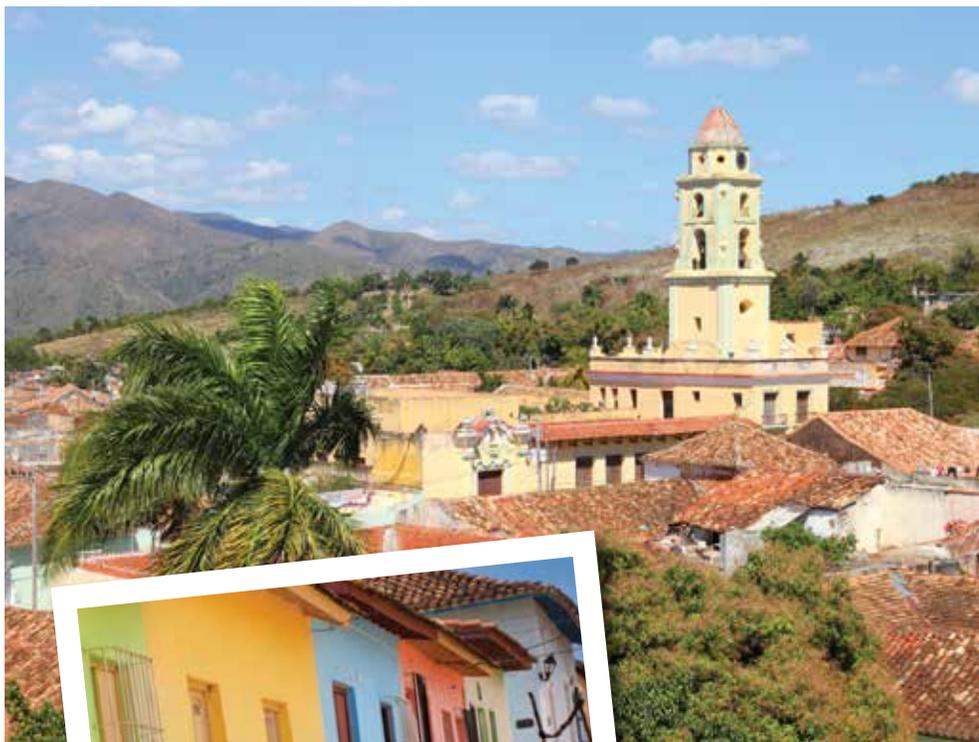
## A Marriage of Different Cultures: Havana, Cienfuegos & Trinidad de Cuba

Our trip will begin in Havana, where we will hear presentations by accompanying faculty on the archetypal aspects of Afro-Cuban religious beliefs, including the practice of Santería; enjoy dialogue and discussion with a panel of Cuban professors and scholars and hear musical performances by outstanding

Cuban musicians. Additionally, interspersed with our presentations and meetings, we will explore this captivating city, with its outstanding fine arts and ceramic museums, colonial mansions, cathedrals, fortresses, and cobblestone plazas.

From Havana, we will travel to the jeweled city of Trinidad de Cuba—designated by UNESCO as a World Heritage Site and often called a “living museum.” En route, we will spend a night in the charming, French-influenced, seaside city of Cienfuegos and enjoy an evening dinner at one of Cuba’s paladars for a home-cooked meal. From Cienfuegos, it is just a short drive to Trinidad where we will enjoy a guided tour, with ample time to explore and wander this colonial-era town on our own before returning to Havana.





January 15–22, 2016

## The Cuba Less Traveled: Santiago, Guantanamo & Baracoa

Our program will begin in Santiago, Cuba's cultural capital and the birthplace of "Son," predecessor of Salsa music. Highlights will include the Casa de la Trova, (where musicians gather and perform throughout the day and night); El Cobre (Cuba's most important shrine and home to its legendary Black Madonna); the Emilio Bacardi Moreau Museum; the cliff-top fortress and castle El Morro; and San Juan Hill, made famous by Theodore Roosevelt and the Rough Riders.

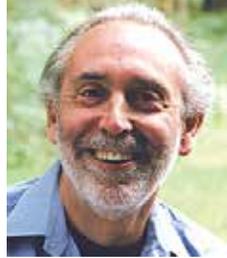
From Santiago, we will drive the scenic route to Baracoa with stops in Guantanamo for lunch, a music performance of Changuí (indigenous to Guantanamo and eastern Cuba); a demonstration of Afro-Cuban dance at Tumba Francesca, and a presentation by the world renowned Ballet Folklórico Cutumba. In Baracoa, we will see the celebrated Cruz de la Parra (a small wooden cross said to have been placed there by Columbus) and, for those interested, there will be an optional outing to the stunning Parque Nacional Alejandro de Humboldt. Throughout, we will hear presentations by accompanying faculty and enjoy dialogue and discussion with local experts.



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## Accompanying Faculty and Staff



**Aryeh Maidenbaum, PhD**, a Jungian Analyst in private practice in New York City, is Director of the New York Center for Jungian Studies and has been leading trips to Cuba for over 12 years. Among his publications are “Psychological Types, Job Change and Personal Growth”; “Sounds of Silence,” and “The Search for Spirit in Jungian Psychology.” A contributor to and editor of *Jung and the Shadow of Anti-Semitism*, he taught Jungian psychology and was on the faculty of NYU for over 18 years. Dr. Maidenbaum is also a contributing author to *Current Theories of Psychoanalysis* (Robert Langs, ed.).



**Monika Wikman, PhD**, is a Jungian Analyst and Astrologer. Author of *Pregnant Darkness: Alchemy and the Rebirth of Consciousness*, she has contributed articles and poems to numerous journals. Internationally, Dr. Wikman leads retreats for inner renewal through the activation of the subtle body realms and lectures on mythology, dreams, wellness, alchemy, and creativity. A graduate of the Jung-Von Franz Center for Depth Psychology in Zurich, she has taught in the graduate department at California State University and currently has a private practice in Tesuque, New Mexico.



**Evry Mann, MA** is a percussionist, composer and writer who holds masters degrees in religious studies and in music composition. Founder of the Center for Creative Education — a non-profit cultural center in Stone Ridge, New York — he was an artist in residence with the Instituto Nacional de Bellas Artes in Mexico for six years, performing throughout the country. Ev has led over 50 trips to Cuba to study music, dance, and visual art, and authored the section on Music and Nightlife in Havana for the “Time Out” Guidebook. He has also studied traditional African music in Mali and Senegal and worked extensively with the Ballet Folklórico Cutumba of Santiago de Cuba.



**Benjamin Lapidus, PhD**, is an associate professor at John Jay College of Criminal Justice, CUNY, where he teaches popular music of the Caribbean, guitar, world music, and other courses. Regarded as a virtuoso of the Cuban tres and guitar, he has given master classes and workshops on Caribbean music throughout the world, under the auspices of Carnegie Hall, the Smithsonian Institution, and numerous other institutions throughout the United States. His eighth recording as a leader, *Generaciones*, features master musicians from Cuba, Panama, Colombia, and New York City.

# Registration Information

## Programs

Land cost of each program: \$3960\* includes:

- Round-trip airfare from Florida aboard a charter flight
- Deluxe accommodations at the Melia hotels in Havana and Santiago
- First-class (best available) hotels in Cienfuegos and Baracoa
- Full breakfast daily, three lunches, and three dinners
- Lectures, presentations, and meetings with local scholars, professors, and musicians
- All group transportation within Cuba by deluxe, air-conditioned coach
- Admission to historic sites and museums on the itinerary

*\* Cost after June 10, 2015: \$4150. Based on double occupancy; single supplement available at \$395. Cuban visa (\$80) and gratuities (\$125) additional. Airfare based on current airfare to Cuba (subject to modification up to \$100). Airport tax (\$28) will be collected by authorities in Cuba upon departure. For those registering for both programs, please call our office for special arrangements.*

## Continuing Education

C.E. credits for psychologists have been applied for. If approved, this program will carry 16 C.E. credits. Full attendance is required to receive full credit. 16 LCSW and MFT credits are available through the California Board of Behavioral Sciences for those holding a CBBS license.

## To Register

A \$750 deposit is required for each of the Cuba program weeks.

- By phone: credit card registration accepted by phone at: 845-256-0191.
- Online: register through our website (NYJungcenter.org – click on the “Register” button) using your credit card.
- Mail or fax: use the registration form on the next page, or download and print the form from our website: NYJungcenter.org. If you are using mail, send the registration form and your check payable to the “New York Center for Jungian Studies” to:  
New York Center for Jungian Studies  
27 North Chestnut Street  
New Paltz, NY 12561  
Or fax the registration form with credit card information to: 845-256-0196.

## Payment

Payment in full due September 1, 2015. Participants may still register after this date, subject to availability of space and Visa considerations.

## Changes

All rights are reserved by the Program Directors to make faculty substitutions and/or to modify the itinerary (including hotels) as needed.

## Cancellations and Refunds

All cancellations must be received by the New York Center for Jungian Studies in writing. Deposit refundable, less \$275 administration fee, before June 10, 2015. Cancellations received July 15 – September 16, 2015: full refund less \$750 deposit per person; September 17 – October 21, 2015: 50% refund per person after \$750 nonrefundable deposit. No refunds after this date.

## Insurance

Due to the terms and conditions set by the U.S. Treasury Department, once the Visa applications are turned in, there can be NO substitutions of name so there can be no refunds for this trip. For this reason, we strongly recommend travel insurance for losses necessitated by having to cancel participation. Upon registration, for your convenience, an insurance application will be mailed to you. Or, feel free to consult your own insurance agent.

## For More Information

Contact the New York Center for Jungian Studies:  
Tel. 845-256-0191  
Fax: 845-256-0196  
e-mail: Jofisher@nyjungcenter.org

## Visit Us Online

www.nyjungcenter.org

# Registration Form

To reserve your place, fill out the registration form below, include a deposit of \$750 and return it to:

NY Center for Jungian Studies,  
27 North Chestnut Street, New Paltz, NY 12561  
Phone: 845-256-0191; Fax: 845-256-0196

## January 7–14, 2016

### A Marriage of Different Cultures: Havana, Cienfuegos & Trinidad de Cuba

- YES! I am registering and my \$750 deposit is enclosed
- I prefer a single room (single-room supplement \$375)
- I prefer a double room
- I will share a room with \_\_\_\_\_

## January 15–22, 2016

### The Cuba Less Traveled: Santiago, Guantanamo & Baracoa

- YES! I am registering and my \$750 deposit is enclosed
- I prefer a single room (single-room supplement \$375)
- I prefer a double room \_\_\_\_\_
- I will share a room with \_\_\_\_\_

Registration deposit for both weeks: \$1500.

## Travel Arrangements

- I will make my own travel arrangements to Florida. Cuba trip includes round-trip air fare from Florida to Havana.
- I would like help in making travel arrangements and will contact the New York Center office at 845-256-0191 or e-mail Jofisher@NYJungcenter.org

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Evening Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

E-mail \_\_\_\_\_

- I am unable to attend, but please keep me on your mailing list for future programs.

## Payment

Please charge \$\_\_\_\_\_ to my:

- MasterCard  Visa  American Express

\_\_\_\_\_

card holder's name

\_\_\_\_\_

card number

\_\_\_\_\_

exp. date: mo/yr

validation code

\_\_\_\_\_

Signature