

## THE POWER OF FOCUS

with Brigitte Lube, 09.-15.dec 2019

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



### Experience KUBA 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. 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.



## 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.



In 1988, UNESCO declared Trinidad as a world heritage site. 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:

Arrival in Cuba: Our German and English-speaking Guides are picking you up from the airport and bring you to your accommodations, where you can acclimate and refresh yourself.

### Day 1: DEPARTURE AND ARRIVAL IN HAVANNA



Everybody should have seen Havana at least one time in his life. The capital of Cuba has the largest colonial center of Latin America, which is very exciting. The Center of Havana is an UNESCO world-heritage. Many buildings are going to be restructured or rare restructured already. The **old town:** You spend this day in the old town, visiting parks, cathedrals, museums, markets, monuments, forts and bars, where Ernest Hemingway was a common guest – like the ‚Bodeguita del Medio‘. At the end of the day we go to have dinner at ‚El Patio‘ at the Plaza de la Cathedral. ON the first floor of this colonial building we dine on a romantic table on the balcony, looking over the beautiful lighted Plaza.

### Day 2: VIGNALES, THE VALLEY OF TOBACCO AND CIGARES



Vignales has about 4.000 inhabitants. Horses and tobacco are a vital part of Cuban life. We do a hiking- or horse-riding tour through tobacco-, bananas- and pineapple fields. The Cuban workhorses are small and easy to handle. The path leads you true curvy paths and fields, where from October to march tobacco grows. Occasionally you find a small wooden hut, where chicken pick around and pigs enjoy the mud. Beside tobacco and fruits also potatoes and corn are grown.

Beneath the pointed roofs, that you see in the landscape, the tobacco leaves are dried. During harvest the huts are full and the farmers sell cigars to the passing tourists and you can try to roll your own cigar.

### Day 3: BAY OF PIGS AND ARRIVING IN TRINIDAD







## Day 4-10: « The power of Focus » at Crea

„Warmly welcome to the center of Crea“ Upon arrival you can enjoy the calmness and space of the valley „de los Ingenios“. In the following days you will find the time and quietness to concentrate on yourself.



**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:** In the morning we start with different kinds of meditations to go deeper in ourselves. To arrive in our center and get access to our inner guidance. A nice breakfast with fresh fruits and freshly roasted coffee will give us a perfect start into the new day. 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...



**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 4: ARRIVING AND DROPPING MENTAL BALLAST

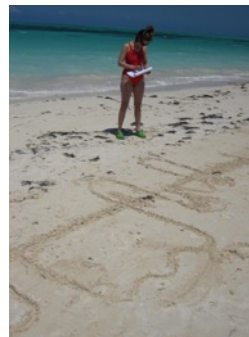
The first day we use to completely arrive and to free our thoughts of heavily weighing situations. Afterwards we focus in on our target of the week: What will be the main focus? What exactly should be different after Cuba? What will I take home? And what will I leave here?



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 5: PAUSE AND REFLECT

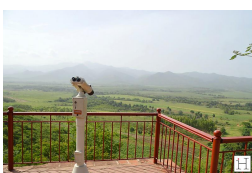


Our status of life is exactly the reflection of our former thoughts. On this day we work in the very beautiful surrounding of Cayo Blanco on the topic: what are your thinking strategies? What are your healthy/blocking thoughts- and believe systems? Where are the trigger points in your life and where do you betray yourselves and your values? And therefore, cut our life energy. Which believe systems where 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 6: 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 got 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 a place 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 7: A DAY ON YOUR OWN JOICE

You can spend this day as you like and how you feel. Either you go to the big beautiful beach of Playa Ancon or you go on a guided city tour, in one of the numerous museums, or you just leave it open and find out what happens....

## Day 8: LOOSING BRAKES - FILLING UP RESSOURCES

What kept you away from living your ideal life? Where are your hidden and limiting 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 9: 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.

***PURA VIDA ... we come !!!!***