



Why live like this...





when we can
live like this...

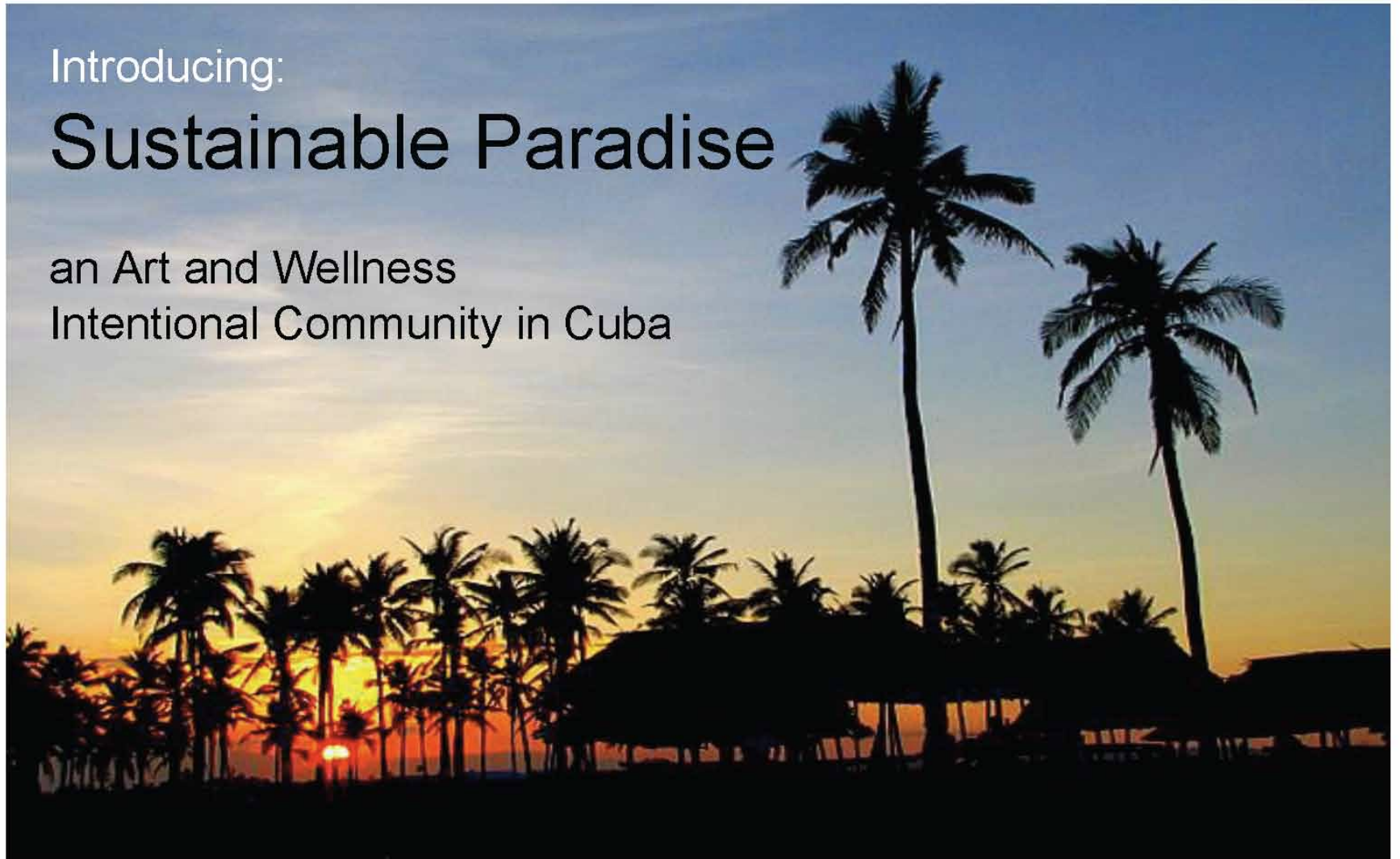


Introducing:

Sustainable Paradise

an Art and Wellness

Intentional Community in Cuba



A winter getaway for a few days,



in luxury...



on a shoe-string budget,



or living together many
months on end...



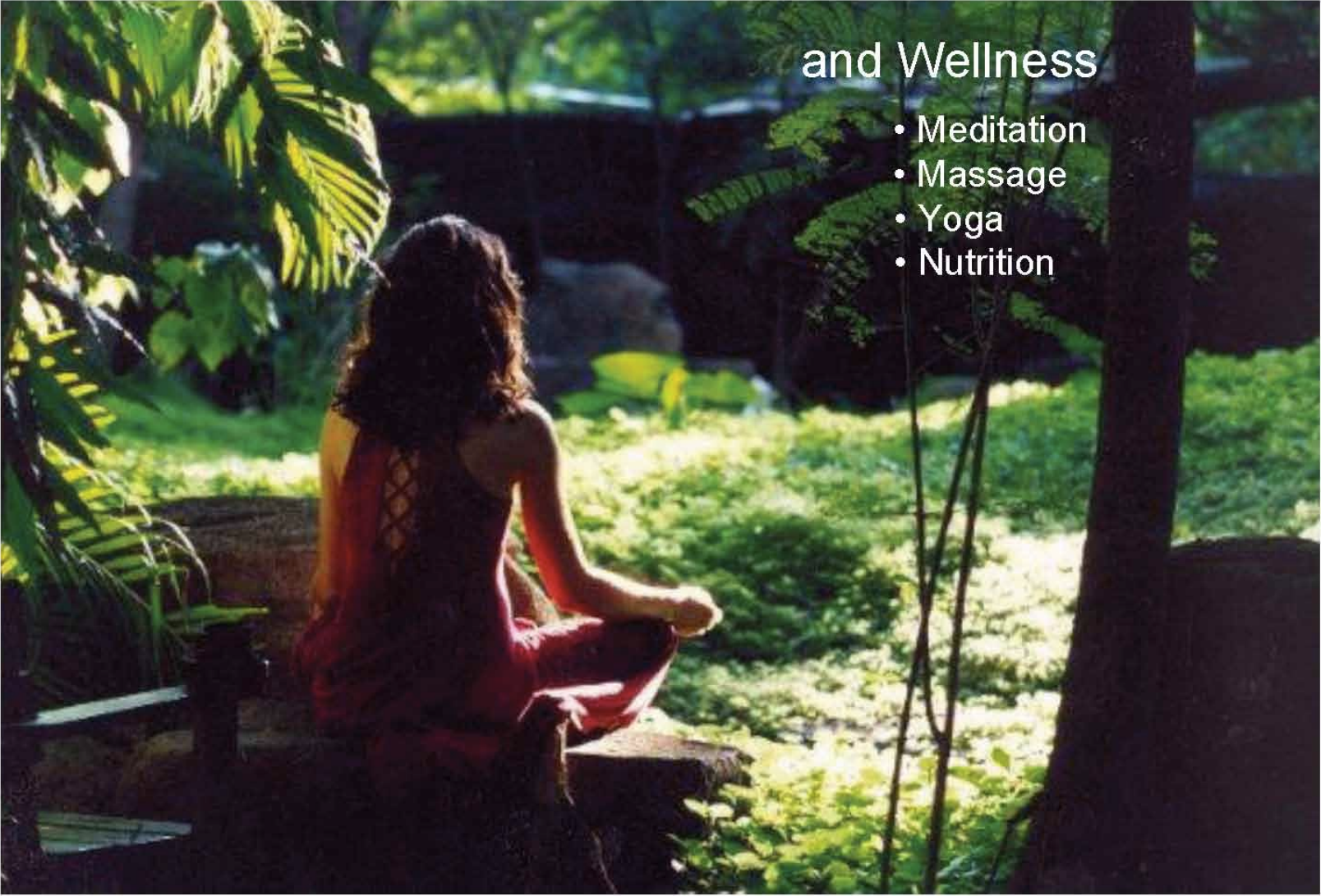
within an Intentional Community



that enjoys Art

- Painting
- Dance
 - Theater
- Music
- Poetry



A woman with long dark hair, wearing a red dress, is sitting in a meditative lotus position on a stone ledge. She is facing away from the camera, looking out over a lush garden filled with various green plants and trees. Sunlight filters through the foliage, creating a peaceful and serene atmosphere. The text 'and Wellness' is overlaid in the upper right corner of the image.

and Wellness

- Meditation
- Massage
- Yoga
- Nutrition

The Golden Opportunity found in Cuba:

- Saturation of Floridian, Mexican and Caribbean retirement & holiday real-estate markets
- Unparalleled cost savings
- 2013 post Castro & 2nd Obama term yielding warm US-Cuban relations
- Free healthcare



Non-Profit, Communal Financial Model:



In corporate or private ownership models, profits are repatriated to their home countries



For every dollar, yen or euro contributed to Sustainable Paradise, we will retain to nourish our land & community:



Rich and Poor visitors to Sustainable Paradise will either vacation or work:

1) Rich, with means



A) Vacation



B) Work



2) Poor, without means





Working in NYC, Living Well

Rent:	\$2,500
Food:	\$1,500
Entertainment:	\$1,000
Transport:	\$300
Clothing/Other	\$200
Vacation:	\$200
	<u>\$5,700</u>
Jan to Mar	x 3mo
Winter Bills	\$17,100



Living well in Cuba on
Vacation = 31% that of NYC



Vacationing at CubaMed, Living Well

Rent:	\$1,200
Food:	\$450
Entertainment:	\$30
Transport:	\$20
Clothing/Other	\$40
Vacation:	\$0
	<u>\$1,740</u>
Jan to Mar	x 3mo
Winter Bills	\$5,220



Living well in Cuba &
working = 4% that of NYC



Working in CubaMed, Living Well

Rent:	\$600
Food:	\$0
Entertainment:	\$0
Transport:	\$0
Clothing/Other	\$0
Vacation:	\$0
	<u>\$600</u>
Jan to Mar	x 3mo
Winter Bills	\$1,800



Working in NYC (Artists) Getting By

Rent:	\$1,000
Food:	\$750
Entertainment:	\$150
Transport:	\$110
Vacation:	\$0
	<u>\$2,010</u>
Jan to Mar	x 3mo
Winter Bills	\$6,030



Getting By in Cuba on
Vacation = 47% that of NYC



Vacationing in Cuba, Getting By

Rent:	\$450
Food:	\$450
Entertainment:	\$30
Transport:	\$20
Vacation:	\$0
	<u>\$950</u>
Jan to Mar	x 3mo
Winter Bills	\$2,850



Getting by in Cuba &
working = 10% that of NYC



Working at CubaMed, Getting By

Rent:	\$0
Food:	\$0
Entertainment:	\$0
Transport:	\$0
Vacation:	\$0
	<u>\$0</u>
Jan to Mar	x 3mo
Winter Bills	\$0

All expenses go to unknown Corporate Coffers

All expenses go to building our Cooperative

Minimal expenses go to our Cooperative

Ongoing Research of Other Community Best Practices

<u>Community</u>	<u>Since</u>	<u>Acres</u>	<u>Members</u>	<u>Location</u>	<u>Size</u>	<u>Short / Long Term Stay</u>	<u>Attributes</u>	<u>Initial Cost</u>	<u>Founders Contribution</u>
Osho International Commune	1979	40	3000	Pune, India	10,000/yr	S / L	Meditation, Workshops, Art, Resort		
Blue Spirit	?			Costa Rica		S / L	For profit retreat and workshop center.		Stephan Rechtschaffen , Michael Mayzel, Joshua Rosenthal, Thierry Von Der Weid
Harbin Hotsprings	1880, 1960, 1980-			Northern California		S / L	Non-profit retreat and workshop center.		
Pancha Mama	1999		300	Costa Rica	3,000/yr	S / L	Spiritual/Guru, Meditation, Workshops		
Lost Valley	1989	87	23	Oregon		L		850,000	
Earthhaven	1990	320	57	North Carolina		L			
Sowing Circle / Occidental Arts	1991	80	11	California		L			
Dancing Rabbit	1993	280	16	Missouri		L			
Abundant Dawn	1994	90	9	Virginia		L		\$	refundable security deposit
Mariposa Grove	1998		9	California		L			
Meadowdance	1998	165	9	Vermont		L		250,000	
Patch Adams Hospital(?)									



Steps in 2012

Gather Vision Documents with goal to present Vision, Opportunity & Feasibility

Conduct Feasibility Studies

Research Communities: Learn as much as possible how founders formed them

Visit established Communities

Choose Location

Recruit Stakeholders/Planners

Choose Decision Making Method (Consensus, etc) and learn how to use effectively

Research Real Estate Market in Cuba



Steps in 2013

Research Zoning Issues in Cuba

Hire Lawyer to facilitate research

Learn Financing Options (Determine Group Buying Power)

Develop or renovate property as needed

Conduct Property Search

Finance and buy property

Organize internal community finances (and reorganize as needed)

Create community agreements & documents

Choose new people to join/visit

