



Our Purpose

Joyful experiences. Meaningful connection. Wellbeing through movement, culture and nature.



Our Vision

To create happier, healthier and more connected communities through the joy of Cuban music, dance, culture and nature.

Our Mission

To create inclusive, engaging experiences that bring people together through movement, music, cultural discovery and nature connection - supporting wellbeing, confidence, belonging and joy at every stage of life.

Our Values

Joy | Connection | Inclusion | Culture | Wellbeing | Nature | Learning through experience

The Casa Cuba Learning & Wellbeing Framework

Five elements guide every Casa Cuba experience - creating opportunities to move, connect, discover, express and thrive through music, dance, culture and nature.

MOVE	CONNECT	DISCOVER	EXPRESS	THRIVE
Feel good in your body through joyful, accessible movement and dance.	Build relationships, belonging and shared experiences.	Explore Cuban culture, music, rhythm and nature, and new ways of seeing the world.	Nurture creativity, confidence and self-expression.	Support physical, emotional and social wellbeing - and leave feeling energised, inspired and connected.



Casa Cuba Corporate

MOVE	Boosts energy and reduces stress
CONNECT	Strengthens team connection and collaboration
DISCOVER	Experience a new culture and step outside the everyday
EXPRESS	Encourages creativity and confidence
THRIVE	Supports wellbeing, engagement and a more positive workplace culture



Casa Cuba Aged Care

MOVE	Supports mobility, coordination and confidence
CONNECT	Reduces isolation and creates shared joy
DISCOVER	Cuban music, culture and meaningful reminiscence
EXPRESS	Encourages participation and self-expression
THRIVE	Supports mood, cognitive stimulation and quality of life



Casa Cuba Schools

MOVE	Develops physical literacy, coordination and confidence
CONNECT	Builds teamwork, respect and belonging
DISCOVER	Explore Cuban culture, language, music and global perspectives
EXPRESS	Encourages creativity and self-expression
THRIVE	Supports student wellbeing, resilience and a positive mindset



Casa Cuba Inclusive

MOVE	Accessible movement for all abilities
CONNECT	Builds social participation and belonging
DISCOVER	Explore music, culture and the world around us
EXPRESS	Supports confidence, communication and choice
THRIVE	Enhances wellbeing, independence and community connection



Casa Cuba Intergenerational

MOVE	Movement for all ages and abilities
CONNECT	Builds relationships across generations
DISCOVER	Explore culture, stories and different life experiences
EXPRESS	Encourages creativity and shared expression
THRIVE	Fosters belonging, empathy and stronger, more connected communities



Casa Cuba Bush Boogie

MOVE	Movement, dance and exploration in nature
CONNECT	Builds community and meaningful connection
DISCOVER	Discover nature, culture and new environments
EXPRESS	Encourages freedom, creativity and self-expression
THRIVE	Supports wellbeing, restoration and a deeper connection with nature



Casa Cuba Women

MOVE	Enjoy welcoming dance at your own pace
CONNECT	Build friendships and a sense of belonging
DISCOVER	Explore Cuban rhythms and new ways to move
EXPRESS	Find creativity and confidence without pressure
THRIVE	Experience joy through movement and connection



Casa Cuba Special Events

MOVE	Celebrate through easy salsa steps and joyful dancing
CONNECT	Bring guests together through rhythm and laughter
DISCOVER	Explore Cuban music, dance and party culture
EXPRESS	Celebrate your occasion in your own style
THRIVE	Create joyful moments and shared memories



Casa Cuba Destination Festivals

MOVE	Dance, explore and be active
CONNECT	Meet new people and be part of a global community
DISCOVER	Immerse in Cuban culture, music, food and breathtaking destinations
EXPRESS	Celebrate creativity, self-expression and joy
THRIVE	Create unforgettable experiences that enrich your body, mind and soul