



2022

# MOVMEANT

Retreat

Monchique, Portugal  
July 31 - August 7, 2022  
Hosts: Ruben & Cuchira

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## EARLY BIRD SPECIAL!

10% discount if you sign up before JANUARY 1, 2022.

Step into your freedom! No better place to experience deep meaningful connection than surrounded by the magical mountains of Monchique, Portugal. Move free with the guidance of knowledgeable caring hosts Cuchira and Ruben. Share and connect with a supportive community of BEYOUtiful warriors ready to heal and play!

No matter how loud or soft your inner chatter speaks, there is always room for self-improvement especially when it comes to strengthening the relationship between ourselves and our eMOTIONal-physical bodies. The 2022 MovMEANT Retreat is your ticket to gaining and maintaining life-long tools and skills to better serve your SELF. Come cleanse, connect, retreat, revive, reboot through the power of MovMEANT! AN UNFORGETTABLE EXPERIENCE!

- MovMEANT is a movement meditation somatic healing practice connecting us back to our true selves.
- Learn how to understand your BodyTalk.
- Gain life long tools to heal, help and self regulate your emotional and physical body.
- Gain a better understanding of the connection between body-mind through the power of MovMEANT.
- All levels, all beings welcome. You don't have to be a dancer/yogi to attend this retreat. The only requirement is that you are breathing.
- A week long intensive MovMEANT experience in the mountains of Monchique, Portugal. Disconnect to connect.
- One week of somatic healing techniques and physical training work that you can take home to further your self love practice and enrich the quality of your life.



## WHAT IS MovMEANT?

A movement meditation-ritual created and guided by Tamara “Cuchira” Levinson. The body holds such immense wisdom. Learning to understand how emotions speak through movement is truly life changing; that’s no exaggeration! MovMEANT is the way into the inner body; what we can’t see but feel so deeply and often holds us back from fully experiencing all the beauty life has to offer. When we move in awareness we can feel the unspoken language with clarity. This gives us a way to express (and release) what words cannot. Once the mind-body has the opportunity to be heard it can let go of what no longer serves its best interest. Bonus prize is the clarity that reveals itself along the way.

## WHAT WILL YOU GAIN FROM THE RETREAT?

The body speaks through sensations. Learning how to embrace, move and release in healthy ways allows space for new beautiful experiences to enter your life. Think of it as an inner fast. Life requires us to constantly evaluate, release and heal. Trauma happens daily, big or small, may that be from noise pollution or formative traumatic life events. The MovMEANT practice provides a safe space for you to come back home to heal, to BE, to self regulate so as to catch yourself before you fall.

You will leave the MovMEANT retreat with a bag of tools that will help in continually seeking your best self. Feel emotionally lighter and gain a community of like-minded warriors you can now call your friends. It’s an incredibly unique experience! Great to share with a partner, friend, parent, sibling or fly solo..

Everyone is welcomed.

During our 7-day MovMEANT adventure we will cleanse the emotional body through somatic healing practices such as conscious movement, visualization, vocalization, breath-work, meditative flow, free-dancing, prehab/rehab training and more! All the techniques you learn at the retreat you can take back home with you for future self care.



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## HOSTS BIOGRAPHIES

You may be wondering who are the humans that will create this unforgettable experience and love every bit and piece of you... Here we are and we can't wait to meet you!

Tamara "Cuchira" Levinson was born in Buenos Aires, Argentina.

At the age of fifteen she represented the USA Rhythmic Gymnastics team at the 1992 Olympic Games. Her love of free movement, individualism and eMOTIONal exploration led her to a successful and ongoing over 20 year professional dance, aerial dance and choreography career. Within that journey came a thorough deconstruction of the eMOTIONal body and how "it" (our true essence) moves through us. This understanding cultivated the bases of her life's work and greatest passion called MovMEANT.

During her earlier years she had the great pleasure of dancing with many popular artists such as Madonna, performing and creating various Off-Broadway productions in New York City, touring internationally with avant-garde aerial group De La Guarda's "Villa Villa" & Fuerzabruta as an original cast member and co-creator.

She also worked with the legendary Twyla Tharp and choreographed a couple numbers in the movie "The Greatest Showman" with Hugh Jackman. Gaining such production and creation knowledge throughout a decade in the thick of Broadway and Hollywood, Tamara naturally transitioned into directing many of her own masterful pieces of work on stage and in film.

With a bag full of movement expertise (aerial arts, improvisation, choreography, gymnastics, rhythmic gymnastics, yoga and just good ol' play) Tamara's dream was always to show others how therapeutic tapping into the true nature of the body can be. The next organic shift in her career came with the realization of a very powerful

movement meditation technique/practice she created called MovMEANT, which she now shares worldwide to all those seeking to find freedom within and a greater understanding of how to move with their emotions.

After all Tamara has accomplished she feels like she is just getting started digging into her most meaningful work yet! When it's all said and done the only credit she wants to have on her resume is LIGHT WARRIOR.



Ruben, born and raised in Portugal started his movement journey at age eight playing futebol (soccer). By age 23 he was playing for U.D. Vilafranquense. At that time he was also investing practice time in the sport of footvolley, competing in the Footvolley National League in which he is currently vice champion of Portugal.

As a youngster he started to study and implement strength and conditioning protocols in order to improve his overall physical conditioning to increase his sports performance. Ruben has always been curious and motivated to learn more about the body as well as ways to self improve MINDfully but it wasn't until he left futebol that he began to research movement as a deeper whole. His perspective opened up into a spectrum of infinite mind-body possibilities.

Ruben's movement classes focus on preparing the body for the most desired and undesired situations. Working through the body's weaker aspects from the inside out creates an adaptable healthy human body. Moving in this manner has great long term effects. One feels empowered, navigating through their environment in ways never felt before; Able to connect deeper within self allowing more freedom in general movements and an overall healthier lifestyle.



# RETREAT CENTER

The Bodhi Bhavan Retreat Center is located in the mountains of Monchique, Portugal with amazing views over the Northwest side of Monchique, with stunning sunsets and sunrises. Peacefully embedded in the magic of nature, it's Algarve's second highest peak with walking trails located around the retreat venue. On more than

6 hectares of land you can find a peaceful mystical spot to rest and reset. Natural spring water comes directly out of the mountain and is drinkable straight from the source. The water from Monchique is famous for its healing quality due to its high Ph value.

The grounds have a strong energy supporting your practice of self exploration and mindfulness. It is a great place for deep rest, healing as well as centering yourself in clarity and finding your inner strength.

The studio is a separate building located approximately 50 m higher up from the accommodations offering stunning views over the hills. On clear days you even see part of the west coast. Imagine yourself moving free overlooking the majestic mountains of Monchique!

Since the center is quite isolated one can truly retreat and escape life's demanding ways. It places you instantly in a safe comforting bubble to breathe. You won't ever want to leave! Relax and refresh at the pool, read in the garden, meditate looking down on the beauty of Monchique. Incredibly breathtaking!

To learn more about the center <https://bodhi-bhavan.com/>



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# GETTING THERE

Address: Poio de Medronhal

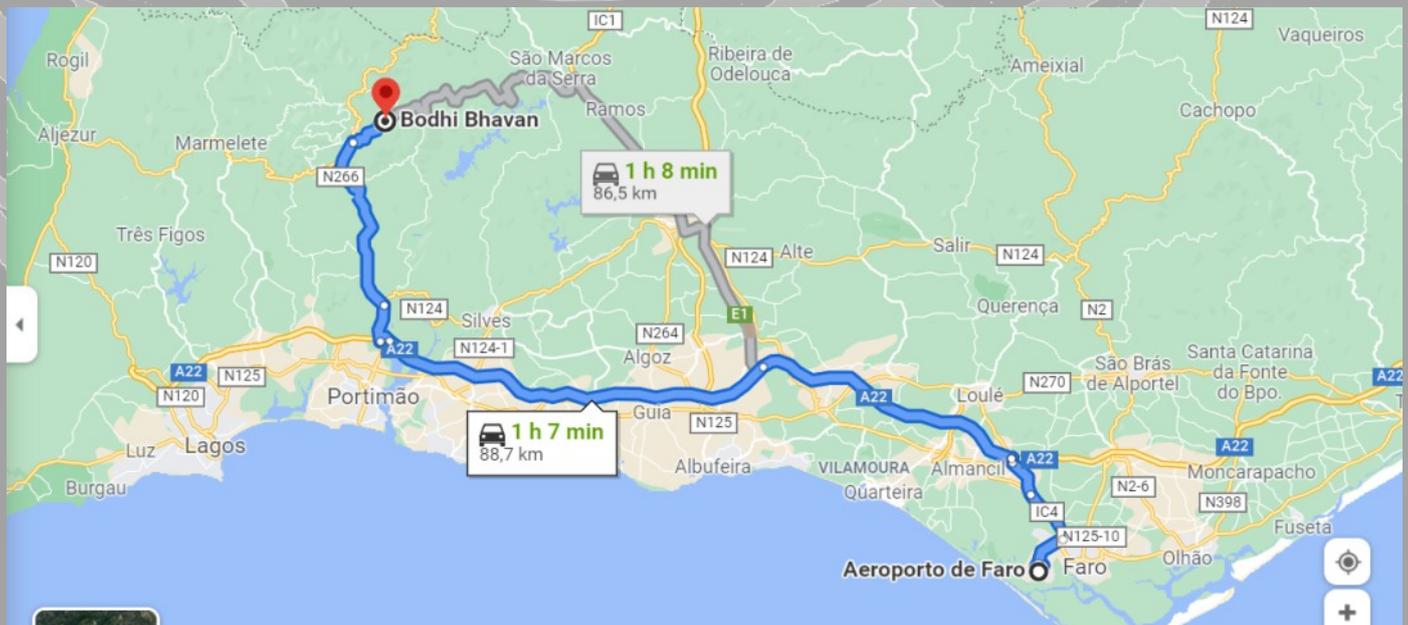
8550-233 Monchique

Portugal

By air:

Closest Airport: Faro Airport

1 hour drive



Lisbon airport: 2hr. 30min drive

Great sites for cheap flights:

[momondo.com](https://www.momondo.com)

[skyscanner.com](https://www.skyscanner.com).

\*Options to rent a car at the airport or hire a taxi to take you to the center. If you need help with car hire please let us know.

\*You can also take a bus or train from Lisbon to Portimão. From there it's about a 25 minute drive to the retreat center. Note that transport is not included in the price of the retreat.

\*Once the retreat date gets closer I will arrange a whatsapp group with all participants. In past retreats, participants have arranged carpools.

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## DAILY SCHEDULE:

The intention of the MovMEANT retreat is to create a bubble away from everyday life to dive heart first into the practice. Though there will be plenty of time to soak in the pool, rest and reset, the main focus is to explore the practice. Therefore, practices will be plentiful and well observed.

Example of retreat schedule

(Subject to change & will vary)

MORNING PRACTICE: 8.30-10.30

BRUNCH: 11.00-12.30

AFTERNOON PRACTICE: 16.30-18.30

DINNER: 19.00-20.00

LATE NIGHT OPEN PRACTICE: 20.30-21.30

## Previous Retreats Videos:



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# ACCOMMODATIONS

The Rooms are comfortable, sweet and beautifully designed to make you feel right at home. Main area in the house unites all the rooms where you can read, write, chat or nap. An inviting quiet space to lounge and BE.

- Only double rooms available. We believe in sharing space and uniting in a family style environment.
- All rooms have separate bathrooms with showers.
- The center has an amazing pool to gather around and lounge in-between your MovMEANT sessions.



# FOOD

Our private chef will feed us happy and healthy. Nourishing and delicious vegan/vegetarian meals give us plenty of energy to move free! Upon request dietary restrictions can be granted. Brunch and dinner will be served daily with light snacks, fruit, coffee, tea and leftovers available throughout the day to keep those wanting more satisfied between meals.

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## **COSTS**

- €2,000 (euros) per person
- €1,000 deposit via bank transfer (non-refundable)
- \*Deposit is required upfront to hold your spot.
- Remaining €1,000 will be collected in cash upon arrival.

### **EARLY BIRD SPECIAL!**

10% discount if you sign up before JANUARY 1, 2022.

## **PAYMENT PLAN**

Our payment plans are a simple and practical way to make it possible for you to join us!

- €500 (euro) deposit is required upfront to hold your spot.
- Deposit is paid through bank transfer.
- €1,000 on the payment plan
- €500 cash will be collected upon arrival at the center.
- Monthly payments are due by the 7th of every month without exception. This is non-negotiable.
- If you miss a monthly payment your spot will automatically be released and you will not receive a refund.
- Monthly payments are taken in installments depending on the months remaining to the starting date of the retreat.

## **BOOKING POLICY:**

- \* Deposit fees and payment plan installments will NOT be refunded under any circumstances (other than if the retreat is cancelled by the hosts for unforeseen reasons that make it impossible to reschedule or proceed).
- \* If the retreat doesn't proceed as scheduled in 2022, we will automatically transfer your payment(s) to the retreat's alternate dates. If you are unable to attend the new retreat date you can attend any future retreats using your payment credit.
- \* In the very unlikely event of retreat is cancelled altogether, your payments will be refunded within 14 days, minus 6% admin cost.

## **IMPORTANT QUICK NOTES:**

- \* Check-in: Sunday July 31st at 16:30 (4.30pm) and onwards.
- \* Check-out: Sunday August 7th at 10:30am
- \* The prices are in EUR and per person
- \* Food served is vegan/vegetarian. Dietary needs are possible upon request.
- \* Please ensure that your passport is valid
- \* Make sure that you are aware of immigration/visa laws in Portugal

Your package includes

- \* All classes, meals and accommodation.

Not Included

- \* Travel to, in and from Portugal and the Retreat Center.

## FAQ:

### CAN I ATTEND IF I AM PREGNANT, INJURED OR HAVE A DISABILITY OR CONDITION?

Yes. Depending on the severity of your condition we might require consent from a doctor. We would also like to have a chat with you prior to signing up so that we can be sure to best serve your needs and that we are a good fit for you. We want you to have the best experience possible! Keep in mind the center is quite isolated and up in the mountains. Though beautiful, the center unfortunately is not wheelchair friendly.

### WILL I HAVE TO SIGN A LIABILITY FORM?

Yes, it is mandatory that all attendees sign a liability form prior to the retreat. It will be sent to you during the signup process.

### ARE THERE ACTIVITIES OUTSIDE OF THE RETREAT CENTER?

There are couple walking trails directly outside Bodhi Bhavan. Closest beach is in Portimão, a 30 min drive South.

### DO YOU HAVE RECOMMENDATIONS IN PREPARATION OF AND POST RETREAT?

In preparation for the retreat absolutely nothing is needed. Come as you are :) We like you that way.

After the retreat we highly recommend (if possible) to stay in Portugal on vacation mode for a bit. The retreat is super fun and also highly emotionally charged therefore it takes the body-mind time to process the work afterwards. We will be in a bubble for one week, working on ourselves and reconnecting. Giving yourself time to process instead of abruptly transitioning back to "reality" is highly recommended if that is a gift you can give yourself. One of our prior retreat warriors jokingly (not

-so-jokingly) said that we should make sticking around a week longer mandatory. Plus Portugal is a beautiful country worth exploring with beautiful beaches, nature and history.

### WHAT LANGUAGE IS THE RETREAT CONDUCTED IN?

The retreat is conducted in English though Ruben speaks Portuguese and Tamara speaks Spanish. It is highly recommended that you speak English since all classes are guided in English. With that said, we love that our retreats attract amazing, kind, interesting people from all over the world. The more diversity, the better!!!

### WHAT IF I HAVE FOOD ALLERGIES?

We can most definitely accommodate food allergies as long as you let us know in advance.

## DO I HAVE TO ATTEND ALL THE CLASSES DURING THE RETREAT?

Yes and no lol. Nothing is mandatory. We want you to do you, in fact that's the whole point, learning to listen to your body, respect it and give yourself permission to do what you need. Needing and wanting are two very different things and that's where the 'soft yes' answer comes in. We strongly encourage our warriors to push themselves with kindness, meaning not to give up or get lazy. You made it to the retreat, you invested in your self, why not partake in the entirety of the experience. Unless injured we hope you will be a part of the whole experience for yourself and for the group. We're in this together.

## WHAT'S THE TONE OF THE RETREAT?

As much as we believe in individualism we also believe in community therefore the tone of the retreat is UBUNTU: I AM BECAUSE WE ARE. It's an intense experience as well as super fun and freeing. This isn't a vacation though it has its relaxing elements. This is an explorative retreat. We will use the time wisely to deepen our practice. But there is a pool and we will definitely be chillin.

## HOW MUCH FREE TIME WILL WE HAVE?

There will be plenty of time to do you. Play hard, rest harder is our motto.

## IS PORTUGAL SAFE?

Portugal is one of the safest countries in the world and easy to get around. The Portuguese are super helpful and of course if you need any assistance at all, Ruben and Cuchira are here to help.

## CAN I ATTEND WITH MY KIDS/PETS?

This is YOU time. Indulge in taking care of you. Though we love our furry friends and little ones, this retreat is for human adults ages 18+

## DO I HAVE TO BE A YOGI OR DANCER TO ATTEND THE RETREAT?

Heck no! Every-body is meant to move! That's why we have bodies in the first place. Unfortunately our world moves with the head first and forgets about the wisdom of the body. Time to take back your body! Listen to what it has to say and connect to the only home you have. No better way to do just that than to move! This retreat is great for ALL HUMANS WANTING TO RE-CONNECT by way of movement.

## COVID related information:

As Covid regulations remain ever-changing please stay up to date with requirements needed for travel to and from your home to Portugal .

- \* For your and the group's safety, you will be asked to sign a waiver before joining the retreat which confirms you are healthy and have a negative PCR or Antigen test.
- \* Please check for travel updates in your country or the country you will be returning to, before travelling to Portugal. Knowing your right to enter Portugal and return to your desired country, and your flights are your responsibility.
- \* We highly recommend you book flexible or refundable flights or get flight insurance in case of any changes to your trip. Hosts will not be responsible for any travel related costs.



**TO REGISTER:**

<http://movmeant.com/>

Send an email to [Cuchiracuchira@outlook.com](mailto:Cuchiracuchira@outlook.com)