

2024

MOVMEANT

Fall intensive



Guided by Cuchira & Ruben
Cascais Portugal
October 10-20, 2024

Join us October 10-20, 2024 for a ten day intensive designed to cultivate, maintain and inspire your personal practice.

Immerse yourself into the practice and resurface transformed. We offer this intensive with the intention of committing diligently to the self-work. Life often becomes a distraction, creating an illusion, much like a veil covering up what really matters, what brings you wholeness and inner peace. The MovMEANT intensive is designed to wake you up, release the non-serving, process the teachings with guidance in a safe space to reconnect to your true essence. We hope you use the ten days to awaken and re-align.



WHAT IS MovMEANT?

To call it merely a somatic practice would be doing its infinite potential a huge disservice. The MovMEANT conversation begins with body expression also referred to as BodyTalk. From there the journey takes on its unique course as you become the witness to the experience.

Indeed we are MEANT TO MOVE. Our bodies need to move in order to stay healthy, supple and adaptable which Ruben's practice attends to masterfully. Our bodies also play a major role in the deeper connection to ourselves and that which lives beyond the physical realm; this is what we explore with the guidance of Cuchira (Tamara).

Our bodies are wise vessels that carry within them the capacity to relate to worlds beyond that which can be “seen”. By moving in awareness we can tap into the ‘knowing body’ that so wisely navigates and connects us to the relationship between external and internal with innate wisdom. This knowing is in all of us, through the practice we undo the doing and come back to here and now. Healing resides in the process and processing.

MovMEANT utilizes everything the self gives us to express. No-thing is unwelcomed. The body is wise, we respect its teachings and allow it space to breathe without force or judgment. We promise to provide a professionally guided, non judgmental space where you can unfold, release and gain tools to rebuild. We welcome you to transform your-self and transcend what you thought possible.



DAILY SCHEDULE:

As these ten days are mapped out to focus mindfully-bodyfully on the practice, expect them to be intense in the work with plenty of free time to play, process and restore.

The schedule will look something like this with possible minor changes:

Early Morning sessions with nature: breath-work, ocean dips, MovMEANT earthing

Free time for breakfast/ brunch

Intensive afternoon practice with Ruben and Tamara (4 hours)

Bring a snack & water (there will be a 20 minute break if needed)

Studio has showers (bring a towel)

Off for the rest of the day

*Additionally, there will be two days where the indoor studio practice will instead be taken outside to be with the teachings of Mother Nature, informed by a group nature hike and forest walk-meditation through the Portuguese landscape.



SELF INVESTMENT

*NOT INCLUDED : Food, Travel & Accommodation

Rate:

€1400 Bring a friend discount!
Sign up with a friend and both will get a 500€ discount.

€1900 normal rate

*payment in full

*payment non-refundable unless the event is canceled for unforeseen reasons that make it impossible to reschedule or proceed. This payment is a commitment to your SELF that you will SHOW UP.

Payment options:

Bank Transfer

Revolut

TO REGISTER: inquire by email:

CuchiraCuchira@outlook.com

BOOKING POLICY:

* Payment is non refundable under any circumstances (other than if the event is canceled by the hosts for unforeseen reasons that make it impossible to reschedule or proceed).

* If the event doesn't proceed as scheduled we will automatically transfer your payment towards the rescheduled dates. If you are not able to attend the new date you can use your payment towards any MovMeant offering within the next year may be that be private sessions, online classes or following MovMEANT events. This offering expires October 10, 2025. Note that this offer applies ONLY if the event is canceled and you cannot attend rescheduled dates. This does NOT apply for any other reasons.

* In the very unlikely event that the intensive is canceled altogether, your payments will be refunded within 14 days, minus the transaction fees.

IMPORTANT QUICK NOTES:

The price is in EUROS

Please ensure that your passport is valid if you traveling from overseas

Make sure that you are aware of immigration/visa laws in Portugal

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GETTING THERE

PRACTICE STUDIO : Mujō

Address: R. Dom Francisco de Avilez 26 cave, 2750-349 Cascais, Portugal

<https://www.mujo.pt>

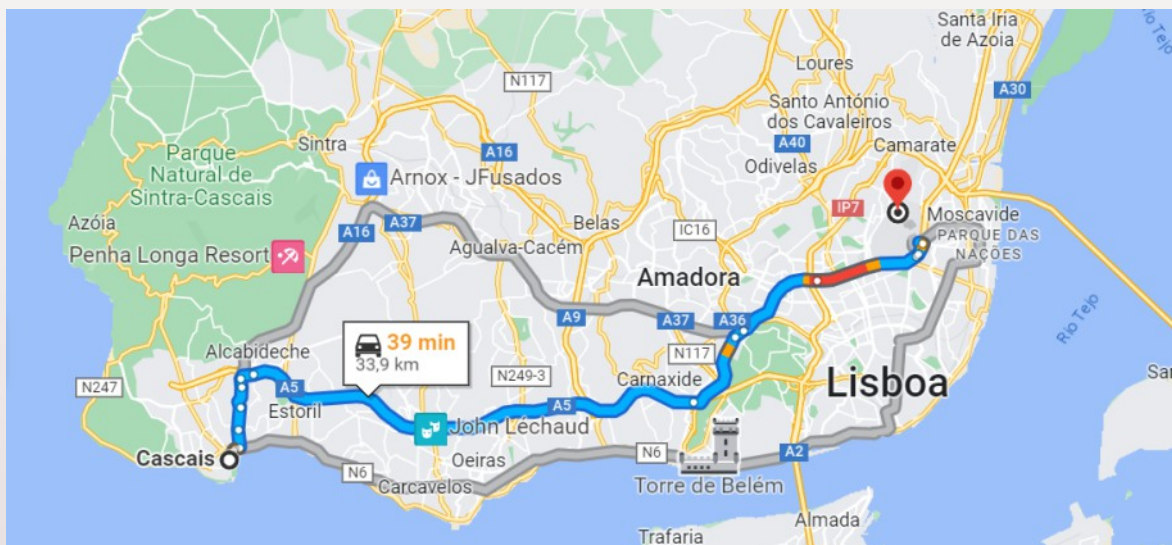
Mujō is a beautiful brand new movement space that just opened up in the city center of Cascais. It offers us a safe, quiet and wonderfully kept hosting space where we can do the work comfortably. We will mostly be in the jiu jitsu room which is **AWESOME** because it's a fully padded space ready for us to get down, dirty and let it all go!

GETTING TO CASCAIS, PORTUGAL:

Closest Airport: Lisbon Airport (Humberto Delgado Airport)

40 minute drive to Cascais from Lisbon airport, Ubers and taxis are easy to get at the airport.

1 hour 40 minutes by subway/train from Lisbon airport. This will cost you about €4 and take you 75 minutes.



A LITTLE ABOUT CASCAIS, PORTUGAL:

<https://www.cascais-portugal.com/index.html>

Additionally you'll find Portugal is a very safe and easy country to travel.

HOSTS BIOGRAPHIES

Here's a little about us :)

Tamara "Cuchira" Levinson was born in Buenos Aires, Argentina and moved to the USA at age 5. She represented the USA Rhythmic Gymnastics team at the 1992 Olympic Games just 10 years later. Following her athletic career she moved to NYC to evolve beyond the athlete. There she found her freedom in movement, specifically dance and aerial arts. This led to a successful 20+ year professional dance and choreography career which included dancing on three world tours with Madonna and many other well known names in the industry.

Her next big artistic venture came by way of her roots through a well-known avant-garde aerial group called 'De La Guarda'. She co-choreographed and performed in the shows "Villa Villa" and Fuerzabruta. Tamara's curiosity about all forms of physical expression took her to Broadway in Twyla Tharp's staging of "The Times Are A Changin'" and she choreographed for commercials, theatre and films such as the movie "The Greatest Showman" with Hugh Jackman.

What's always spoken to Tamara is how movement is the universal language. It's speaks without words and sees without eyes. What connected her to her audience and vice versa wasn't the choreography or fancy moves, it was the deep inner truth that the bodies wisdom accesses through its innate knowing, and expresses through just simply being alive and present. That realization began a whole new way of sharing movement.

Three decades ago, before somatic healing was a "thing", Tamara intuitively began exploring body talk, teaching workshops, masterclasses, retreats about understanding the language of the body and how emotions speak. This journey birthed MovMEANT, a method of therapeutic healing she personally curated from her life experience, deep immersion into the movement world and working with individuals on all spectrums of the healing journey. The practice has evolved through time, enriching the lives of her participants and her-self. She feels honored to serve in this way, grateful to live in her purpose.

To learn more go to MovMEANT.com



Ruben, born and raised in Portugal started his movement journey at age eight playing football (soccer). By age 23 he was playing semi-professional level. At that time he was also investing practice time in the sport of footvolley, competing in the Footvolley National League in 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 football that he began to research movement as a deeper whole. Curious about how the body works, seeing engaging in how's and why's beyond the surface self.

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 and a playful interaction between constraints, freedom and concepts . Creating an adaptable and flexible healthy human body; that's what Ruben seeks most for his students, to feel comfortable in their bodies so they can live free without restriction.

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 for more freedom in general activity and an overall healthier lifestyle. What Ruben offers in his work is beyond the physical; by implementing conscious breathing and cultivating presence as an intrinsic part of the practice his work will leave you feeling like you can take on the world! Peacefully of course 😊



ACCOMMODATION SUGGESTIONS:

Being that October is off-season you'll find that everything will be more affordable. Depending on your budget and desires there are all sorts of accommodations in the area, from hostels, to Airbnb's to 5-star hotels on the beach. This is the beauty of the 'pick your own adventure' format as you can easily make it work for your budget and needs.

*Also a great idea: Do the intensive alongside a friend and/or partner and split the costs of the stay. This work is incredibly healing for partnerships as well as individuals alike.

If you need some suggestions on accommodations please let us know. We are here to help. If you're looking to NOT rent a car or take Ubers we recommend staying close to the studio. The studio is located in the city center with tons of restaurants and accommodations, and a short walkable distance from the beach and boardwalk, which makes it all easy to get around by foot.

FOOD SUGGESTIONS:

Again, choose your own adventure when it comes to food. Depending on your budget, needs and cravings you can plan accordingly with an abundance of options to choose from all near the studio in the city center. Options such as traditional Portuguese cuisine, sushi (which is so good because Cascais is a fisherman's town), delicious vegan/vegetarian restaurants, and for those that like meat there's the almighty Churrasqueira.

We have a beautiful organic market called Mercado da Vila that takes place every Wednesday and Saturday which offers everything you can imagine from fresh made cheeses, to locally grown vegetables and fruits, an incredible fish market, oyster stall, fresh baked breads, Portuguese sweets and pretty much everything to tempt your appetite! The market is located in the city center, a very short walk from the studio. So if you like to cook, rent an Airbnb with a kitchen and use the goodies from the market to make something beautiful for your belly. Close by there are also plenty of bodegas, quick eat joints and a big supermarket with all your needs.

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FAQ:

WHAT'S THE TONE OF THE INTENSIVE?

We created this event in the hopes that it will be used as a time to deepen your practice and reconnect to your true essence. The emphasis of this intensive is put into **DOING THE WORK** practically and mindfully in the studio and beyond. Therefore we hope you will take the ten days as a mindful moving meditation that extends beyond the studio space.

*Important: This is not a trauma bonding event. This is an opportunity to expand consciousness, and to develop and inspire new mindful, helpful, sustainable applications to find inner peace and flow. This is a serious life investment and if approached with such intention it offers life changing gains.

This is also not to be done in place of psychotherapy. Indeed this work is healing and therapeutic in many ways but it does not take the place of those in need of proper professional treatment for mental health conditions.

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 and vice versa. We want you to have the best experience possible so let's talk about it and get it sorted respectfully.

WILL I HAVE TO SIGN A LIABILITY FORM?

Yes, it is mandatory that all attendees sign a liability form which will be handed out day one at the studio. We ask that you sign it before we begin the practice. If you'd like to see the form prior to the event we can definitely send it your way. Nothing out of the ordinary, quite standard so everyone feels safe and cared for.

WHAT LANGUAGE IS THE INTENSIVE CONDUCTED IN?

The retreat is conducted in English though Ruben speaks Portuguese and Tamara speaks Spanish. It is recommended that you speak English since all classes are guided in English.

DO I HAVE TO ATTEND ALL THE CLASSES DURING THE INTENSIVE ?

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. But be aware, needing and wanting are two very different concepts and that's where the 'soft yes' answer comes in. We strongly encourage our participants to push themselves with kindness, meaning not to give up or get lazy. You invested in your-self, why not partake in the entirety of the experience and learn from the challenges that may arise. Unless injured or ill we hope you will be a part of the whole experience for yourself, for the group and for ultimate growth.

FAQ:

CAN I ATTEND WITH MY KIDS/PETS?

This is YOU time. To disconnect so you can reconnect. Take this as a gift to your SELF.

This intensive is for ages 18+

it through with you and any concerns you may have. We are a phone call away :)

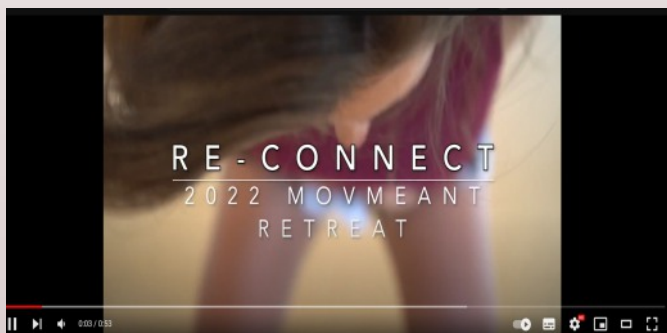
DO I HAVE TO BE A YOGI, DANCER, ATHLETE TO ATTEND?

Heck no! Every BODY is meant to move! This work focuses on the wisdom the body provides us with to tap into our inner world and connect to our true nature. If you have a body, you can do this work.

WHAT IF I'M STILL NOT SURE IF THIS IS FOR ME?

Let's connect. An email. A phone call. A video chat. Ruben and Tamara are more than happy to talk

Previous Retreats Videos:



TO REGISTER !!