

MovMEANT

upcoming
events

MovMEANT PLAYSHOPS

IBIZA, SPAIN May 4 & 5

MovMEANT Weekend Workshop

Guided by Tamara "Cuchira"

MovMEANT workshop description:

In a world that is so head heavy we must not forget the innate wisdom the body contains. Speaking to us through emotions, sensations, and a huge inner library of energetic processing, our bodies are built to help us navigate our inner and outer worlds. The mind lies but the body is truth in form.

This two day workshop will remind you of the wisdom we carry within and how you can connect to it for regulation and healing. Ages 18+ No prior experience in somatics or movement needed. This is a practice cultivated in BEING.

Guided by Tamara "Cuchira" Levinson. This is somatic therapeutic work like nothing else out there. Tamara has created her own organic techniques of somatic "speaking" by taking cues from our most fundamental human instincts. The work allows you to tap back into what you inherently know and decondition the mind of the noise.

More on Tamara can be found via her website MovMEANT.com and on instagram @cuchira

PRICE:

*rate is for the full weekend

Early bird (ends March 31) : €250

Normal rate (starting April 1) : €350

Day of workshop: €450

*NOTE:

payments are non-refundable

rate is for the full weekend

It is recommend you commit to the full weekend as the classes are created to integrate the teachings of the day before. If you can only attend one day that is fine but note that the price to attend remains the same.

Payments are made through bank transfer (details given when you email Tamara to sign up)

