

## **Private Sessions with Tamara “Cuchira”**

*Somatic Healing & Emotional Integration — Beyond The Narrative*

**1:1 sessions with Cuchira are a unique and profoundly effective experience. They offer an honest, safe, supported, and unbiased space to feel, move, speak, create, imagine, and express by any means necessary, whatever is asking to be felt, seen, or heard...we invite in.**

**What makes this work different from traditional somatic practices, shadow work, or talk therapy is that it doesn't bind itself to a method, system, or yet another teaching you have to “learn” in order to heal (many compare it to a plant medicine experience). In fact, there is nothing to fix or master, rather embrace and de-condition. The “goal” is to empower you to stay curiously engaged with the unfolding your souls purpose.**

**This is a collaborative, co-creative process that opens doors to new possibilities and perspectives. It leaves you with a personal toolbox we build together, so the transformation translates into your practical, everyday life.**

**These sessions are for those seeking a truly transformative experience.**

**For those who have tried many modalities and nothing has quite landed.**

**For those who understand that wholeness is the entirety of oneself, not a single aspect.**

**For those who want to know themselves beyond a narrative, using the body as a portal to remember their authentic nature and true essence.**

**And I don't use these words lightly.**

**Transformation awaits you.**



## **\*What to Expect\***

### **•Online and In-Person Sessions**

- Sessions run between 1 hour 15 minutes and 2 hours, depending on your natural pacing.**
- Online sessions are held via video (WhatsApp or Zoom).**
- Please ensure you have a quiet space, a stable Wi-Fi connection, and enough room to move comfortably.**
- In-person sessions take place in Cascais, Portugal, unless otherwise specified.**



### **\*Commitment and Scheduling\***

- **Sessions are scheduled 7–10 days apart. If you're visiting for a limited time, we'll arrange the sessions according to your availability.**
- **Please honor your commitment and arrive on time.**
- **Cancellations or rescheduling require at least 24 hours' notice. Without proper notice, the session will be counted.**



### **\*Packages and Pricing\***

**Because this work truly benefits from long-term engagement (I genuinely believe this is the work of a lifetime), the discount packages are designed to support committing to your growth over a meaningful period of time.**

**Most of my clients stay with me for the long haul, many for decades. We grow together, building a relationship that allows me to support your journey in real time. This continuity adds depth to the work, strengthens trust between us, and ultimately gives you access to a support system that helps you feel safe, resourced, and able to thrive at every step of your path.**

**Payment in full before sessions (no refunds)**

**Packages expire after 3 months.**

**Sessions are to be done 7-10 day apart, as this work requires continual presence for optimal benefits.**

**\*Pricing and Payment Options:**

**Please email [CuchiraCuchira@outlook.com](mailto:CuchiraCuchira@outlook.com) for further information and booking.**

**This work has the power to transform your life when approached with openness, discipline, and genuine commitment. It's an honor to walk beside you on this journey. If anything is unclear, I'm here to help. Can't wait to get started!**

