

2025

# MOVMEANT

Fall intensive



Guided by Cuchira & Ruben  
Cascais Portugal  
October 1-10 2025

Join us October 1-10 for a ten day MovMEANT intensive designed to deepen your human experience through the power conscious movement and deep self-reflection. Immerse yourself into a somatic introspective practice that guides you towards better understanding your-self without influencing your natural process of exploration. Ruben and Tamara create a safe, non-judgmental, playful space for you to go within, maybe to places that haven't been visited for a while but are aching to be heard, felt, moved and loved. We offer ten thoughtfully curated days with the intention of providing you with professional and compassionate guidance. Life often becomes a distraction, creating a false-illusion of obsessive thoughts and conditioning that stunt your freedom, growth and joy. The MovMEANT intensive is designed to unlock stuck doors within that have been aching to explode wide open; to awaken your warrior spirit, to release non-serving energy-weight, to give space and time to absorb and process the work, and to reconnect back to your true essence of peace and presence. We promise you will leave the intensive with loads of new insight and inspiration to keep flowing and growing well beyond these ten days!



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## WHAT IS MovMEANT & Movement ?

To call it merely a somatic practice would be doing its infinite potential a huge disservice. MovMEANT, created and guided by Tamara aka “Cuchira”, is a somatic practice of conscious awareness that seeks to have non-verbal conversations within and beyond the body. We do this by learning to become fluent in BodyTalk.

Our bodies speak constantly, cuing us, guiding us, feeding us wisdom that due to conditioning and trauma we often learn to ignore, numb, doubt or fear. MovMEANT reminds us of the original language. Somatic speak; sending messages and medicine through felt sense, inner knowings, emotional discharge, and so many other innate tools we naturally possess. Healing happens through the mind AND body. MovMEANT gives space for the body to purge and reset whilst putting vocabulary to the inner happenings so the mind can process.

Indeed we are MEANT TO MOVE in varied ways. Ruben’s practice shows us how fun and accessible it is for our bodies to move in order to stay healthy, supple and adaptable no matter what shape, age or where you are in your form presently. One step at a time we find a way! We challenge the body by trying masterful techniques that ask you to play in infinite ways. Ruben’s classes will leave you realizing your body is not only wise but capable of more than you may have imagined!

In a nutshell, our bodies are incredible! They play the main role in deepening the connection to ourselves and that which lives beyond the physical realm. They also give us a home here on earth. Building a joyful peaceful “home” is the mission of our 10-day experience together. We hope you will join us.



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## DAILY SCHEDULE:

Carefully curated, expect our time together to be intense in work and play, with plenty of free time to process and restore. The beauty of the way the intensive is formatted is that you get “us time” and “you time”. When we gather we unite in powerful tribe energy to assist each other in the process. Afterwards you can manage your time as you wish. The schedule will look something like this with possible minor changes:

8-8:30am morning ritual ocean dips

Afternoon 4-hour MovMEANT sessions with Ruben and Tamara (with a 15 minute break to snack)

There will be two days where the studio practice will be substituted with a group nature walk. Gives time for the body and mind to rest whilst staying connected to the mission of “home”.



# SELF INVESTMENT

**\*NOT INCLUDED : Food, Travel & Accommodation**

## **Rate:**

€1400 early bird (final day March 31, 2025)

€2000 normal rate (starts April 1, 2025)

Payment required in full.

## **Payment options:**

Bank Transfer

**TO REGISTER: inquire by email:**

[CuchiraCuchira@outlook.com](mailto:CuchiraCuchira@outlook.com)

**Send Tamara an email with a little something about yourself. Why does intensive call you? Why now? What do you hope to learn and take away from the experience?**

## **BOOKING POLICY:**

\* Payment is 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 and honor your growth.

Information will be given after a brief call with Tamara. This is to ensure that we are the right fit for you and you for us.

\* 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.

# GETTING THERE

**PRACTICE STUDIO : Mujō**

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

<https://www.mujo.pt>

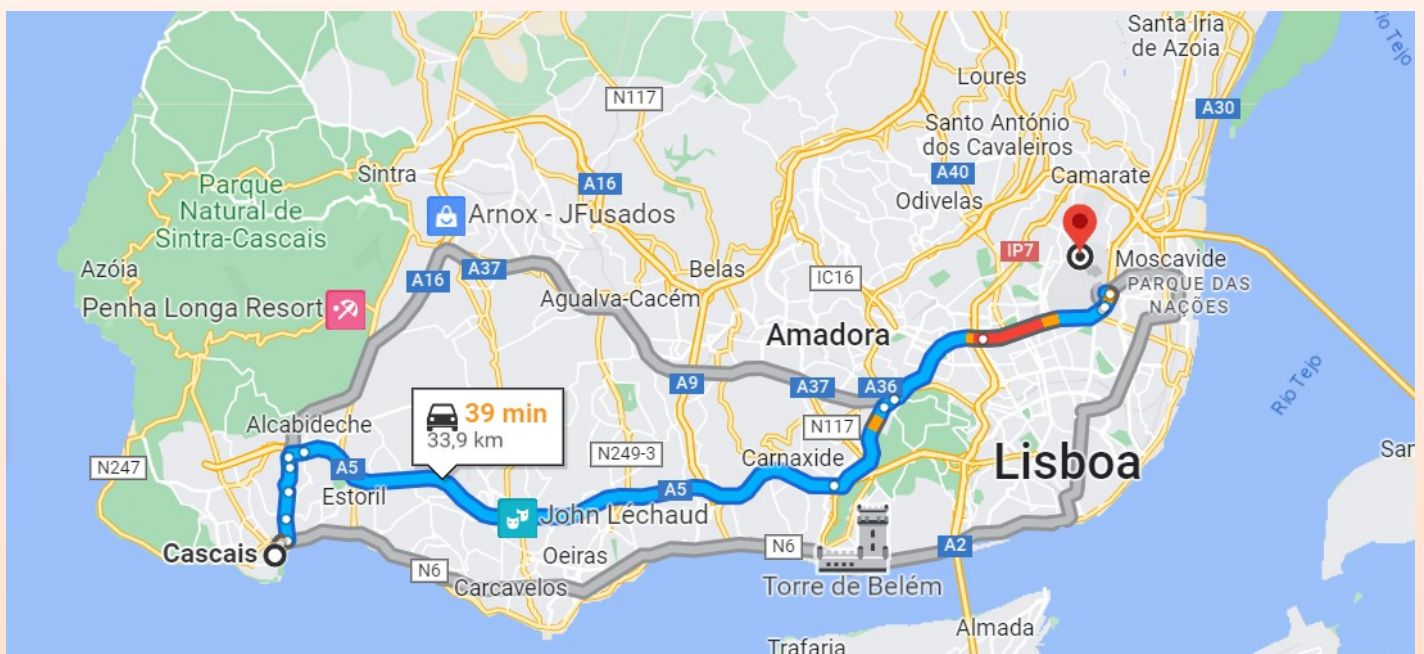
Mujō is a beautiful movement space in the heart of Cascais. It offers us a safe, quiet and wonderfully kept hosting space where we can do the work comfortably. There is also plenty of accommodation in walkable distance to the studio which makes it all very easy to get around.

## GETTING TO CASCAIS, PORTUGAL:

**Closest Airport: Lisbon Airport (Humberto Delgado Airport)**

**DRIVE: 40 minutes to Cascais from Lisbon airport. Ubers and taxis are easy to get at the airport.**

**SUBWAY/TRAIN: 1 hour 40 minutes from Lisbon airport. Costs about €4. Will take 75 minutes with a couple transfers.**



## 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.

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# 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 entertainment 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 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 body's 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](http://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. It works for your needs on your budget.

Another great idea is to do the intensive alongside a friend and/or partner. Splitting the bill of your accommodation reduces the costs AND we will honor such partnerships by offering the early bird price beyond its written date if you sign up together. This work is phenomenal to do with a partner. It's amazing for deepening the connection.

If you need some suggestions on accommodations please let us know. We are here to help. No need to rent a car if you are staying in the city center of Cascais. Everything is walkable if you stay close to the studio. Taking Ubers is also quite affordable. 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. But if you'd like to rent a car there's definitely lots to see.

## **FOOD SUGGESTIONS:**

Again, choose your own adventure when it comes to food. Depending on your budget, diet restrictions, and cravings you can plan accordingly with an abundance of options to choose from in the city center. 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, Saturday and Sunday which offers everything you can imagine from fresh 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. If you prefer to cook, rent an Airbnb with a kitchen and cook up a storm with the delicious producer from the market! Close by there are also plenty of small grocery stores, quick eat joints and a big supermarket with all your needs.

# 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 :)

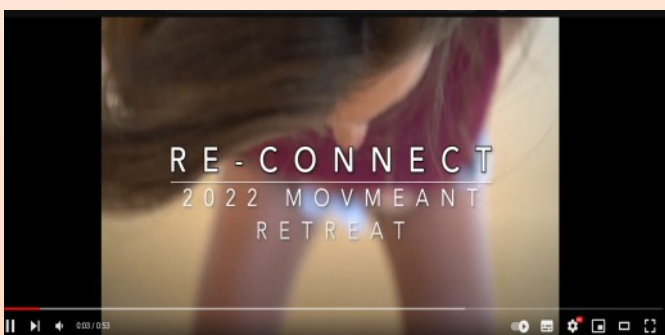
### DO I HAVE TO BE A YOGI, DANCER, ATHLETE TO ATTEND?

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 !!