



2023

# MOVMEANT Retreat

Aljezur, Portugal

August 6 - 13, 2023

Hosts: Cuchira & Ruben

**SIGN UP**

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## BRING A FRIEND SPECIAL DEAL

**1000€ Discount EACH if you sign up together.**

Why this retreat? Why NOW? Because if not, you wouldn't be here. You've come here because your heart and spirit knows this is exactly what it needs. No better time to listen to your-self and do something BEYOUTiful for you!

Move into your freedom, detoxify in spirit, body and mind with the guidance of your knowledgeable and caring hosts/teachers Tamara "Cuchira" Levinson and Ruben. Share and connect with a supportive community of BEYOUTiful warriors. Make lifelong friendships. Reconnect with nature and what really matters. Work through stuck energy and come back home to YOU. Gift your-self an experience of a lifetime that will leave you with lifelong tools to support you inner and outer well-being. Listen to your heart and invest in yourself. We can't wait to dance with you!



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## WHAT IS MovMEANT?

A somatic practice that brings you back home to you by way of body talk and emotional navigation. Created and guided by Tamara “Cuchira” Levinson, she will lovingly guide you into parts of yourself that have long waited to be “seen”. The body holds such immense wisdom, learn its language and free yourself of non-serving energy that has held you down for all too long. MovMEANT opens up channels of creative expression that invite in play and clarity. If you feel stuck, if you know there’s more inside screaming to come out, if you dream to be free, playful, light and clear, or if you just love to move in awareness... MovMEANT is the way. Through verbal and physical communication Tamara uses visualization exercises, vocalization, movement play and body talk to instruct the mover into the inner-self. In that safe space she helps guide the mover towards further understanding of their eMOTIONal body as a vehicle to heal and love. It’s an empowering experience that stays with you forever!

## WHAT WILL YOU GAIN FROM THE RETREAT?

An inner cleanse! You will not only leave this week lighter, freer, happier and with tons of new like-minded friends but you’ll have a toolbox of knowledge and resources to take home with you; ideas and inspiration to upkeep and care for your self and your well-being beyond the week we spend together. The MovMEANT retreat is a truly unique and super special experience like no other because it nurtures ALL OF YOU. Prepare to rest as much as you move. To have solo time as much as group fun. To feed yourself love, strength and knowledge as much as you detoxify and shed. A truly life changing experience!



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## HOSTS BIOGRAPHIES

We can't wait to meet you! 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 icons.

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.

Organically her raw emotional work led into guiding others to their own freedom through the body's wisdom. She began teaching workshops and masterclasses about tapping into the language of the body. MovMEANT, a technique she personally curated from her life experience and empathic ways of how to connect to the emotional body opened a whole new movement world for Tamara. She has now been teaching MovMEANT for almost three decades all over the world and this has changed her life and of those who have incorporated the practice into their lifestyle.

To learn more go to [MovMEANT.com](https://www.movmeant.com)



Ruben, born and raised in Portugal started his movement journey at age eight playing futebol (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 which he is currently in the top ranking 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 and that's what Ruben seeks most for his students, to feel comfortable in their bodies so they can live free. 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 movements and an overall healthier lifestyle. What Ruben offers in his work is beyond the physical; by implementing breath-work, chi-gong and what his students have referred to as 'sacred function' his work will leave you feeling like you can take on the world!





# RETREAT CENTER

A bubble of nature and serenity hidden away in the charming Costa Vicentina in Aljezur, the Palmas Lodge Retreat Center will make you want to stay forever! Super sweet and charming, the center has everything you need and more. A pool to soak, cool off, sunbathe and chill-out between classes. Hammocks to read and nap. Comfy couches to lounge on in the main room. Rooms are minimalistic and pleasant with their own mini patios. All rooms are shared dormitory style and have their own private bathroom. The movement studio is tucked away inside the forest surrounded by green and nature. Hiking trails all around the property to take walks and the most beautiful of Portuguese beaches just a 10 minute drive away (and yes, there will for sure be beach days!) And best yet... we will have the entire center all to ourselves so make yourself at home for the week and let's have us some fun!



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## DAILY SCHEDULE:

The intention of the MovMEANT retreat is to play as much as we rest. Stillness and movement need harmony to find oneness thus the schedule is prepared mindfully to find this beautiful unity. Practices will be plentiful and well observed. Rest will nurture the work. This is the schedule per se but be prepared to flow and stay adaptable.

MORNING PRACTICE: 8.00-9.30

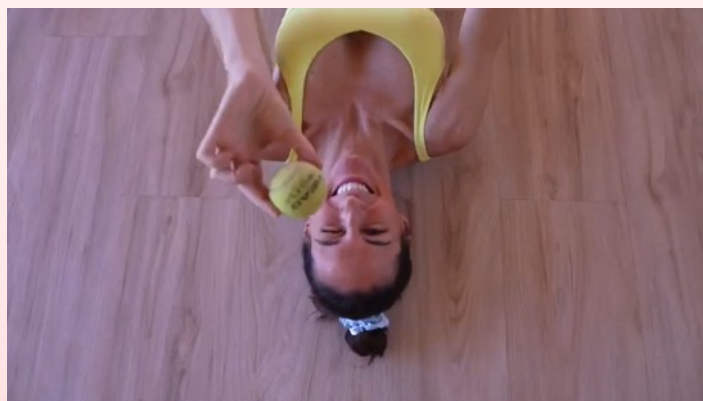
BRUNCH: 11.00-12.00

(Time for you, walks, rest, nap, swim, beach.. whatever is clever:))

AFTERNOON PRACTICE: 16.30-18.30

DINNER: 19.00-20.00

## Previous Retreats Videos:





# 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

We LOVE to eat so there will be plenty of delicious and healthy food to keep a smile on your face all week long! Our private chef will feed us happy nourishing food straight from the heart in a buffet style but with straight class! 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**

**Early Bird (until February 1, 2023): €2,050 (euros)**

**February 2, 2023 and onwards: €3,050 (euros)**

**\*payment plans are available**

**A deposit of half the amount is required upfront to hold your spot. Deposit is non-refundable unless host cancels the retreat (please see below titled \*IMPORTANT for details).**

**Deposit can be made through bank transfer, wise, or PayPal. The remaining amount will be collected in cash upon arrival. Please bring exact change.**

## **PAYMENT PLAN**

**We wanted to offer a payment plan option as many of our past participants have found it helpful:**

**In this case we ask for half of the deposit upfront to secure your spot. The payment plan is designed to help pay the remainder of the deposit in installments. The remaining half of the total will be collected in cash upon arrival to the retreat. Please bring exact change. Monthly installments are determined by the months remaining to the start date of the retreat.**

**Monthly payments are due on the 1st of every month without exception. This is non-negotiable. We ask that you stay responsible and accountable with your payments and time of payment.**

**Payments are non-refundable (see below for details)**

**Payments can be made through PayPal, wise, or bank transfer.**

**If you miss a monthly payment your spot will automatically be released and you will not receive a refund. No exceptions.**

**Please email your proof of payment to [cuchiracuchira@outlook.com](mailto:cuchiracuchira@outlook.com) every time a payment is made to confirm it has been received.**

**\*Important: Payment plan installments and deposits 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 and there is no possibility for rescheduling we will automatically transfer your payment back to you subtracting all transaction fees.**

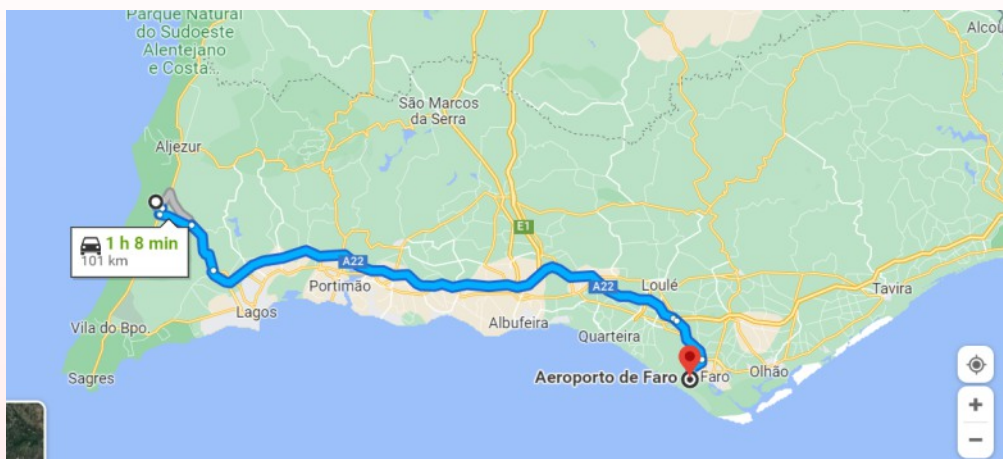
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# GETTING THERE

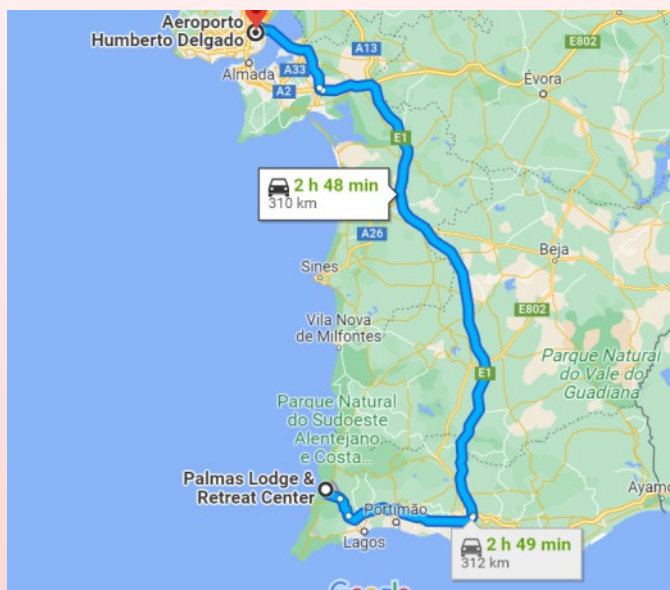
Address: Palmas Lodge & Retreat Center, Palmeirinha,  
Caixa Postal 788V - Monte da Vinha, 8670-142  
Portugal

By air:

**Closest Airport: Faro Airport**  
**1 hour drive**



**Lisbon airport: 2hr. 48min drive**



Great sites for cheap flights:

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

[skyscanner.com](https://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.



## 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 and vice versa. We also want to make sure the center has the accessibility you require. We want you to have the best experience possible so lets talk about it :)

### 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 you prior so you can read it thoroughly. Nothing out of the ordinary, quite standard so everyone feels safe and cared for.

### 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. Giving yourself time to process instead of abruptly transitioning back into "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 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 or ill 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 can be an intense experience as well as super fun and freeing one, so union becomes our treasure chest. This isn't a vacation per se though it has its relaxing elements. This is an explorative retreat to meet you again and again. We will use the time wisely to deepen our practice as much as we will rest and recharge.

## HOW MUCH FREE TIME WILL WE HAVE?

There will be plenty of time to do you. Play hard, rest harder is our motto. Duality. You can't have one without the other.

## 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.

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

PLEASE PLEASE PLEASE let's connect! An email. A phone call. A video chat. Ruben and Tamara are more than happy to talk it through with you and any concerns you may have. We are a phone call away :)



## **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 2023, we will automatically transfer your deposit to the following years retreat (2024). If you are not able to attend the rescheduled date you can use the deposit for the following retreat (2025). After that, your deposit will be invalid and you will not be refunded.

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

## **IMPORTANT QUICK NOTES:**

**Check-in: Anytime after 13.00h (1pm) on August 6, 2023**

**Check-out: Before 12pm (noon) on August 13, 2023**

**The prices are in EUR and per person**

**Food served is vegan/vegetarian. Dietary needs are possible upon request. Please be sure to let us know when signing up.**

**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 to and from the Retreat Center.**

**Questions? Doubts? Don't hesitate to ask:  
cuchiracuchira@outlook.com**

**TO REGISTER:**

<http://movmeant.com/>

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

Ruben and Tamara are more than happy to talk it through with you and any concerns you may have. We are a phone call away :)



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