

Private Sessions with Tamara aka “Cuchira”

Somatic Healing • Emotional Integration • Life Coaching — Beyond the Narrative

1:1 sessions with Cuchira are a profoundly transformative experience. They offer an honest, safe, and supported space to feel, emote, create, and express whatever is asking to be felt, seen, or heard. Cuchira guides you into the inner landscapes of the body; the places that feel difficult to access and tender to hold— with depth, clarity, and attuned presence.

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 another framework you must 'learn' in order to 'fix' yourself. There is nothing to fix, everything you seek, you already are.

This work is about returning to your innate wisdom. Many describe it as similar to a plant-medicine experience in the way it reveals hidden inner truth and brings profound clarity. The body becomes a phenomenal instrument for real transformation when accessed with intelligent, attentive guidance.

Sessions are a collaborative, co-creative process that opens doors to new possibilities and perspectives, including ones you may not have been able to see before, or may have felt too afraid to walk toward. Each session leaves you with a personal toolbox we build together, ensuring that the transformation translates into your practical, everyday life, in ways that feel true and sustainable for you.



***What to Expect**

- Online or in-person sessions
- Sessions run 1 hr 15 min to 2 hrs — the body sets the pace
- Online sessions are held via WhatsApp or Zoom
- Please ensure you have a quiet space, stable Wi-Fi, and room to move comfortably
- In-person sessions take place in Cascais, Portugal, unless otherwise arranged



***Commitment and Scheduling**

- Sessions are held every 7–10 days, maintaining the continuity this work requires
- If you're visiting for a short period, we will schedule according to your availability
- Please arrive on time and honor your commitment to the process
- Cancellations or changes require 24 hours' notice; without proper notice, the session is counted

****Packages and Pricing***

Because this work thrives with long-term engagement, the discount packages support committing to your growth over time. Most people stay with the work for years, many for decades. Time allows us to grow together, deepening trust, strengthening the relationship, and giving you access to a support system that truly knows and cares for you.

- **Payment_policy:** Payment made in full before sessions

NO REFUNDS

- **Package_expiry:** Session Packages expire 3 months after the first session.
- **Session_spacing:** Sessions are held 7–10 days apart to maintain continuity and support optimal results.

Pricing:

Single_session — €250

- 3-session_package — €600

(€200 per session — €50 savings each)

- 6-session_package — €1,140

(€190 per session — €60 savings each)

- 9-session_package — €1,530

(€170 per session — €80 savings each)

Yearly Mentorship

Includes:

- Ongoing WhatsApp access (respectful, with clear boundaries; not 24/7)
- 1 private session per month (12 sessions total)

One-time payment in full: €3,600

Installment plan: €4,000

Payment Options

- PayPal: <http://www.PayPal.Me/movmeant> (use “Friends & Family”)
- MB WAY: +351 937 204 605
- Bank transfer: Available upon request
- Cash: In-person sessions only
- Credit card: via <https://www.beyond-narrative.com/>

I look forward to working with you and helping you transform your life into what truly honors your souls truth.

With care,

Cuchira !

