

2026

MOVMEANT Yelapa Retreat



Guided by Cuchira & Ruben
Yelapa Mexico
November 4 - 10, 2026

Hello Beyoutiful Warriors,

Cuchira and Ruben here. We're honored to guide you through the Yelapa MovMEANT Retreat, November 4-10th 2026. This experience is truly special, combining MovMEANT with the power of our majestic Mother Nature.

Yelapa, a protected indigenous community/land in Jalisco, Mexico, remains relatively isolated with no cars, preserving its unique cultural heritage. This tranquil environment, with its natural beauty and limited modern conveniences, creates an ideal and rare setting for connecting back to the nature around us, and within ourselves. Prepare for a 6-night adventure that roots you right back to presence essence!

MEET YOUR GUIDES & THE PRACTICE:

Tamara "Cuchira" Levinson brings to life MovMEANT, a movement meditation practice that reconnects us to our essence, unlocking clarity and the deep inner wisdom held within our physical bodies. This intuitive and organic work honors your natural flow, pacing and emotional expression. The essence of this practice lies in reigniting internal freedom – the profound sense of internal authority and autonomy.

Tamara meets each individual exactly where they are, working honestly with what presents itself allowing what's needed to surface, be heard, and be honored, beyond the confines of the narrative. Tamara's work has been described as profoundly transformative, an experience that echoes the depth of an ayahuasca journey, with the movement awareness being the medicine.

Ruben's work harmoniously intertwines with Cuchira's, a beautiful synergy born from their partnership in love and purpose. Through countless retreats and intensives, they've realized the perfect balance to bring body-mind-being into wholeness; Cuchira's profound inner work complemented by Ruben's playful, intelligent, and exploratory practice, creates a unique healing experience like no other!

Ruben's movement journey unfolded on the futbol fields of Portugal, where he played semi-professionally and competed in the Footvolley National League from a young age. Driven by curiosity, he delved into the body's mechanics and optimization, exploring its intricacies and mind-body connections. His classes now cultivate adaptable, flexible bodies, empowering students to feel at home in their skin. Through conscious breathing and presence, Ruben's work transcends the physical, leaving students empowered, peaceful, and ready to navigate life with a body that's a trusted friend.

Both Ruben and Cuchira bring decades of movement experience, including Cuchira's Olympic career and professional dance background as a performer and choreographer. Together, they bring a lifetime of wisdom and passion to their students, guiding them to embody freedom, resilience, and their truest selves.

Our promise to you: you'll leave this retreat in a transformed body, more connected, centered, and radiant with newfound awareness.

Daily Schedule

(Below is an idea as to how the days will play out during the retreat, but keep in mind it's open to adjustments as we see how to best flow with what life gives us. But overall you can expect:

A light bite before your morning session with Ruben. Then breakfast, followed by either rest or a little adventure. Late afternoon movement session with Cuchira. A lovely homemade dinner with local ingredients. And then chill with the sounds of nature before heading off to bed.

- Approximately 4 hours of classes/sessions daily guided by Cuchira and Ruben.
- 3 meals a day cooked up by the lovely Mexican locals. Food is all home grown and organic.
- Diet restrictions can be accommodated. Please let us know upon signing up so we can prep the chefs.
- Rafael (the owner of the center) would love to offer a medicinal plant and garden tour where guests can pick their own herbs for teas, learn about their different properties, and see where the food is grown.
- Time permitting, whale watching and jungle hikes to waterfalls with natural pools are optional. Plenty of adventure awaits us!

Location and How To Get There:

Los Naranjos Eco-Retreat Center :

Nestled in the heart of Yelapa, Mexico, Los Naranjos is a tranquil haven; free from the distractions of modern life, no billboards, honking cars, or resorts, invites you to immerse yourself in its pristine biodiversity. Being surrounded by the land's ancient wisdom sets the stage for transformation doing half the work for you, effortlessly.

Los Naranjos Website:

<https://sites.google.com/grupo3a.com.mx/los-naranjos-english/?pli=1>

Pictures of the retreat center:

https://drive.google.com/drive/folders/1yhyT9GVQSi_cQ_2dcSrWdzNv6FXBTfxh?usp=sharing

GETTING THERE

Fly Into Puerto Vallarta airport (PVR) and then take a car to one of two local piers. You'll take a beautiful boat ride to enter Yelapa, as the main access is by sea.

There are two piers from which you can take a boat to Yelapa:

Option 1: Take a 30-minute taxi or Uber to Los Muertos Pier in Puerto Vallarta. Boats leave from Los Muertos almost hourly, such as 10am, 11am, 1pm, 3pm and 5:30pm.

Option 2: Take a 1 hr taxi ride to Boca De Tomatlan Pier. Boats leave from Boca every half hour, with the final boat leaving at 6:30pm.

Boat tickets cost about \$150 pesos (\$5 USD) and can be purchased at the dock beforehand or simply pay cash to the boat driver when you exit the boat.

IMPORTANT!

Note that the last boats, depending on which dock you choose is 5:30pm or 6:30pm, therefore if your flight gets in later than the allowed time to catch the last boat it's best to ARRIVE ONE DAY PRIOR TO THE START OF THE RETREAT, and spend the night in Puerto Vallarta. The following morning catch the boat into Yelapa.

Once you arrive at Yelapa by boat, a member of Los Naranjos will be waiting with mules to help transport your luggage to the center. You'll be accompanied by one of our team members, who'll ensure you get to the center. We'll make these arrangements beforehand through a WhatsApp group that Cuchira will create specifically for attendees.

Testimonials:

“I’ve done retreats. Many retreats. Fasting retreats. Yoga retreats. Eckhart Tolle retreats. All of them were great. But the movmeant retreat - it blew my mind. I stepped through windows into places I never knew existed. Spaces of innate peace, wisdom and love I’d forgotten were there. Layer after layer were gently peeled away by Tamara and Ruben until all that was felt was presence. And within that presence, the essence. Ruben and Tamara (Cuchira) guide you with such grace, love and beauty that you barely notice what’s unfolding within you. Until you do notice. And once that happens you can’t unnotice it. The presence has remained. The open heart is still wide open. And my gratitude for them both is endless”. -Andy

“Participating in the Movemeant intensive has delivered on many levels. It has been an important reminder of how FREEDOM feels IN THE BODY, but also that frameworks for routine and discipline are crucial to create a life that feels like it’s mine. I have suffered from abandonment and trust issues for a long time and been looking for a space that could hold me in moments of vulnerability. Emoting from the depth of me within this group has given me back a sense of trust and empowerment that I rarely experienced anywhere else. Then, there was the physically demanding but playful training sessions with Ruben that gave my body the stimulus it needed to feel strong and regulated. Tamara and Ruben are examples for embodying both freedom and discipline on so many levels. To me, it is obvious now that if we want aliveness and our internal and external worlds to change, both principles are needed”. -Alva

Pricing and Packages:

*INCLUDES accommodation, 3 meals a day, all classes. NOT INCLUDED are all travels and extracurricular activities.

Early bird: Ends January 31

Shared room: €2,000 (euros)

Private room: €2,300

Regular price: (starts February 1)

Shared room: €2,700

Private: €3,000

Payment is required in full via Bank Transfer to confirm your spot.

BOOKING POLICY:

Payment is non-refundable unless the event is canceled for unforeseen reasons that make it impossible to proceed. This payment is a commitment to your SELF that you will SHOW UP and honor your growth.

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

Additional information & SIGN UP:

Make sure your passport is up to date and you've sorted out any necessary visas before you head out.

You will be asked to sign a liability form once arriving to the center to ensure everyone's safety.

Got questions? No worries! Drop us a line at CuchiraCuchira@outlook.com.

Ready to join the **Yelapa MovMEANT Retreat**? Send us an email at the same address to sign up!