



CUCHILIVE

## **CuchiLive on Instagram! STARTS TUESDAY JANUARY 5th ONLINE LIVE WEEKLY MOVMEANT CLASSES WITH CUCHIRA!**

Practice in the comfort of your home with Cuchira live on IG. Where: Instagram (Live) on a private page When: Tuesday's 16.00h (4pm) Lisbon Western European Standard TimeTime zone in Lisbon (GMT)STARTS TUESDAY JANUARY 5th How much: €28,99 (euros) monthly

How long are the classes? IG LIVE allows for one hour. Sessions will be around 40-45minutes long allowing time to chat a bit and check in with everyone.

Why is live awesome? Taking class ONLINE during a LIVE session is an A++!

Totally changes the game!

1. It helps inspire you to SHOW UP and stay CONSISTENT because its a "real time" practice. We are all there together.
2. The energy is multiplied by 100000 compared to a recorded online practice.
3. Immediate feedback! We can chat on the app during our sessions which means if you have any questions I'll be there at your service.



C U C H I L I V E



What if I miss a live class? No worries! All classes will be uploaded on IG PRIVATE ACCOUNT in case you'd like a re-do of the class or missed the live session. They will be accessible wherever you want for as long as you are a member. Double ++

How do I sign up?

1. Pay monthly fee of €28,99 to [www.PayPal.Me/movmeant](http://www.PayPal.Me/movmeant)
2. After making monthly payment please email me at CuchiraCuchira@outlook.com with the receipt of your payment, full name, Instagram tag & email where I can contact you. Please let me know your payment is for the IG LIVE CLASSES.
3. Please make monthly payment prior to the 1st of the month. If your payment is not made then I will assume you no longer want membership and I will remove you from the private IG account. If you'd like to cancel your membership an email would be highly appreciated at the end of the month
4. Once payment is made there are ABSOLUTELY NO REFUNDS. \*I ask you to respect my hard work and do not share the content with your friends and family. If they'd like to take part please have them register separately. This is like taking a real class at a studio.

Everyone pays for class. Thanks in advance 🙌 If you have any more questions please don't hesitate to ask. Cuchiracuchira@outlook.com I'm excited to take on this new venture into MovMEANT. Can't wait to move with you!

**One love, Cuchira**