



AMARU

*Inner Growth Alliance*

**Inner Alignment Retreat**  
**Sacred Valley - Cusco, Peru**

# Inner Alignment Retreat Overview

Teacher / Facilitator  
Rio Dhamma

Dates  
March 23th - March 28th (Six-day, Five-night Retreat)

Place  
Nidrawasi, located at the Sacred Valley of Cusco, Peru.

Diet  
Delicious and healthy vegetarian food.

Group size  
20 people maximum.

Activities  
Yoga Asana, Pranayama, Meditation, The Inner Advisor, Yoga Nidra,  
Healing Pranayama Breathwork, Vaman Cleansing Technique.

Experience  
All yoga levels and meditation experience welcome.

Accommodation  
A combination of matrimonial/single, double/triple shared rooms.

Exchange  
- \$850 (single) / \$825 per person (couple) / \$800 per person(shared room)  
- 10% 'early bird' discount (all October and November)  
\* A percentage will be donated to the Amazon Rainforest conservation.

Language  
English.



# Inner Alignment Retreat

This document will give you the necessary information and will help you to answer the most common questions asked about our Inner Alignment Retreat. We advise you to read all the following pages and to be aware of the profound respect that we have for the practices involved, due their nature and intense influence in our consciousness.

You can also send us an email to [info@amaruexperience.com](mailto:info@amaruexperience.com) for any further questions.

## DURATION

The Inner Alignment Retreat has a duration of 5 nights / 6 days.

## INTRODUCTION

The Inner Alignment Retreat is intended to be a tool to awaken a new level of awareness and understanding of ourselves, and to be a bridge to personal healing and greater clarity on which path we must take to liberate our full potential. This Amaru's retreat, guided by Rio Dhamma (Meditation Teacher, Yoga Therapist and Breathwork Facilitator), involves the desire for you to experience transformational and restorative practices. We believe is a chance to ground, focus and recenter yourself to cleanse and recharge with the energy of your breathing and body, in an environment that is both nurturing and inspiring: the Sacred Valley of Cusco, Peru, a place charged with powerful electromagnetic energy for us to connect with the Earth.

As Rio Dhamma says: "I believe that all our answers are within, all we need is the time and space to listen to them. Also, that the universe talks to us through the people we meet. Specially when we travel taking time for ourselves".

Thus, as part of the principles with which Amaru, Inner Growth Alliance, was created, the retreat welcomes any belief that is based on love for ourselves, for others and for nature. The Inner Alignment Retreat is held at Nidrawasi, near the city of Cusco, in the Peruvian Andes, and it is a wonderful location to release emotions, thoughts and programmes that no longer align with your inner growth.

It is not necessary to have previous experience in similar activities to be part of this retreat, and the idea is to have some time to practice the activities involved and to have plenty of time for ourselves to process the experience or simply relax. The atmosphere is very relaxing and you can expect to see the stars during the night, the sun appearing between the mountains, and enjoy the rainy season. In fact, if you not have any experience in Yoga, meditation and Breathwork, this could be a very exciting opportunity to start with them.

## RIO DHAMMA

Rio Dhamma guides Yoga & Meditation practice, holds healing space and teaches Skills for Innovation.



Inner Alignment Retreat



“The way I see it I do two things, I empower people teaching them techniques that they can practice themselves, and I also facilitate the healing process when a deeper engagement is needed”, Rio says.

Rio came to the practice of Yoga in 2008 while working as an artist in London. He certified as a Yoga teacher in 2011 and progressed to advanced practitioner and Yoga Therapy studies in India. He learned from Rishi Vishwas Malik (under the lineage of Swami Satyananda Saraswati).

He took a keen interest in the healing power of the breath through Pranayama and went on to train as a Healing Breathwork facilitator with Erin Telford, under the David Elliot approach to healing practice.

Rio also worked for 4 years at Google, where he led startup growth and personal development programs. He also taught mindfulness as part of gPause, Google’s mindfulness initiative. Through Google, he was able to train in their neuroscience based (secular) approach to meditation and speak at workshops around the world.

Rio uniquely combines his yogic experience, science based mindfulness training and knowledge of shamanic practices, to hold space and create a safe environment for people to align and harmonize their energy. In his own words:

His background includes visual art, community building and facilitating interdisciplinary collaborations between technology, entrepreneurship and creative industries. He has led workshops in every continent in the planet.

Both Amaru, Inner Growth Alliance, and Rio Dhamma, invite you to join this adventure of self discovery, releasing patterns that prevent us from connecting to a greater force within ourselves, and to establish a new coherence within ourselves, between our heart and mind.

[Know more about Rio Dhamma in this link.](#)



Inner Alignment Retreat

## RETREAT ACTIVITIES

### Yoga Asana

Active and calming sequences from traditional Hatha Yoga, to relax and condition the body: release tension, tone muscles, release toxins, and massage your endocrine system. It will be an indoors and outdoors practice.

### Pranayama

These breathing techniques help with stress reduction, clearing toxins, balancing our energy (Prana means 'life force') and to increase our focus in meditation.

### Meditation

We will practice a few styles, including Breath Awareness (also known as mindfulness of breath), OM meditation, and other ways to move our energy with intention.

### The Inner Advisor

A shamanic meditation to develop the ability to listen our intuition. Through visualising inner advisors, we tap into our latent wisdom within.

### Yoga Nidra

This is a deep relaxation practice lying down. They call it the yogic sleep, because we enter the borderline state between wakefulness and sleep (the brain waves go from beta level to alpha level). This will increase cognition, restores the body, and will help with fatigue, stress and anxiety.

### Healing Pranayama Breathwork

It will be divided in small groups sessions. Breathwork is a breathing technique to allow our body to release trap energies and to find a sense of emotional calmness afterwards. Read more about the breathwork guided by Rio, [here](#).

### Vaman Cleansing Technique

We will practice a yogic cleansing technique called Vaman Dhauti, wich helps to clean toxins physically and also emotionally.

## ACCOMODATIONS AND MEALS

The Inner Alignment Retreat is held at Nidrawasi, located in the Sacred Valley of Cusco in Peru. Nidrawasi has everything necessary to facilitate all the practices involved in the retreat. Single, double and shared rooms, beautiful and wide common spaces, all surrounded by the mountains and nature for you to unplug from the daily routine and focus on yourself and on the activities.

There is Internet Wifi. You can use your cellphone, but is best to be disconnected from any elec-



tronic device with access to Internet, so that the body and mind will not have any unnecessary distractions during the work that is done in the retreat. In this sense, it is also a great opportunity to lessen the anxiety that the electronic devices can generate and move away from the outside world, and the routine that we are accustomed to in modern life.

Although it is not mandatory, we recommend not to leave Nidrawasi premises during the retreat, for you not to lose the introspective mood and focus completely in yourself and in the practices involved.

During the Inner Alignment Retreat you will enjoy healthy and delicious vegetarian food, served 3 times a day. In case you need to have only vegan food, you will have to let us know in advanced to adjust your food servings.



Photos: Nidrawasi / JAMCLOW



Some views of Nidrawasi, where the Inner Alignment Retreat take place.  
Is located at the Sacred Valley of Cusco, Peru.

## CONTRIBUTION

The contribution for the retreat is the following: \$1200 (single room), \$1175 (couples room) and \$1150 (double shared room). This amounts include the purpose of continuing to grow the network and bring more people to have this experience in Peru. Also, this contribution includes the transportation from Cusco airport - Nidrawasi - Cusco airport, and everything described above, except the airplane ticket to Lima (if you are coming outside Peru) and Cusco. We have 10% discount until the end of December!



Inner Alignment Retreat

A down payment of 30% will be required to secure a place in the Inner Alignment Retreat, which is not refundable. The rest will be paid on the first day of the retreat in Cusco, at the registration and check in in Nidrawasi, in US dollars, either by credit card, debit card or cash.

Amaru, Inner Growth Alliance, will take care of you once you arrive to Cusco airport. If you decide to come early to Cusco or stay after the retreat has finished, it will be under your own expense. If you decide to do so, we will be more than happy to give you recommendations and contacts to authorized tourism and travel agencies.

## **AIRFLIGHT TICKETS**

Please, do not buy your airlight ticket until you have received the confirmation from us that we have your down payment . Once you receive the confirmation via email, proceed to purchase your ticket to the city of Lima and Cusco. In case you are flying from United States, the cheapest flights to the Peruvian capital are offered from departures from Fort Lauderdale, Los Angeles, Dallas, Houston, Miami, Orlando and New York. Then, you should buy your Lima-Cusco-Lima ticket. If possible, on a connecting flight with the same airline. Please, in both cases, check the regulations and conditions about the luggage policy.

Try to get to Cusco on the first flight of the first day of the retreat (usually departs around 5:00 AM, Peruvian Time, just one hour flight), so you can have rest and not miss the welcome talk, information, and the beginning of activities.

## **TRAVEL RECOMMENDATIONS**

- The Sacred Valley of Cusco, being located at the Peruvian Andes, has altitude: 3000 meters above sea level. We recommend to be mindful about it. The temperature during January and February, when the retreat take place, goes in between 10 Celsius at night and 22 Celsius during the day. It will be rainy season, so we recommend to bring your umbrella.
- This is a small list of what you can bring to the retreat: Summer/Spring clothing, shorts, a light jacket or sweatshirt, sweatpants, bathing suit, flip flops, tennis shoes, hiking or rubber boots, sunglasses, hat, sunblock, mosquito repellent, toiletries, a small flashlight, a journal.
- Travel light. Because this is not a regular tourism travel, you will not need to bring too much stuff. Bring comfortable clothes (for the activities, cotton clothes will be the best option).
- It is good to have Peruvian currency once you are here. You can exchange dollars to Nuevos Soles at the airport.
- We do not provide laundry as part of the retreat. You can do it by additional cost at Nidrawasi.



## **PASSPORT AND VISA (for internationals)**

It is necessary a valid Passport in order to entry Peru, which authorized a 60 to 90 days staying permit. For further information, you can visit the Peruvian Consulate website.

## **TRAVEL INSURANCE**

Although is not mandatory, we strongly recommend to have a Travel Insurance. Each participant agree to come on their on responsibility. Once you accept to come, you accept this agreement too.

