



MYSTIC ART RETREATS



VAJRAYOGINI YATRA

23RD NOV -30TH NOV'24



YATRA TO THE FEET OF VAJRAYOGINI



Mother of all the Buddhas, main yidam (meditational deity) of many great yogins and mahasiddhas such as Naropa, Pamthingpa brothers, Indrabhuti, Maitrepa and lots of other mahasiddhas. The most mysterious one who leads us on the path to true Enlightenment...

Vajrayana Buddhists have been worshiping her for a 1000 of years at the minimum (could be even more), and Kathmandu valley definitely could be called a main centre of her worship. The main temples of Vajrayogini are located in the Kathmandu Valley and these temples have no analogue in the entire world.

To visit all of them during one intense yatra (pilgrimage) means to accumulate important karmic merits, to get a strong blessing and push for one's sadhana.

We are glad to meet everyone who is coming to the tour with an open heart, open mind and open soul who is ready to learn the true truth of life. We especially welcome all the serious practitioners and researchers of tantra and true seekers of truth of world. If you already have initiation of Vajrayogini or want to obtain one in the future, this yatra will be especially helpful for you, because you would be able to connect with the ancient power places and seek blessings of Vajrayogini Maa. Also, we will have enough time in each of the temple to do meditations and make sadhanas

We welcome you on your divination journey with Vajrayogini Maa

Viktoria & Khyepa



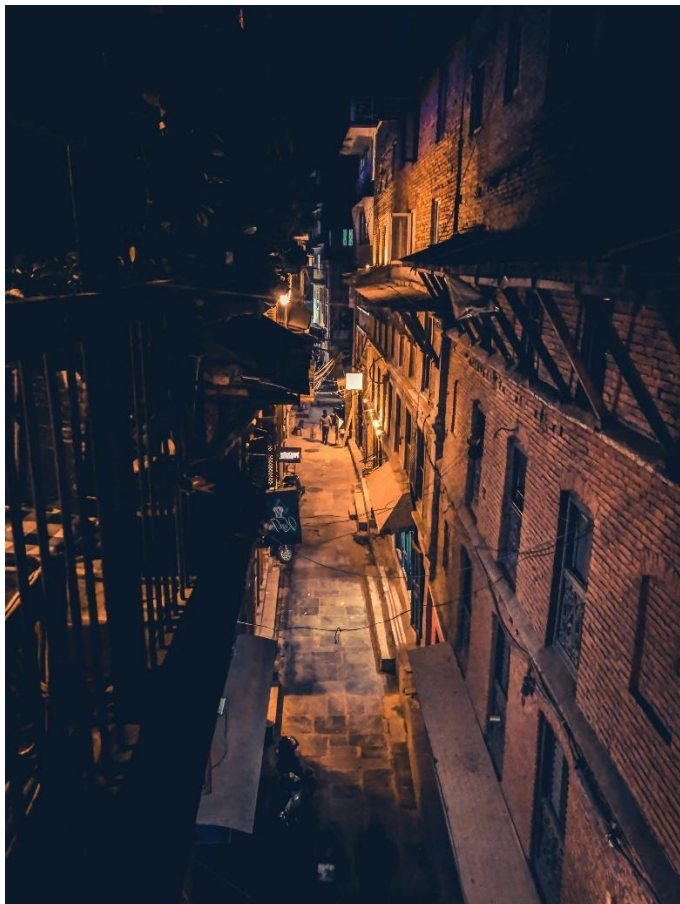
ITINERARY CALENDAR – Locations & highlights

23th November – 30th November 2024

<p>DAY 1 – 23th Nov</p> <p><u>ARRIVAL</u></p> <p>Accom: Check-in Orientation meeting Introduction lecture</p>	<p>DAY 2 – 24th Nov</p> <p><u>KATHMANDU</u></p> <p>Accom: Hotel Breakfast Only Bijeshwori Vajrayogini</p>	<p>DAY 3 – 25th Nov</p> <p><u>CHAPAGAON</u></p> <p>Accom: Hotel Breakfast Only Vajravarahi Vajrayogini (Dakini Day)</p>	<p>DAY 4 – 26th Nov</p> <p><u>SANKHU / BOUDHA</u></p> <p>Accom: Hotel Breakfast Only Sankhu Vajrayogini</p>	<p>DAY 5 – 27th Nov</p> <p><u>PHARPING</u></p> <p>Accom: Hotel Breakfast Only Pharping Vajrayogini</p>	<p>DAY 6 – 28th Nov</p> <p><u>VAJRAYOGINI</u></p> <p>Accom: Hotel Breakfast Only Secret shrine of Vajrayogini</p>
<p>DAY 7 – 29th Nov</p> <p><u>PATAN</u></p> <p>Accom: Hotel Breakfast Only Akash Yogini</p>	<p>DAY 8 – 30th Nov</p> <p><u>DEPARTURE</u></p> <p>Accom: Check-out</p>				



Accommodation

BnB in Patan

Arriving in Kathmandu is often a memorable experience, filled with excitement and a touch of chaos. The journey typically begins at Tribhuvan International Airport (TIA), the main gateway to Nepal, which is located just a few kilometers from the city center.

Upon landing, travelers will need to navigate the visa process. Visitors can obtain a visa on arrival, which requires filling out a form and paying a fee (\$30 for a 15-day visa).

After securing your visa, the next step is collecting your luggage. Once you've retrieved your baggage, you will proceed through customs, where you may need to declare items depending on your situation (only if you are carrying along something special, otherwise no need).

You will be met by our team in the arrivals area right after exiting the airport. We will have our private tour vehicle for pick-up our guests from the airport and delivering them to Patan. Patan, also known as Lalitpur, is a prominent city located just 5 kilometers southeast of Kathmandu, Nepal. It is one of the three royal cities in the Kathmandu Valley, alongside Kathmandu and Bhaktapur, and is renowned for its rich cultural heritage and artistic craftsmanship. You shall check into your beautiful and peaceful hotel which is located just a few minutes walk from the Patan Darbar (Historical Royal palace and square), restaurants and souvenir shops.

After checking-in and some rest, later you would be met by your teachers Viktoria Polikarpova and Khyepa. In the evening there would be a small orientation and briefing about the tour, group introductions and setting the intention.



Accommodation
BnB in Patan

Breakfast included at Hotel,
Lunch is along the way (not included in the tour cost)



We begin our tour with a visit to the historic Swoyambhunath stupa.

SWOYAMBHUNATH

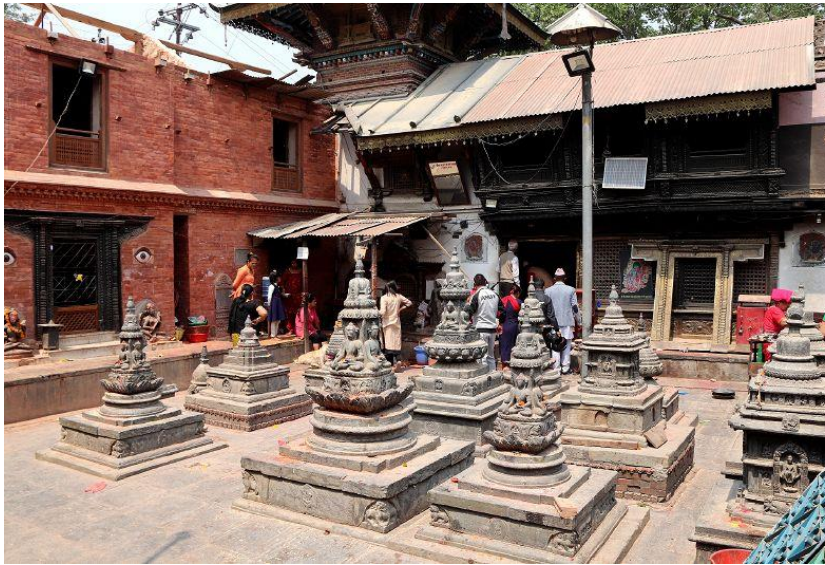
Swoyambhunath stupa is one of Nepal's most revered and ancient religious sites, located about 3 kilometers north-west of Kathmandu. This UNESCO World Heritage Site is a significant pilgrimage destination for both Buddhists and Hindus, showcasing a unique blend of cultural and religious heritage.

The whole Kathmandu valley's stories, legends, richness of culture and traditions started with the Swoyambhu hill. According to the Swoyambhu Purana, the Kathmandu Valley was once a vast lake, and a lotus flower emerged from its waters. The bodhisattva Manjushree is said to have drained the lake by cutting a gorge at Chobar, making the valley habitable and making the lotus on the hill into place of worship, which later became a Swoyambhunath stupa.

According to Hindu mythology Krishna came from the South, defeated Banasur and established a settlement on the banks of the big sacred lake in the centre of which was Swoyambhu hill.

By visiting Swoyambhunath stupa first we are taking all the blessing in order to proceed with our tour.





BIJESHWORI TEMPLE

Bijeshwori Temple, also known as Vidhyeshvari Vajra Yogini Temple, is a significant Newar Buddhist temple located on the west bank of the Bishnumati River in Dhalko, Kathmandu. Established in 1655 AD, this temple is dedicated to the Vajrayana Buddhist deity Vidhyadhari Vajrayogini, particularly in her form as Akash Yogini. The temple serves as an important pilgrimage site for both Buddhists and Hindu devotees, who regard it as a sacred Shaktipeeth.

The temple is part of a rich tradition within the Kathmandu Valley, where various temples are dedicated to different forms of Vajrayogini.

Bijeshwori Temple features a three-storied Newa pagoda style architecture, which is typical of many temples in the region. The main idol within the temple depicts Akash Yogini in a dynamic pose, signifying her spiritual essence.

We will spend some time in this temple where we will have a detailed lecture, deep discussions, meditations and darshan of the deity. Whoever wants to use this opportunity to do their meditations and sadhanas, may definitely do it!



Accommodation
BnB in Patan

Breakfast included at Hotel
Lunch is along the way (not included in the tour cost)



Chapagaon, located in the Lalitpur District of Nepal, is a small town known for its rich cultural heritage and historical significance. It is part of the Godawari Municipality and is situated at the southern edge of the Kathmandu Valley.

Chapagaon has a deep-rooted history that reflects the traditions and lifestyles of the Newar community, which is prominent in this region. The town is particularly noted for its Bajrabarahi Temple, dedicated to Maa Vajravarahi, a fierce aspect of the goddess Vajrayogini. This temple is believed to have been established near a sacred pond where the goddess is said to have emerged, adding to the area's spiritual significance.

We are coming to this temple on a very special day, - a Dakini Day, which is a day when devotees of Vajrayogini perform special sadhanas and pujas. Dakini Day falls at every 10th lunar day of the waning Moon (or 25th lunar day starting from New Moon). We will have a unique opportunity to observe pujas done by locals, do our own offerings and get a deeper understanding of the Vajrayogini worship.



Accommodation

BnB in Patan

Breakfast included at Hotel,
Lunch is along the way (not included in the tour cost)



We will start our day a little early in the morning and proceed to the ancient Newar town of Sankhu located in the northeastern corner of the Kathmandu Valley in Nepal, approximately 17 kilometers from Kathmandu city center. This historical settlement is known for its rich cultural heritage and significance as a former trade route to Tibet.

In 2008, Sankhu was inscribed on UNESCO's tentative World Heritage List due to its cultural significance and historical architecture. The Vajrayogini Temple, located in the historic town of Sankhu, is a significant pilgrimage site for both Buddhists and Hindus. The temple complex is nestled on a hilltop and is part of a larger cultural landscape that includes ancient caves and traditional Newar architecture. The temple is believed to have been established by King Prakash Malla in 1655, although some accounts suggest earlier origins tied to the Lichchhavi dynasty around the 9th century.

We will spend here first half of the day, studying about Vajrayogini, making meditations and offerings. After that we will leave for the Boudhanath stupa. Boudhanath, also known as Boudha, is one of the most significant and iconic stupas in Nepal, located approximately 11 kilometers (6.8 miles) northeast of Kathmandu. This monumental structure is not only a focal point of Tibetan and Newari culture in the Kathmandu Valley but also a UNESCO World Heritage Site since 1979.

Boudhanath now serves as a spiritual hub for Tibetan Buddhist practices . It is surrounded by numerous monasteries and is a popular site for kora (circumambulation), where devotees walk around the stupa while chanting mantras. This is also a great place for the cultural shopping and we will have some time for it.

*In the end of the day and upon the request we may also check Bagmati puja at Pashupatinath temple.



Accommodation

BnB in Patan

Breakfast included at Hotel

Lunch is along the way (not included in the tour cost)



Pharping is a small yet significant town located approximately 19 kilometers south of Kathmandu, Nepal. Renowned for its rich cultural and spiritual heritage, Pharping serves as an important pilgrimage site for both Hindus and Buddhists.

Pharping, historically known as Shikharapuri Mahanagari, was once an independent Newari state. The town has deep historical roots, believed to have been established when the Kathmandu Valley was a lake. According to legend, the valley was drained by the god Manjushree, making it habitable. This ancient town is often associated with various figures in both Hinduism and Buddhism, one of which is Guru Padmasambhava, who is said to have attained enlightenment in the area.

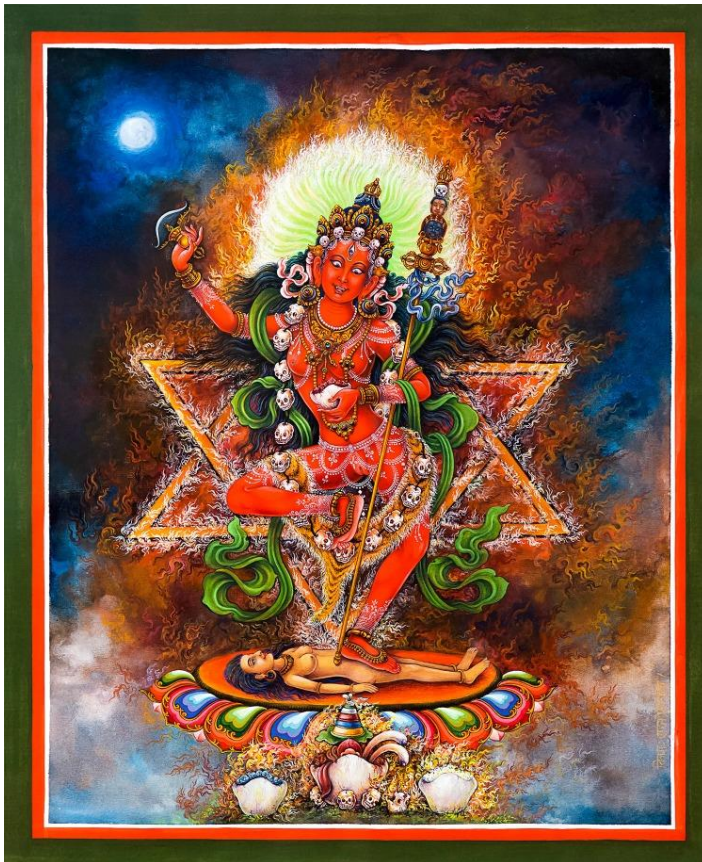
Pharping is a home to several sacred sites that attract pilgrims from around the world. The Shesh Narayan Temple, dedicated to Lord Vishnu, is a major Hindu pilgrimage site where devotees seek blessings for health and prosperity. Additionally, the Dakshinkali Temple, dedicated to the goddess Kali, draws many worshippers, especially during festivals like Dashain.

For Buddhists, Pharping holds immense significance as it is closely linked to Guru Rinpoche (Padmasambhava), who is credited with establishing Buddhism to Tibet. The Asura Cave and Yang-le-sho are two notable meditation caves where Guru Rinpoche is believed to have meditated and achieved enlightenment. The Vajra Yogini Temple is an important pilgrimage site in this area which would be our main focus of attention during this day.



Accommodation
BnB in Patan

Breakfast included at Hotel
Lunch is along the way (not included in the tour cost)



Today is a day where the instructors shall take you to a discreet Vajrayogini shrine, potent with her energy.

Whereas other Vajrayogini temples which we visit during this tour are quite well-known, this secret shrine is not a tourist place. Here we will have a great opportunity to make deep and long sadhanas in seclusion, because there would be hardly any other visitors. It will give us a serene experience compared to busier temples, allowing for personal reflection and connection with the divine.

This day would be suitable for personal sadhana, meditations and mantra japa. If you want to discuss any personal questions regarding your spiritual practice with us, it would also be a great opportunity.

After visiting this secret shrine, if we have enough time, we will also show you a non-touristy Shiva temple nearby which has a big significance and rich history, called Adeshwor Mahadev.



Accommodation
BnB in Patan

Breakfast included at Hotel
Lunch is along the way (not included in the tour cost).



This is a last day of our tour, and we kept it for walking excursions around Patan area, where we have our hotel base.

Patan is often referred to as the "City of Arts" due to its vibrant artistic community and numerous historical monuments. The city is home to over 1,200 Buddhist monuments, making it an essential center for Buddhist culture.

Today we will focus on the two main locations:

Patan Durbar Square (the Royal palace and the square): this UNESCO World Heritage Site is the heart of Patan, featuring stunning examples of Newari architecture, including temples, palaces, and courtyards. Notable structures include the Krishna Temple, known for its intricate stone carvings, and the Sundari Chowk, a mystical place of which we will tell you unique information. We are going to check the Royal Palace, the Museum and temples on the square. After lunch on the square we will proceed for the last Vajrayogini shrine of our tour.

Mahabouddha Temple and Akash Yogini: Renowned for its exquisite terra cotta art, this 14th-century Buddhist monument showcases thousands of images of Buddha and is a copy of the famous Bodhgaya temple in India. The Patan Mahabouddha temple was built as a remembrance of the main Bodhgaya temple of India which was in ruins already at that time. The Akash Yogini shrine is a part of Mahabouddha temple and is very powerful place. This would be the last Vajrayogini we see during our tour and may we have blessings of Her!



Accommodation

BnB in Patan

Breakfast included at Hotel



The Vajrayogini tour of the Kathmandu Valley would conclude today successfully, showcasing the rich spiritual heritage and cultural significance of this sacred region.

We hope that this yatra would not only have highlighted the spiritual richness of the Kathmandu Valley but also fostered a deeper appreciation for its multi rich cultural heritage and traditions. Our dear yatris would be left with lasting memories and a renewed sense of purpose, having experienced firsthand the blessings associated with Vajrayogini.



Trip Leadership

We welcome all the participants of our Vajrayogini tour!



The entire tour would be done by us: Khyepa ji from Nepal and his consort Viktoria Polikarpova (Pagli ji) from Russia. A little bit about ourselves:

Tantric studies and sadhanas are our lifelong passion and main focus in daily life.

Khyepa ji by profession is a historian, anthropologist, archaeologist, culturologist and iconographer. He is a professional guide, both cultural guide and for mountain trekking. But his main focus and passion is true spiritual practices and finding the true core of Truths. He fully dedicates his time for the research about tantric traditions and for the sadhanas. Ma Vajrayogini has a special place in his heart and he has been researching everything about her true traditions practices, histories, cultures, cults, tantras, rituals from the early childhood. Because of that, Khyepa ji can educate us more deeply about Maa Vajrayogini and all of her dimensions which go beyond the information provided by the Tibetan lamas. Khyepa ji can educate us also about different true tantric traditions, histories, missing links and different cultural essence. We will see, that Vajrayogini worship is not only Buddhist, and not only Tibetan. It is much wider. Quite likely that during our tour you will learn things which might surprise you!

Viktoria researches about Tantra for more than 12 years. Before that she was also studying Western occult traditions, such as pre-Christian pagan beliefs, European magic and occultism, Kabbala, Tarot, Astrology etc. Viktoria also practices Western European Astrology for more than 15 years and Vedic Jyotish Astrology for the last 4 years. Her main interest is to research Tantric traditions as a whole, with non-sectarian approach. As you will see, in Nepal all true spiritual traditions support each other, what makes Nepal truly a Tantric country. That is why she came to Nepal in the first place. As for education, Viktoria has done Masters in Architecture (she has graduated Moscow Architectural Institute) and also researches about Sacred Architecture which one can find a lot in Nepal.



Inclusions

Your trip includes 7 nights in Kathmandu with breakfast
All applicable transportations for the tour & Sightseeing including heritage site entry fees
Guided Instructions from Khyepa ji and Viktoria Polikarpova

Exclusions

Lunch and dinner
International flight to/from your home country
Travel insurance
Nepal Visa
Use of bar and beverages in hotel, laundry, telephone calls or internet and personal shopping
Other items not listed in “What is included”
Difference in cost arising due to mishaps, political unrest, natural calamities like - landslides, road blockage, etc.

Local Knowledge

There is simply no substitute for traveling with a knowledgeable insider, and our expert local guides will open doors for you that other travelers miss. Relationships developed over many years allow you to experience our destinations through a well-connected friend.

Food & Water

The general rule for food when traveling to India / Nepal is “wash it, cook it, peel it, or forget it.” The hotels where we stay and the restaurants where we eat prepare foods in a sanitary manner, using distilled water to wash vegetables, and iodine to kill any bacteria. You should drink bottled water, and avoid ice cubes and frozen drinks if you are unsure of the water used for making the ice. Bottled water is provided by hotels for use when brushing your teeth.



Drinking Water

We provide purified or bottled water on all trips; however, in an effort to reduce waste, we strongly encourage you to bring a water bottle to refill where it is safe to do so.

Cuisine

Kathmandu has a variety of restaurants serving many types of Continental, Nepali, Chinese and Korean cuisine. You may find any food up to your preference.

Kathmandu Weather in November

In November, the weather in Kathmandu is characterized by mild and pleasant conditions, making it an ideal time for outdoor activities and exploration.

Temperature

Average High: Approximately 24°C (75°F)

Average Low: Around 11°C (51.8°F)

Temperatures can range from 10°C to 25°C (50°F to 77°F), providing comfortable conditions throughout the day and cooler evenings.

Overall, November in Kathmandu offers a delightful blend of mild weather, minimal rainfall, and cultural richness, making it a prime time for travel in Nepal.

Clothing and Equipment list

Visitors are advised to wear layers, including light jackets or sweaters for the cooler mornings and evenings.

Dress Code and Cultural Considerations for Entering Temples

It is important to follow the dress code for temples. Use the details below to assist with your planning for the trip.



Go for a casual look with long-sleeved shirt, tunica, kurta etc. You may also have shawls and scarfs.

Full length trousers or long skirts (ankles must be covered) i.e no shorts, ¾ length trousers or mini-skirts

Best shoes would be sandals or slippers, which you can quickly remove and wear again. It is a customary to enter the temple without shoes, so it is better to use that type of shoes which doesn't take much time to open and wear again. To enter the temple in socks is permitted.

No hats inside the temples are allowed

Photographs are only allowed in the courtyard of most of the temples

Walk around Buddhist temples or stupas in a clockwise direction

Turn off your mobile phone and talk in a quiet tone

It is customary to give a small donation when visiting a temple

For More Info

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