The 2018 Shamanic Expedition will be a journey from the north to the south of Siberia through Buryatia and Lake Baikal. We will fly from Moscow to Ulan-Ude, whence our route will resemble a sacred circle as we will travel e.g. on the Trans-Siberian Railway through the holy regions and sacred sites of Irkutsk, Olkhon, Lake Baikal / Shaman’s Rock, Khuzhir, Ust Barguzin, and back to Ulan-Ude. The Buryatia region is unique in its wild and pristine nature, endless steppes, mountains, taiga, Buddhist temples, nomadic houses (yurts) and shamans, while Lake Baikal, called the “pearl of Siberia” for its beautiful nature, is the largest, deepest and at (25-30 million years) oldest fresh-water lake in the world.

Our transpersonal expedition will consist outwardly of a journey through the mystical magical landscapes where shamanism originated, including ceremonies and rituals with shamans. Our goal is to help you answer the questions you may have in your life and to enhance healing at individual and collective levels. We will work in the sacred circle and will use different methods to expand consciousness and to support the exploratory process of your outer and inner journey.

These methods will include in an integrative way: movement, drums and sound, creative expression, sacred medicine ceremonies and medicine songs, shamanic journeying, and ancestral transgenerational transcultural council work, in addition to psychodynamic integration. Our journey will commence with a fire ritual for cleansing and initiation of our intentions and prayers. Towards the end there will be a purification ritual and water ceremony facing the Shaman’s Rock at Lake Baikal as a manifestation of our dreams and wishes, and a reinforcement of our individual and collective healing.

Organizers/ facilitators of the pilgrimage are the Board Members of the European Transpersonal Association (EUROTAS), experienced travelers and therapists, with a particular background in shamanic traditions and shamanic practices:

Magda Solé - Psychologist M.A., is the founder and director of IPTB, Barcelona Transpersonal Psychology Institute.
Jaume Mestres - Coach from Catalonia, is the founder and director of Holos Shamanic Expeditions.
The Estonian school of transpersonal psychology and hypnotherapy Teadlik Mina is collaborating in the organization of the trip.

We will assist the group as guides and support the psychological and spiritual integration of your experiences. The main communication language will be Estonian. We also speak Spanish, French, and we will have local translators from Russian to English and Spanish. Please e-mail us for a detailed program and travel information, and feel free to contact us with any questions you may have.

**Travel Program**

**Siberian Shamanism and the Sacred Site Lake Baikal**

*To the Original Sacred Birth Places of Shamanism*

**8th - 22nd July, 2018**

- **Ulan-Ude** (Buryatia Republic), Irkutsk, Olkhon, Lake Baikal - Khuzhir, Ust-Barguzin, Ulan-Ude
- **Trip duration**: 15 days.
- **Group**: 8 – 20 participants
- **Facilitators**: Magda, Jaume, Kadri, Siberian shamans, translators and drivers.
- **8th July Arrival at Ulan-Ude Airport (Siberia)** via Inbound flight from Moscow International Airport (Russia)
- **22th July Return to Ulan-Ude Airport (Siberia)** for Outbound flights via Moscow International Airport (Russia)
- **Transport in Siberia**: bus, 4x4, ferry, train.
- **Accommodation**: Hotels, homes of local families, and “yurts”.

Ulan-Ude is the capital of the Buryatia Republic within the Russian Federation. It is located at the confluence of the Selenga and Uda rivers and, at the same time, at the crossroads of the trade routes that go from China and Mongolia towards Russia and Europe. The city of Ulan-Ude was founded in 1666 as a Russian Cossacks winter campsite. Buryatia has unique nature - virgin and wild: endless steppes, mountains, taiga, Buddhist temples, nomadic dwellings and shamans.
Invitation to the 2018 Shamanic Expedition: Siberian Shamanism and the Sacred Site Lake Baikal

8th July – DAY 1 – International Outbound Flight from Russia to Siberia
Participants will fly individually to Moscow International Airport, Russia where they will need to arrive on 8th July to take the night flight to Ulan-Ude, Siberia. You should arrive in the afternoon at the latest in Moscow to check-in for the onward flight to Ulan-Ude. You will arrive in Ulan-Ude, Buryatia Republic, the next morning, where the whole expedition group will meet on 9th July morning.

9th July – DAY 2 – Ulan-Ude
Arrival at Ulan-Ude Airport early in the morning. We will head towards Baikal Plaza Hotel, which is in the city center. Lunch will be in a nearby restaurant. In the afternoon, we will describe the trip in detail and provide all information you need, together with an opportunity to introduce yourselves and get to know each other. Then, we will take a walk around the city to enjoy people-watching, the colours, the mystical lights, and the whiffs of steam that come out of the “buuzas”, a traditional buryatian dish with mongolian origin. Dinner will be in a restaurant next to the hotel.

Included meals: Lunch and dinner
Transport: Minibus
Expected or similar accommodation: Baikal Plaza Hotel ****
Types of accommodation and category: Hotel WC / Ensuite bathroom

10th July – DAY 3 – Ulan-Ude
After breakfast we will go to the south of the city to visit the Shamanic Center named Tengeri where we will stay for a few hours learning about shamanic rituals and participating; Marina and Tseregma will share time with us. In the afternoon we will come back to the city.

Included meals: Breakfast, lunch and dinner
Transport: Bus
Expected or similar accommodation: Baikal Plaza Hotel ****
Types of accommodation and category: Hotel WC / Ensuite bathroom

11th July – DAY 4 – Ulan-Ude -Yurt Camp
In the morning we will go to a camp composed of yurts for the part of our group shamanic vision quest – a period of guided self-exploration working with different methods for altering states of consciousness to induce and enhance visionary experiences with the steppe shamans Dugarzhapov Ayusha, Nadezhda Alexandrovna. We will visit a small datsan near our yurt camp.

Included meals: Breakfast, lunch and dinner
Transport: Bus
Expected or similar accommodation: Yurts
Types of accommodation and category: Yurts. WC and shower shared.
12th July – DAY 5 – Yurt Camp – Ulan-Ude - Irkutsk
After breakfast we will travel to the north of the city, close to the woods. We will visit the outdoor Ethnographic Museum, which shows the diversity of the Buryatia architecture, in addition to the odd stone totem. We will visit “Atsagan Datsan”, a small datsan close to Ulan-Ude. We will have lunch in a yurt. The shaman Vasili will conduct a ritual with us and will give us a powerful blessing for our trip. Afterwards, we will be served dinner. Then we will return to the hotel, pick up our luggage, and go to the train station to take the train to Irkusk. We will sleep in comfortable compartments inside the train.

Included meals: Breakfast, lunch and dinner
Transport: Bus and train
Expected or similar accommodation: Sleeping compartment in train
Types of accommodation and category: Ensuite bathroom. Train 2nd class

13th July – DAY 6 – Irkutsk
Arrival in the city of Irkutsk early in the morning. We will be picked up at the station and will be driven to our hotel for breakfast. Afterwards, the first visit will be to the local Anthropological Museum, containing ancient artefacts dating from the first shamanic period, together with other exhibits related to the construction of the Transiberian Railway. Then we will visit the Preobrazhenia church and the Trubetskoy and Volkonsky houses. Lunch will be at the Clermont Restaurant, beside the Angara river. You will have time to spare in the afternoon to take a walk along the river bank, admire the surrounding gardens, discover and enjoy the city full of beautiful old wooden houses and little shops.

Included meals: Breakfast, lunch
Transport: Minibus
Expected or similar accommodation: Irkutsk Hotel***
Types of accommodation and category: Hotel WC / Ensuite bathroom.

14th July – DAY 7 – Irkutsk – Olkhon – Khuzhir
Breakfast at the hotel, after putting our luggage into the bus. Afterwards, we will head for the mythical island of Olkhon, visiting en route, the small museum Buriat de Ust-Orda, and having lunch in a typical Buriat Café (posy, chebureky and buriat tea). We will stop regularly at sacred places to make offerings to the local spirits. From the Olkhonskiye Vorota, a ferry will take us straigght to the Isle of Olkhon. We will drive along a sand road until we reach Khuzhir, a small village which is the capital of this region. At Khargoy Cape we pass along a city wall dating back to the first Kurykan settlers’ period. Accommodation and dinner at the “yurts”.

Included meals: Breakfast, lunch and dinner.
Transport: Minibus
Expected or similar accommodation: Yurts
Types of accommodation and category: Ensuite bathroom. Yurts WC + shower

15th July – DAY 8 - Khuzhir – Lake Baikal
Breakfast at the “yurts” at Lake Baikal. Then, we will go to the “Shaman’s Rock”, where we can see the clear waters and there will be a chance for the braves to have a dip. Lunch at Nikita restaurant. In the afternoon, we will make a shamanic circle beside the beach or hold a fire ceremony for creation and a water ceremony for manifestation. Dinner at Khuzhir.
Olkhon Island is 70 km long, which makes it the biggest island in Lake Baikal. Its landscape is a combination of taiga, steppe and a small desert. It has been the home of numerous tribes and peoples from Central Asia. One of the island legends claims that the “Universe Conqueror” meaning the great Mongol emperor, Gengis Khan, was buried here.

Included meals: Breakfast, lunch and dinner
Transport: Minibus
Expected or similar accommodation: Yurts
Types of accommodation and category: Yurts, WC and shower.

16th July – DAY 9 – Khuzhir – Ust-Barguzin
Breakfast. Morning free to enjoy the island.
In the afternoon we will meet at our accommodation and then go together to the harbor in front of the Shaman’s Rock. A ship will take us to Ust-Barguzin. We will have a wonderful trip along the island.
However, since the weather is cold and windy in this area, you are strongly recommended to wear warm clothes on the ship. Arrival at the Ust-Barguzin port. We will be taken to several local family houses, where we will be accommodated and be treated with a wonderful homemade dinner.

Included meals: Breakfast and dinner
Transport: Minibus / Ship
Expected or similar accommodation: Siberian wooden households.
Types of accommodation and category: WC and shower inside the house.

17th July– DAY 10 – Ust-Barguzin
Breakfast with the local families in the houses where we are staying. We will leave part of our luggage in the safekeeping of one of our host families, and then go and spend a few nights in the mountains, in front of Kurumkan.
We will pass the Barguzin river and go into the taiga (the word comes from the Yakut language and refers to any uninhabited area covered by thick forest) after that, we
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will enter the tundra (a Russian word meaning a plain without trees). We will have lunch at Nina’s home in the little village of Suvo, surrounded by mountains that look like stone towers, a magical place. Next we will travel through a small desert of dunes, where we will see the petroglyphs at Uro and the holy ox. We will have dinner at Kurumkan. Our accommodation today will be a small hotel at the foot of the mountains.

Included meals: Breakfast, lunch and dinner
Transport: UAZ 4 X 4
Expected or similar accommodation: Hotel Llickchin**
Types of accommodation and category: Hotel WC / Ensuite bathroom

18th July – DAY 11 – Ust-Barguzin
Breakfast at the hotel. We will visit small villages such as Sakhuli, Shamanka and Alla. We will go up the mountains and will enjoy a picnic at an ancient spa with different kind of waters that can heal different organs of the body. In the afternoon, on our way back, we will visit our second shaman Cirin, a charismatic shaman for rituals. Then we will go back to the hotel to have lunch and rest.

Included meals: Breakfast, lunch and dinner
Transport: UAZ 4 X 4
Expected or similar accommodation: Hotel Llickchin**
Types of accommodation and category: Hotel WC / Ensuite bathroom

19th July – DAY 12 – Ust-Barguzin
Breakfast at the hotel. Afterwards, we will go down to the Barguzin valley. We will pass Yelantsi and we will visit the temple of the fertility goddess Yenzema, where we will experience another shamanic ritual with blacksmiths. Then we will have lunch at a small restaurant and in the afternoon will head towards the village of Ust-Barguzin and enjoy the marvelous sunset there. In the evening we will enjoy a “banya” (a kind of sauna) in the house where we will be staying. Dinner at the house.

Included meals: Breakfast, lunch and dinner
Transport: UAZ 4 X 4
Expected or similar accommodation: Siberian wooden households
Types of accommodation and category: WC and shower inside the house

20th July – DAY 13 – Ust-Barguzin – Ulan-Ude
Breakfast. Leaving Ust-Barguzin and visiting a well-known sanatorium. We will have lunch in Julia Pravimcia Restaurant in Gremyachinsk. We will visit a monastery in Baturino and arrive in the afternoon to Ulan-Ude. Check in the hotel and then we will visit Arbat, Ulan-Ude’s central avenue with shops, art and shamanic work. Free afternoon.
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**Included meals:** Lunch and dinner.
**Transport:** Minibus
**Expected or similar accommodation:** Baikal Plaza Hotel ****
**Types of accommodation and category:** Hotel WC / Ensuite bathroom

*21st July – DAY 14 – Ulan-Ude – Ivolguinsky Datsan*
Breakfast. Today we are going to visit Ivolguinsky Datsan, an hour from the city center. It is the biggest Buddhist centre of Russia, a holy place where the mummified body of Dashi Dorzho “Itigilov” is kept. We will also go to the place where he was first buried. In the same day we will visit Targabatay, where we will visit a small museum of the “Semeiskie”, “old believers” who were exiled in the XVIIth century after exclusion from the Russian Orthodox church as a consequence of Patriarch Nikon’s reform. Our last evening in Siberia will be a beautiful “farewell dinner” in a typical traditional Buryatian restaurant.
**Included meals:** Breakfast, lunch and dinner.
**Transport:** Minibus
**Expected or similar accommodation:** Baikal Plaza Hotel ****
**Types of accommodation and category:** Hotel WC / Ensuite bathroom

*22nd July – DAY 15 – Ulan-Ude*
Breakfast. Transfer to the airport for your return flight to Moscow and back home. At Moscow International Airport all participants can catch their connecting flights back to their home countries.

**Travel Costs and other info:**

- OUTWARD/INWARD FLIGHT TO/FROM MOSCOW INTERNATIONAL AIRPORT and Connecting Flight to/from Ulan-Ude (Siberia) AT YOUR OWN EXPENSE. The Russian visa and insurance will also be at your own expense.

- Travel Cost All-Inclusive for the 15-day trip to Siberia starting at Ulan-Ude Airport, Siberia: 2250 €

- The main language of communication will be Estonian. We also speak English, Spanish, French, and will have local translators for Russian to English and Spanish.

- We will have in total 5 rituals with shamans.

**Registration deadline:** January 31st 2018
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Feel free to contact us with any questions you may have.
Looking forward hearing from you,
Magda & Jaume, and Kadri

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