



HIMALAYAN  
INSTITUTE®

## **Pilgrimage to the Mystical Matrix of India**

with

Pandit Rajmani Tigunait

February 12 – March 5, 2010

### ***Featuring:***

- Study of the *Yoga Sutra and the Lotus Sutra* at the Himalayan Institute's campus in Allahabad, with Pandit Tigunait
- Khajuraho – stronghold of tantric practices for untold ages
- Mysore – historically and spiritually significant city in south India, espousing Chamunda Hill, a known tantric site
- Tibetan Settlement near Mysore – home to the Himalayan Institute's humanitarian work in partnership with His Holiness the Dalai Lama and the Central Tibetan Government

### **Itinerary\***

- Feb. 12th Depart one of New York's international airports for New Delhi
- Feb. 13/14th Reach New Delhi late night or early morning the 14<sup>th</sup>. We'll overnight in Delhi, pilgrimage to Delhi's sites of spiritual significance, and take the night sleeper train to Allahabad.
- Feb. 15<sup>th</sup> Morning arrival in Allahabad. Transfer to the Himalayan Institute's campus. Welcome orientation, breakfast, and settling into your eco-cottage accommodations. Day of leisure/rest.
- Feb. 16<sup>th</sup> *Yoga Sutra & Lotus Sutra* study begins with Pandit Rajmani Tigunait. (see *Typical Program at HI Allahabad* for daily routine)
- Feb. 26 Travel by coach from Allahabad to Khajuraho. Hotel check-in. Visit Khajuraho temple campus. Evening satsanga with Panditji for orientation to Khajuraho.
- Feb. 27 Exploring Khajuraho temples on its two campuses, and to the Temple of the 64 Yoginis (ref: *At the Eleventh Hour: The Biography of Swami Rama*, by Pandit Rajmani Tigunait, pg. 340).
- Feb. 28 Move from Khajuraho to Mysore, where we'll be based through March 3.

- March 1 Visit the tantric sites of Mysore including the Chamunda temple on Chamuda Hill.
- March 2 Exploration of Mysore and the relics of its royal history, including the King's Palace.
- March 3 Day trip to the Tibetan Refugee Settlement, where HI is actively working for rural empowerment and social regeneration with the Central Tibetan Government at the bidding of His Holiness the Dalai Lama. Puja from the *Lotus Sutra* by the Tibetan monks in residence.
- March 4 Transfer by coach to Bangalore for farewell gala, and international flight departure for New York.
- March 5 New York arrival.

*\*Itinerary subject to change without notice.*

**Typical Daily\* Program at HI Allahabad:**

- 5:00-8:00 am bathing  
 5:30 am morning chai  
 6:00 am group prayers  
 8:00 am breakfast  
 10:00 am Lecture with Pandit Rajmani Tigunait  
 12:30 pm lunch  
 1:30-4:30pm leisure / study  
 4:30 pm afternoon chai  
 6:30 pm dinner  
 8:00 pm Lecture with Pandit Rajmani Tigunait  
 10:00 pm rest

*\*Daily program may vary.*

**Meals:**

Breakfast, lunch, and dinner will be served daily. All meals are vegetarian.

**Suggested reading/preparation:**

*The Yoga Sutra of Patanjali & the Lotus Sutra of Buddha*

HI seminar with Pandit Rajmani Tigunait, June 26-28, 2009

*Khajuraho: The Matrix of Love*, Part 1, article by Pandit Rajmani Tigunait

*Yoga International* August/September 2002 (now *Yoga+ Joyful Living* magazine)

*The Mysterious World of Khajuraho*, Part 2, article by Pandit Rajmani Tigunait

*Yoga International*, October/November 2002 (now *Yoga+ Joyful Living* magazine)