

Women Power in Central Mongolia

A Sacred Feminine Shamanic Journey

16 days — 28 June to 13 July 2027 · Departing from Frankfurt

The spirit of the journey

A shamanic journey across Mongolia — sixteen days of total immersion into one of the wildest, most spiritual lands on Earth. Full Moon ceremonies under the boundless sky, horseback rides across the steppe, nights in traditional yurts, sacred women's circles, and the iconic Naadam National Festival on July 11.

An exceptional itinerary, designed exclusively for women, in an intimate group of no more than 16 participants.

Some lands have been waiting for you long before you knew them. Mongolia is one of them — vast, silent, wild, and absolutely honest about who you really are. Across sixteen days of steppes, shamanic ceremonies, and women's circles, something inside settles into place.

This journey is open to all women, regardless of physical level. Hikes are gentle, the rhythm is respectful, and Mongolia takes care of the rest.

Chonos Chogostkhaan, female shaman

A real Mongolian shamaness, leader of the Samga group. Not a facilitator — a keeper of thousand-year-old tradition. Her presence alone transforms this journey into an authentic initiatory experience.

General information

16

Days — 28 Jun to 13 Jul 2027

3,915 \$

Per person — Frankfurt flights included

Frankfurt

Departure city (Germany)

Central Mongolia

Khugnu Khan · Karakorum · Tsenkheriin Rashaan · Orkhon Valley · Lake Ogii · Ulaanbaatar

Women only

9 to 16 participants

Other departure: 8 to 24 August 2027.

Flights — please read carefully

Since there is no direct flight from France, we depart from Frankfurt, Germany. Round-trip airfare from Frankfurt is included in the package. **Flight dates cannot be changed.**

Departure from Frankfurt is at 2:30 PM on 28 June 2027, and the return flight lands at 1:10 PM on 13 July 2027. We recommend allowing sufficient time for the Frankfurt connection — it is a busy airport.

Why this journey

The Full Moon Ceremony

A singular night beneath the Mongolian sky, at the foot of the sacred Khugnu Khan mountains. An eight-stage ritual with ancestral invocation, led by Chonos Chogostkhaan. An experience few women in the world will ever live.

The Sacred Hot Springs

Waters at 162°F (72°C), guarded by a Goddess, rising from the womb of the Earth. Therapeutic, rare, secret. A deep healing for the bodies of women.

The Quiet Power of Nomadic Women

Meeting women whose strength is lived daily — never claimed, never performed. A silent, deeply moving lesson in feminine power.

Three Days of Transformation in the Orkhon Valley

A grounded, concrete programme in the heart of the steppe: structuring your inner energy; embodying your natural authority; energizing your voice and public expression; reconnecting to your creative feminine center.

Riding the Steppe

Letting yourself be carried by a free horse across the Mongolian vastness — an initiation in itself. A taste of absolute freedom.

The Naadam Festival

Mongolia's national celebration on July 11 — a rare privilege for a small group of foreign women. Horse races, archery, embroidered traditional costumes, the soul of an entire people.

Lake Ogii — Time Reclaimed

Two days without schedule, without performance. Just the woman, the lake, and infinite space. The rare time of belonging to oneself.

Exceptional Timing

Full Moon + Naadam Festival + Mongolian summer — a rare alignment that won't repeat for years.

Day by day

28 JUNE

The flight to Ulaanbaatar

Frankfurt → Ulaanbaatar · MIAT Mongolian Airlines, direct

Departure from Frankfurt at 2:30 PM. As Europe shrinks beneath the wings of the aircraft, the journey begins.

29 JUNE

The steppe from day one

Ulaanbaatar → Khugnu Khan

Herds honor the freedom of animals. Isolated yurts appear and vanish into the immensity. Slowly, something in the body settles. Shoulders drop. The belly softens. This country has a rare gift — it simplifies everything, effortlessly.

By late afternoon, the sacred Khugnu Khan mountains rise before us. We settle into our yurts, share our first dinner together, and the Mongolian night — free of light pollution, scattered with stars unlike anywhere else on Earth — lays its hand on the group.

Tonight, the Full Moon reaches its peak. This is one of the most important ceremonies of the journey. We retreat into the mountain to perform our ritual, guided by Chonos Chogostkhaan, who will preside over the sacred rite that opens the gateway to Mongolia for you. At 1:56 AM, the Moon reaches plenitude in Capricorn — the Strawberry Full Moon, a Micro Moon whose energy turns inward, toward depth, toward what is being built in silence. The Cancer–Capricorn axis of this lunation, beneath the powerful Khugnu Khan mountain, is an extraordinary energetic activator. The lunar ritual unfolds in eight stages with ancestral invocation.

Night — First night in a yurt at the foot of Khugnu Khan.

30 JUNE

At the foot of Khugnu Khan

Khugnu Khan · Meditation · Sacred Ceremony

In the morning, the Khugnu Khan monastery welcomes us in its silence. Among rocks carved by centuries and the rustling larches, we walk slowly, breathe, and let the austere beauty of this place do its work. A guided meditation in this spiritually charged space gently opens the day. In the afternoon, a peaceful hike in the mountains — eyes wide open, the rhythm of walking grounding the body, anchoring you in the earth, in the moment.

Around the fire, in circle, our shamaness takes the drum. The sound enters the chest before reaching the ears. The vibrations descend into the belly, into the pelvis, into that center of life and creation that women carry within them — and that they have so often learned to forget. In Mongolia, the female shaman has been keeper of feminine cycles and mysteries for millennia. Each woman places an intention — not a wish, a decision.

Night — Yurt · Khugnu Khan.

1 JULY

The stones that remember

Khugnu Khan → Karakorum

The road to Karakorum crosses landscapes that command silence — not from sadness, but from grandeur. When you are small in the face of such infinite space, you stop trying to be the center of everything. It is liberating.

Karakorum, the ancient capital of the Mongol Empire, where Genghis Khan built the most vast empire history has ever known. As in many nomadic societies, women held a naturally important place. Regents who ruled for years and knew how to guide men. Shamanesses who counseled the khans. Warriors whose names cross centuries. At Erdene Zuu Monastery, the oldest in Mongolia, the imposing white walls punctuated with stupas hold a memory the body senses before the mind understands. In the afternoon: the local market, museum, encounters with locals.

Night — Yurt · Karakorum.

2 JULY

The water that releases

Karakorum → Tsenkheriin Rashaan Hot Springs

Three hours of dirt road across the steppes, and the valley opens onto a secret few travelers know — the Tsenkheriin Rashaan hot springs. Water rising from the earth at 162°F (72°C), rich in sulfur and sodium, reputed for generations to heal joints, skin, and circulation. This water, guarded by a Goddess, comes from the womb of the earth. And something old dissolves — a tension in the hips, a guard in the belly, a fatigue accumulated in the pelvis that you carried without even knowing. You leave there lighter. Truly.

Night — Yurt with a nomadic family.

3 JULY

What nomads transmit

Stay with nomads · Tuvkhni Mountains

The morning with nomadic families of Tsagaan Sum is a wordless lesson. These women milk the mares at dawn, make dried cheese, organize the yurt, raise children in fresh air and freedom. Their power is not claimed — it is lived. It is done. It is passed from generation to generation with an obviousness that touches you.

In the afternoon, a three-hour hike in the Tuvkhni Mountains. The climb is gentle, the larches accompany us, and at the top — perched like a prayer above the world — the Tuvkhni temple offers a view that answers questions you hadn't yet formed. In the evening, a horhog dinner around the fire: lamb cooked with hot river stones, local vegetables. A recipe centuries old. One of the best meals of the journey.

Night — Yurt with the herders.

4, 5 & 6 JULY

The heart of the journey

Orkhon Valley · Ceremonies · Women's Circles · Horseback

These three days are the beating heart of Women Power, guided by Chonos Chogostkhaan. The camp is set between the Orkhon River and rolling hills. Eagles circle high. The wind carries scents of grass and damp earth. Here, the schedule is not measured in minutes — we live by the rhythm of the steppe, by the rhythm of the nomads, by the rhythm of what is truly happening within us.

The shamanic ceremonies of these days work in depth: on the feminine lineage, on what has been transmitted — strengths and wounds alike — on what we choose to keep, and what we choose to return to the Mongolian earth. Here, there is neither shame nor judgment. There is only the ancient strength of this sacred place, the presence of the shamaness, and the circle of women holding each one.

Between ceremonies: horseback rides through the steppe, moments by the river, laughter, inhabited silences, conversations that go far. We laugh. We sometimes cry — tears that bring relief. We exist, fully, without performance.

On the programme over these 3 days:

- Energy structuring before any undertaking — a four-stage practice (half-day).
- Leadership and embodying your natural authority (half-day).
- Energizing your words, public speaking (half-day).
- Connecting to your feminine center, source of creativity (3 evenings).

Nights — Tent or yurt · Orkhon Valley.

7 & 8 JULY

The lake and time reclaimed

Lake Ogii

Lake Ogii rises from the steppes like a surprise — its calm waters reflecting an endless sky, its shores inhabited by migratory birds and raptors gliding in slow circles above the water. Two days without ceremonies, without schedule. The body has worked, something has opened — it now needs time to integrate, to settle, to let it all sediment. We walk along the lake. We write in our journal. We talk to the woman beside us. We look at the horizon and understand what it means to have space within.

Nights — Yurt · Lake Ogii.

9 JULY

The way back

Lake Ogii → Ulaanbaatar

The road back to Ulaanbaatar is long and beautiful. The steppes pass by one last time. We watch them differently than on the way out — with the gratitude of one who has received something great. The group is silent in the 4×4s. Not from sadness — from fullness. A warm dinner with the entire Mongolian team, in a yurt. We raise our glasses to what we did not yet know twelve days ago.

Night — Yurt camp · Ulaanbaatar.

10 JULY

Naadam begins

Ulaanbaatar

Ulaanbaatar has dressed itself in its most beautiful embroidered deels. In the streets, the effervescence of Naadam rises — smiles, colors, collective fervor. The Naadam programme begins this very morning: archery, shagai, encounters with locals in celebration. This people knows how to celebrate with a dignity and generosity that touch the heart.

Night — Yurt camp · Ulaanbaatar.

11 JULY · NAADAM

The great day

Khui Doloon Khudag · Ulaanbaatar

Mongolia's national holiday. We leave early for the Khui Doloon Khudag valley to attend the Naadam horse races — young riders in embroidered traditional dress, horses galloping over kilometers of steppe, the crowd holding its breath. This animal power in infinite space resonates in the body in a way you didn't expect. In the evening at the central stadium of Ulaanbaatar: the official opening of Naadam, Mongolian songs and dances, the entire soul of a people remembering who they are. Festive dinner in the city to close this exceptional day.

Night — Yurt camp · Ulaanbaatar.

12 JULY

The day that belongs to you

Ulaanbaatar

Free. Completely. The Narantuul market for last treasures — soft cashmere, silver jewelry, colored felts that still smell of the steppe. Or stay at the camp, sit, do nothing, let the journey land within you before boarding the plane. The choice belongs to you. From the very beginning, it always did. It's just that now, you know it differently.

13 JULY

We return. Whole.

Ulaanbaatar → Frankfurt

The driver arrives early, in the still-cool night. We load the bags. We look at each other — these women we did not know sixteen days ago and whom we can no longer imagine not having met. The flight takes off. Frankfurt approaches.

You return to your life — your work, your children, your habits, your responsibilities. All of it waits for you, just as before. But you — you are no longer quite the same. Something has settled into place within you. A warmth in the belly. A grounding in the pelvis. A clarity in your decisions.

Mongolia does not let go easily. That is why we always come back.

What is included

- Round-trip flights Frankfurt ↔ Ulaanbaatar (MIAT Mongolian Airlines).
- All transfers in 4×4 vehicles with Mongolian drivers.
- Accommodations: yurt camps, yurts with nomadic families.
- Tents in the Orkhon Valley.
- Full board from arrival (mineral water, tea, coffee included).
- English-speaking guide-interpreter throughout the journey.
- Mongolian cooking team.
- Shamanic ceremonies and women's circles.
- Full Moon Ceremony in Capricorn (June 29–30 · Khugnu Khan).
- Horseback riding session in the steppe.
- Guided hikes (Tuvkhni, Khugnu Khan, Orkhon).
- Bath at Tsenkheriin Rashaan hot springs.
- Entrance fees to parks, museums, and programme sites.
- Tickets to the Naadam National Festival (July 10 & 11).
- Camp equipment (beds, mattresses, blankets, tables, chairs).
- Travel assistance and repatriation insurance.

What is not included

- Tips for guides and drivers (€60 / ~\$65 recommended).
- Beverages other than tea, coffee, and mineral water.
- Cancellation insurance (strongly recommended).
- Personal expenses and shopping.
- Travel from your home to Frankfurt.

