

Meditation and a Walk in Taljai



About This Experience

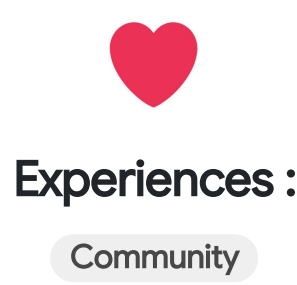
On the occasion of World Mental Health Day, Pune Travel Club and The Happy Place Cafe has organized a Guided Meditation session followed by a walk in the forests of Taljai. We are struggling in our daily lives, often ignoring our own well-being. To raise awareness on mental health issues and to take a step towards community healing, we are starting with this event.

Who Should Attend ?

Everyone who wants to spend their Sunday morning meditating peacefully.

Highlights

Guided Meditation



INCLUSIONS AND EXCLUSIONS

INCLUSIONS

- Meditation Instructor
- Breakfast

EXCLUSIONS

- A mat, if required for Meditation

BOOK NOW

Pricing

Meditation and a Walk in Taljai	₹ 200 /- PerPerson
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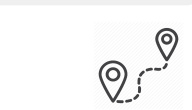
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Key Contact Person : Shraddha Oswal (7300833839)

PLAN IN DETAIL

What will we do?

Guided Meditation



Self Vehicle



Stay Not Applicable



Breakfast

Meditation and Nature - Both are the most effective when it comes to nurturing our mental health. In this life of chaos, we bring you a small break from the daily conundrums.

To join us,

6.00 AM - Reach Taljai/Meet us outside the gate.

6.15 AM - We will find a peaceful place in the forest to settle and start with our Meditation. Our Meditation instructor will guide us all through basic meditation techniques. Imagine closing your eyes and focusing on yourself, while surrounded by nature and sounds of birds.

7.15AM - After Meditation, we shall go on a small walk inside the forests. You will experience a different calmness and peace when you find yourself close to nature.

8.00 AM - Have amazing breakfast outside the park. We know of a few locals who make delicious poha and tea.

We would love to have a small feedback session after or during breakfast. This event is one of our community building initiatives and we would love to know your experience for future preparations.

ABOUT YOUR HOSTS



Our Story : Pune Travel Club

It is all about travel & adventure. That is what Pune Travel Club was founded upon and what the community is all about. Discovering countries, cultures, environments, cities, mountain ranges, deserts, coasts and jungles; exploring this amazing planet we all live on.

The Pune Travel Club (PTC) is a non-profit, volunteer based group which organizes outdoor, sports, green and social events throughout the year on weekends and weekday mornings. Upcoming events are informed to our members through a mailing list, write-ups on completed events are posted on our blog, ongoing member discussions happen in our Facebook group.

PTC is a place where like-minded, nature loving and outdoor passionate souls come together in a open, volunteering environment, overcoming challenges together as a team, breaking out of oneself physical and mental boundaries, coming out as friends for life and recharged human beings with a different perspective on life. The non-profit nature of equal cost sharing and volunteering based environment focusing on a shared passion brings out the best in people.



Helpdesk : + 91 7666771909



WhatsApp Us : + 91 7666771909



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punetravelclub@gmail.com