

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



Experiences :

Community

INCLUSIONS AND EXCLUSIONS

INCLUSIONS

- Meditation Instructor
- Breakfast

EXCLUSIONS

- A mat, if required for Meditation

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.

REVIEWS FROM THE PAST



Gunit kaur sethi

I was looking forward to do K2S since long and finally it could happen with Pune travel club. I must say, it was one awesome experience which would not have been great without the support of Vamsy and other co-travellers on the Trek.

Thank you Pune travel club and Vamsy for such an awesome experience. I look forward to have some more adventure with you. 💎💎

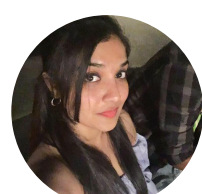


Sayali Chaudhari

I went to Harishchandragad trek last weekend with these guys...It was an amazing trek...very well arranged...had so much fun...Thank you so much guys...!

One of my favorite treks till date... ☺

Special thanks to our trek leads @Ritu and @Rohit



Namita Hiremath

It was my first ever trip and camping.... And people at Pune Travel Club made it really special for me. Considering the heavy rush for New Years I understand a few things might go here and there but overall I just loved it. Camping at Kashid... Beachside Campfire... Next day Beautiful scenery at the beach and water sports.... It was a special start of the New Year for me. Thanks a lot Pune Travel Club team.

Also I really want to mention about Shraddha.Her nature is extremely Sweet and friendly and makes everyone really comfortable. She is gem of person.... All the best and keep it up ☺



Bhagyashree Narkar

It was great experience of K2S trek with PTC. Though it is of last year but there are many good memories which are still in mind. Looking forward to many more treks and camping with PTC...💎



Rohan Koriahalli

PTC is the reason I have become passionate about traveling, I have done 3 trips with them in one month. I am not going to stop traveling with them. Treks are so well organized and the trek leads are so helpful and understanding. Traveling with PTC is now no more about choice, it's a habit now.

Thank you PTC!!



Kaustubh Zokarkar

It was my first ever trekking experience and PTC made it worthwhile. Enjoyed a lot....Went with a very nice group from Pune to Bhandardara Fireflies festival..... Shraddha our co-ordinator was very humble, soft spoken and an outstanding person who guided us throughout the trekking....I would definitely love to attend more events.....

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.



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