

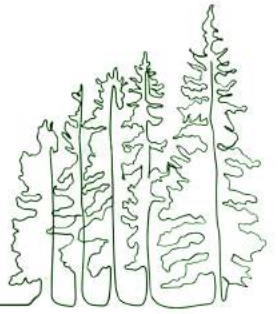
# The Jamun Forest

## Why the Jamun forest?

The past year has forced most of us indoors and led us to the path of being more appreciative of outdoor spaces. Our busy routines restrict the amount of time we spend outdoors and especially with nature. Concrete, pavements, shoes act as barriers between the Earth energies and us. This disconnect from the Earth and its energy has made us more vulnerable to illness and stress.

The process of reconnection with Earth can be achieved through 'Earthing'. Direct contact with Earth, like, walking barefoot, physical contact with elements of nature like stones, auditory attention to bird sounds, rustling leaves, etc. can bring a sense of calmness to us.

Our specially crafted tour in the forest based of a Japanese philosophy of "Shin-rin Yoku" is bound to leave you feeling rejuvenated and relaxed



## Benefits of Forest Bathing



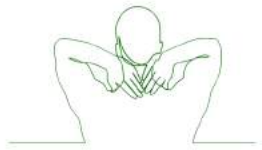
Lowered stress and anxiety



Improved immunity



Increased ability to focus



Relieved muscle tension



Deepening of relationships



Improved sleep

## Location

PrithWe Earthing Centre,  
Bhor, Pune



## Package includes-

- Getting familiar with philosophy of Earthing and 5 senses
- Experience the Jamun forest walk
- Relax, unwind and discover the wonders of our forest at your own pace.
- Includes breakfast, lunch and tea at fixed timings.

## The Experience

We aim to engage you in a mindful and slow walk, engaging all your senses in order to reconnect and rejuvenate your connection with mother Earth. Get familiar with the vastness and generosity of what the Earth offers to us.

### 01 | Touch

Ground yourself, feel the natural textures and revive your connection with the Earth

### 02 | Taste

Explore and excite your taste buds with natural ingredients, taste the region you're walking in as you take in the energy of the Earth

### 03 | Smell

Breathe in the smell of Earth and its elements. Explore your smell palette with the wide variety of fragrances we have to offer.

### 04 | Sight

Surround yourself with refreshing green trees and a tranquil blue lake until the horizon proven to make you both happier and calmer.

### 05 | Sound

Get a break from your daily routine noises of cars honking, phones ringing, people yelling and reconnect with the original sounds of Earth

### 06 | Sixth sense

Get connected with the heart & soul of the Forest walk, the Jambudvipa. Consisting of numerous Jamun trees, this spot strives to give you a revitalizing experience

For more details and bookings contact- 98225 73102