

ACT OF TRAVEL



Playshop for the
Traveler in You!!

AOT – ACT OF TRAVEL

OUTLINE

PLAY TOPICS

- Act Preparation
- Why AOT? – To Calibrate Self
- AOT Life – Orientation
- Social Status to Social Awareness
- Maximise Experience
- Meeting Like Minded People
- Fair and Balanced Act



Act of Travel



TM

TUSHAR MHETRE

**INSPIRING & GUIDING
TRAVELERS SINCE 2008**

Personality: Self-expression, Joy of Living, Creativity, Perfection, Art, Inspiration, Enthusiasm, Spiritual-Physical Connection, Responsibility, Nurturing, Self-Righteousness, Union, Community





WHAT IS ACT OF TRAVEL

IT'S SLOWER, MINDFUL TRAVELING
– TRUE IMMERSION IN YOUR ACT.

START SMALL, DREAM BIG!

A journey of a thousand
miles starts with
a single step.

– LAO TZU



ACT PREPARATION

UNPLUG AND GET AWAY

LEAVE TIME BEHIND

Leave the world of alarms and clocks behind, enjoying each moment as it is experienced. And no matter where you are, you are always right on time.

MOVE UP

The best travelers head out with no preconceptions about the cultures they will visit and the people they will meet. They remember to pack the most important thing: an open mind.

GET ENGAGED

Engagement and active participation helps in maintaining focus over the purpose, passion and pursuit.

Life sometimes happens and we get a little bit off course. From time to time we need to recalibrate ourselves. Being in the Act of Travel we are putting a mechanism in place to calibrate and move us towards what we want to achieve.



WHY AOT? – TO CALIBRATE SELF

AOT LIFE – ORIENTATION

The stillness in motion

Why?

Studies show that you can focus more after playing and exerting yourself in a variety of ways.

Giving people the permission they need to be silly this Playshop will take us to recess and reinvigorate us with games, competition, laughter, meditation, courage, contemplation, mindfulness, music, & self calibration to round things out.



REASON TO BELIEVE

SOCIAL CONSCIOUSNESS

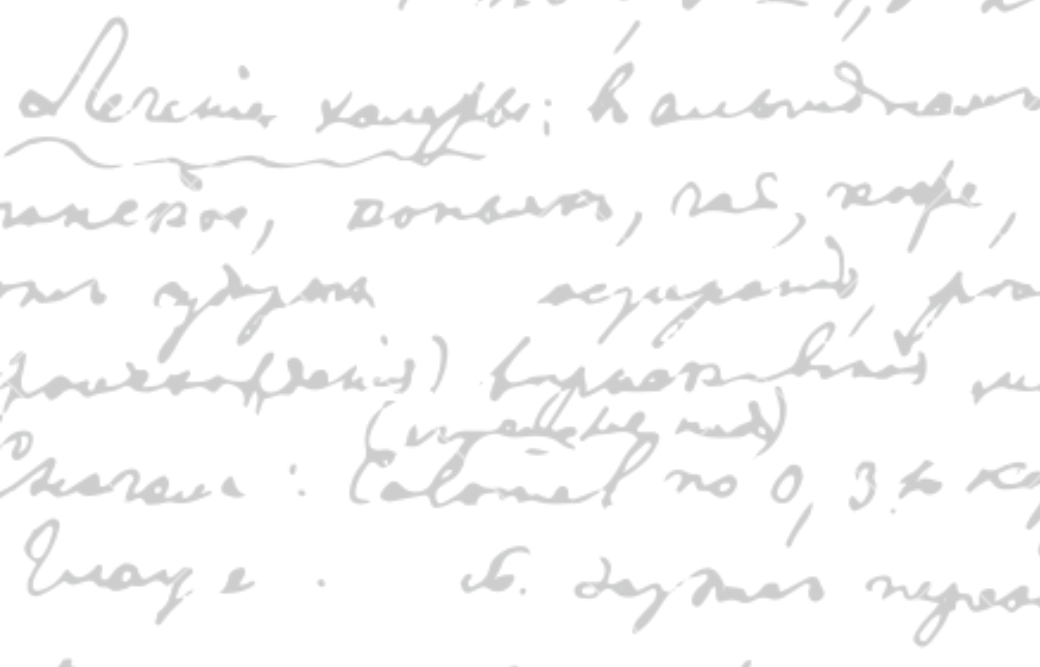
The “we feeling” or the
“sense of us”

Why?

Research suggests that our
levels of empathy – the
ability to understand the
feelings of others – are
lower today than 30 years
ago.

Digital communication
contribute to social
isolation and is often blamed
for the reduction in empathy.
In AOT Playshops, Everything
starts with an E.

SOCIAL STATUS TO SOCIAL AWARENESS





TRY EVERYTHING

I know it sounds crazy,
but the best way to get
out of your comfort zone
is to jump head first
into something you
wouldn't try at home.

NOT CRITICAL AND NEVER JUDGMENTAL

Being critical has lost a
lot of its sense of
analysis and
articulation, and moved
closer to judgmental.

BE A TRAVELER, NOT A TOURIST.

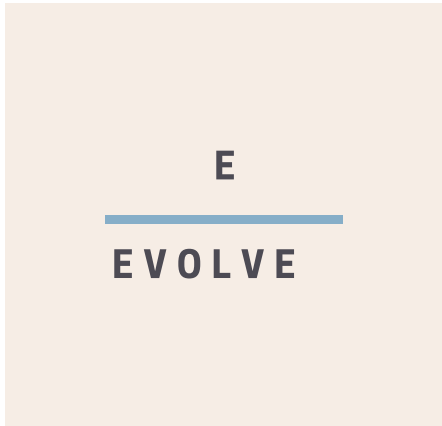
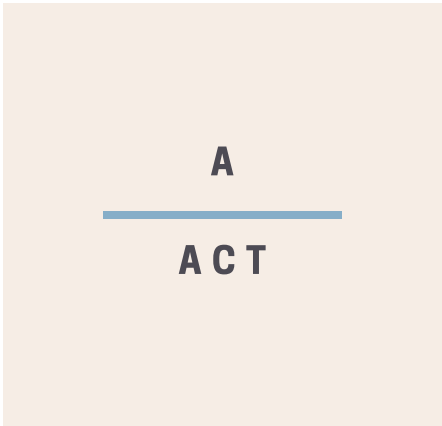
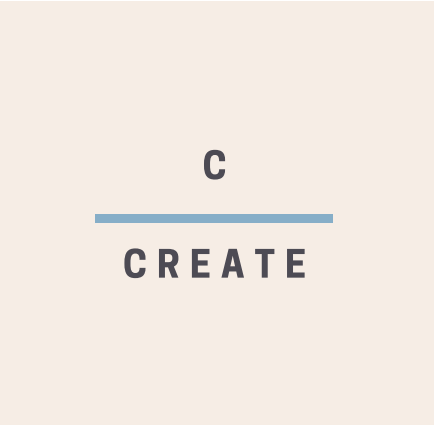
The only thing that
drives us? Our gut
feeling. Traveler's gut
is a survival instinct
and mechanism. From
travel to gut decisions
in daily life...



MAXIMISE EXPERIENCE

no 0,5 (k obuyas), i' R
abn. Lab. selladon. (0,015-002)
muri on Cantani (inf. fl. re
nes. & propusovore
on dournero y₁ vassini
couette boubins
1999





an Act of Travel therapy

CARE

BOUNDLESS TRAVELERS' AWARENESS

AOT – CARE therapy helps us
grow to be boundless and
constantly keep calibrating
self for maintaining fairness
and balance to articulate our
life strategy!!

AOT – A FAIR AND BALANCED ACT

ARTICULATE YOUR LIFE STRATEGY

