

SHANTI MAURICE

RESORT & SPA

SHANTI WELLNESS

KIDS YOGA & MEDITATION PRIVATE SESSION

Bring the joy of yoga to your children at our Shanti Spa. Yoga for kids is a great way for children to learn how to reduce stress, as well as improve concentration, mood, balance, and flexibility. And best of all, kids think yoga is fun! Yoga at an early age encourages self-esteem and body awareness with a physical activity that's noncompetitive. Fostering cooperation and compassion—instead of opposition—is a great gift to give our children.

Itineraries: Our Yoga Master will welcome the kids with a special kid's spa ice tea and offer specially-designed private yoga and meditation classes for kids. Our Yoga Master will initiate a 'singing bowl' meditation for kids' fun, followed by basic yoga poses, breathing, and meditation techniques. Families will be invited to see private yoga sessions for their own kids. To best meet the experience, in a pre-initiation stage prior to the start of the treatment, the parents will be invited for a pre-consultation session with the spa doctor.

- Situated at Shanti Spa
- 09:30 - 18:00hrs
- Booking to be done 24hrs in advance through the Shanti App or at Shanti Spa reception
- A minimum of 1 kid to a maximum of 3 kids
- Duration: 30mins
- MUR 1,200 per kid per private session
- Offers are indicative, prices are inclusive of VAT and are upon availability and request within limited allotments
- Please contact the Shanti Spa for more details and booking

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