

# SHANTI MAURICE

RESORT & SPA

## SHANTI WELLNESS

### PERSONAL YOGA RETREAT AT ITS BEST

Yoga has been practiced for thousands of years as a life philosophy to join the individual self with what in our interpretation calls the divine, universal spirit, or cosmic consciousness. Our retreat program is principally focused to increase general health, reduce stress, and improve flexibility and strength with a choice of yours to up to 3 daily yoga and meditation group classes- on a complimentary basis.

Among the classes, we offer forty-five minutes of Hatha & Vinyasa yoga. Hatha yoga is the most practices branch of yoga and its highly developed system of nearly two hundred postures, movements, and breathing techniques.

- Situated at Shanti Spa
- Daily group sessions at 08:15 | 11:00 | 15:00 and on private reservation
- Booking to be done 24hrs in advance through the Shanti App or at Shanti Spa reception
- Maximum participation in one group session of 10 persons (first come first serve basis)
- Duration: 45mins per session
- Price: Group session as per weekly guest program complimentary. Private session and experiences payable
- 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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