

# SHANTI MAURICE

RESORT & SPA

## SHANTI WELLNESS

### SUNSET YOGA AND MEDITATION CRUISE

This is a unique experience once in your lifetime and is specifically designed to channel your body's energies, open your "Chakras". The virtue of sunset is known to have many psychological effects that enhance the long-lasting satisfaction of inline and physical benefits and have been proven to relieve stress. The sun salutation gives you that opportunity to express gratitude to the world and relax your mind whilst listening to the lapping of the waves and feel the Indian Ocean breeze.

- Situated at Le Morne port of embarkation
- Daily excluding public holidays and Sundays. Winter and Summer's season varies | Departing from the hotel at 15:00hrs
- Booking to be done 24hrs in advance through the Shanti App or at Shanti Spa reception
- Minimum 2 persons Maximum 4 persons
- Duration: 4hrs split as follows: 45mins drive one way to the port of embarkation | Cruise for 2hrs30mins | Yoga & meditation session 90mins on the boat (MUR 5,000 per person) | 45mins' drive back to the hotel
- MUR 26,000 for 2 persons sharing | MUR 13,000 supplementary per additional person | Boat on exclusivity
- 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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