

**CULINARY EXPERIENCES**

**STARS RESTAURANT**

DAILY

BREAKFAST "BUFFET" | 07:00 – 10:30  
LUNCH "À LA CARTE" | 12:30 – 14:30  
DINNER "À LA CARTE" | 18:30 – 22:00

MON 07<sup>TH</sup> TO SUN 13<sup>TH</sup> OCT

LIVE GUITARIST – MON 07<sup>TH</sup> OCT  
LIVE SAXOPHONIST – WED 09<sup>TH</sup> OCT  
LIVE PIANO – SAT 12<sup>TH</sup> OCT



**RUM SHED BAR & GRILL**

DINNER 18:30 – 22:00  
À LA CARTE

MON 07<sup>TH</sup> TO SAT 12<sup>TH</sup> OCT

(WED 09<sup>TH</sup> & SUN 13<sup>TH</sup> OCT CLOSED)

LIVE GUITARIST – FRI 11<sup>TH</sup> OCT



**ARABIC CUISINE AT STARS**

BREAKFAST "BUFFET" | 07:00 – 10:30  
LUNCH "À LA CARTE" | 12:30 – 14:30  
DINNER "À LA CARTE" | 18:30 – 22:00

MON 07<sup>TH</sup> TO SUN 13<sup>TH</sup> OCT

(TUE 08<sup>TH</sup> OCT CLOSED)



**INDIAN DELIGHTS AT STARS**

LUNCH 12:30 – 14:30  
DINNER 18:30 – 22:00  
À LA CARTE

MON 07<sup>TH</sup> TO SUN 13<sup>TH</sup> OCT



**JUST THAI AT STARS**

LUNCH 12:30 – 14:30  
DINNER 18:30 – 22:00  
À LA CARTE

MON 07<sup>TH</sup> TO SUN 13<sup>TH</sup> OCT

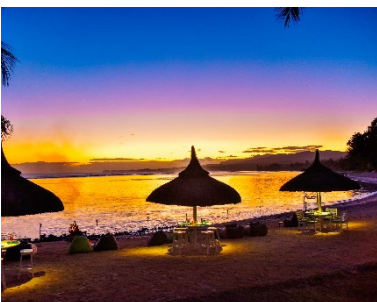
(WED 09<sup>TH</sup> OCT CLOSED)

**LA KAZE MAMA**

DINNER 18:30 – 22:00  
BUFFET

WED 09<sup>TH</sup> OCT | MAURITIAN CREOLE NIGHT - 1  
SUN 13<sup>TH</sup> OCT | MAURITIAN CREOLE NIGHT - 2

LIVE SEGA SHOW – WED 09<sup>TH</sup> OCT



**FEET IN THE SAND**

DINNER 18:30 – 22:00  
BEACH BBQ GRILL

MON 07<sup>TH</sup> TO SUN 13<sup>TH</sup> OCT

(WED 09<sup>TH</sup> OCT CLOSED)



**LIVE PERFORMANCE**



**LIVE GUITARIST**

MON 07<sup>TH</sup> OCT 2024  
19:00 | AT STARS RESTAURANT

FRI 11<sup>TH</sup> OCT 2024

19:00 | AT RUM SHED



**LIVE BAND**

TUE 09<sup>TH</sup> OCT 2024

19:00

AT STARS  
RESTAURANT



**LIVE SAXOPHONIST**

WED 09<sup>TH</sup> OCT 2024

17:30

AT MANAGEMENT COCKTAIL

19:00

AT STARS RESTAURANT



**SUNSET COCKTAIL WITH RESORT TEAM**

WED 09<sup>TH</sup> OCT 2024

17:30

LIVE SEGA SHOW

18:00



**LIVE PIANO**

SAT 12<sup>TH</sup> OCT 2024

19:00

AT STARS  
RESTAURANT



**HOW TO BOOK A TABLE?**

Contact the reception on extension 0  
Available upon reservation on a first-come first-serve basis

**FOOD CREDIT**

Guests on the meal plan Half-Board (HB) | Full-Board (FB) | All-Inclusive (AI) are entitled to a food credit of MUR 3,000 per meal per person. Any consumptions beyond that will be charged accordingly. Credit is non-refundable and non-transferable.

**DRESS CODE POLICY**

**BREAKFAST / LUNCH:**

Shorts, t-shirts or polo shirts with footwear are permitted (swimwear should be covered at all times).

**DINNER:**

Gentlemen: long trousers, collared shirts (button down) or polo shirt and footwear are allowed. Ladies to respect the evening attire (smart casual) (no see-through attire or swimwear are allowed).



**SCAN THE QR CODE TO TRY SHANTI'S IRRESISTIBLE FRIED CHICKEN**



**AVAILABLE EVERYDAY**

**BREAKFAST AT ITS BEST**

04:00 – 07:00 | EARLY BIRD SNACK BREAKFAST (RED GINGER BAR)

07:00 – 18:00 | LONGSLEEPER ALL DAY BREAKFAST

A VARIETY OF LUNCH & DINNER - A LA CARTE

13:00 – 15:00 | FISH MARKET

10:00 – 18:00 | BEACH & POOL SERVICE

24 HOURS | IN-ROOM DINING (TRAY CHARGE APPLIES)

**AFTERNOON TEA**

15:30 – 17:00 | HIGH TEA AT RED GINGER BAR & POOL LOUNGE (PRE BOOKING)

**SUNSET SPECIALS**

16:30 – 17:00 | RUM INITIATION AT RED GINGER BAR (CHARGEABLE)

10:00 – 18:30 | BEACH DRINKS SELECTION ALL-DAY LONG AT SANDS BEACH BAR

# SHANTI TIMES FROM MONDAY 07<sup>TH</sup> TO SUNDAY 13<sup>TH</sup> OCTOBER 2024

## WELLNESS & ACTIVITIES WEEKLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
08:15 <b>YOGA FOR ANXIETY</b>	08:15 <b>VINYASA YOGA</b>	08:15 <b>MORNING STRETCHING</b>
11:00 <b>ARCHERY</b>	11:00 <b>AQUA GYM</b>	11:00 <b>BOXING INITIATION</b>
11:00 <b>BEING MINDFUL</b>	11:00 <b>JOURNEY OF BREATH</b>	11:00 <b>BEING MINDFUL</b>
15:00 <b>YOGA STRETCHING</b>	15:00 <b>FULL BODY FITNESS</b>	15:00 <b>TABATA WORKOUT</b>
15:00 <b>HIIT</b>	15:00 <b>PRANAYAMA</b>	15:00 <b>SINGING BOWL MEDITATION</b>

THURSDAY	FRIDAY	SATURDAY
08:15 <b>THERAPEUTIC YOGA</b>	08:15 <b>ENERGETIC YOGA</b>	08:15 <b>SUN SALUTATION</b>
11:00 <b>PRANAYAMA</b>	11:00 <b>AQUA GYM</b>	11:00 <b>BOXING INITIATION</b>
15:00 <b>SINGING BOWL MEDITATION</b>	11:00 <b>PRANAYAMA</b>	11:00 <b>PRANAYAMA</b>
	15:00 <b>CIRCUIT TRAINING</b>	15:00 <b>HIIT</b>
	15:00 <b>YOGA NIDRA</b>	15:00 <b>YOGA STRETCHING</b>

SUNDAY	SHANTI SPA SPECIALS
08:15 <b>MORNING STRETCHING</b>	07 <sup>TH</sup> OCT <b>COUPLES CONNECT</b> 150MINS - MUR 15,900
11:00 <b>ARCHERY</b>	08 <sup>TH</sup> OCT <b>SHANTI FUSION MASSAGE</b> 60MINS - MUR 5,600
15:00 <b>SINGING BOWL MEDITATION</b>	10 <sup>TH</sup> OCT <b>CHAKRA BALANCING</b> 90MINS - MUR 6,600
	12 <sup>TH</sup> OCT <b>ABHYDHARA</b> 90MINS - MUR 9,700
	13 <sup>TH</sup> OCT <b>BOXING INITIATION</b> 60MINS - MUR 2,000

■ WELLNESS AT SHANTI SPA  
■ ARCHERY / AQUA GYM / BOXING INITIATION / CIRCUIT TRAINING / FULL BODY FITNESS / HIIT / POWER WALK / TABATA WORKOUT - MEETING POINT AT SHANTI SPA

## ESTATE CARE

**FOR YOUR COMFORT PLEASE NOTE THE SEQUENCE OF INTERVENTIONS DAILY POOL CLEANING:**

08:00 - 10:00  
 10:00 - 12:30  
 13:00 - 16:00  
 For villa pool cleaning, please contact the Reception for your preferred times.

**WEEKLY MOWING & GARDEN CARE:**

08:00 - 10:00  
 10:00 - 11:30  
 12:30 - 16:00  
 10:00 - 11:30  
 12:30 - 16:00  
 For Villa garden care, please contact the Reception for your preferred times.

10:00 - 11:30  
 12:30 - 16:00  
 08:00 - 11:30

**FOGGING EXERCISE:**

16:00 - 17:00

Spa | Main Pool | Kids Club  
Villa 201 - 207  
Villa 208 - 218

Surrounding Estate Garden  
Villa 207 - 218

Villa 201 - 205

Suites 101 - 124  
Suites 128 - 142

Daily Beach Maintenance

Daily

Changes due to weather possible with short term notice

## SPORTS CORNER & LIVE SPORT AT RED GINGER BAR

TUE WTA1000: WUHAN OPEN DAY 2   10:30	SS TENNIS
TUE ATP1000: SHANGHAI MASTERS DAY 7   12:30	SS TENNIS
THU DP WORLD TOUR FEDEX OPEN DE FRANCE DAY 1   13:00	SS GOLF
THU UEFA NATIONS LEAGUE: ENGLAND VS GREECE   20:35	SS PREMIER LEAGUE
FRI UEFA NATIONS LEAGUE: BOSNIA & HERZEGOVINA VS GERMANY   20:35	SS PREMIER LEAGUE
SAT ATP1000: SHANGHAI MASTERS SEMI-FINALS   10:30	SS TENNIS
SAT UEFA NATIONS LEAGUE: CROATIA VS SCOTLAND   17:50	SS PREMIER LEAGUE
SUN WOMEN'S SUPER LEAGUE: MANCHESTER UNITED VS TOTTENHAM   13:25	SS PREMIER LEAGUE
SUN WOMEN'S SUPER LEAGUE: LIVERPOOL VS MANCHESTER CITY   15:55	SS PREMIER LEAGUE
SUN ATP1000: SHANGHAI MASTERS FINAL   10:30	SS TENNIS
SUN DP WORLD TOUR FEDEX OPEN DE FRANCE DAY 4   12:30	SS GOLF
SUN SUPERBIKE: ESTORIL SBK RACE 2   14:55	SS MOTORSPORT
SUN UEFA NATIONS LEAGUE: FINLAND VS ENGLAND   17:55	SS PREMIER LEAGUE



## PEN AIR CINEMA



<b>MON</b>	18:45 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	<b>SECRET MAGIC</b> <b>DOG GONE</b>
<b>TUE</b>	18:45 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	<b>SEA BEAST</b> <b>TROUBLE</b>
<b>WED</b>	18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)	<b>BENJI</b>
<b>THU</b>	18:45 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	<b>OVER THE MOON</b> <b>ACCIDENT MAN</b>
<b>FRI</b>	18:45 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	<b>THE MONKEY KING</b> <b>GIFTED</b>
<b>SAT</b>	18:45 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	<b>NIMONA</b> <b>THE MOTHER</b>
<b>SUN</b>	18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)	<b>LITTLE STUART</b>

In case of bad weather conditions, kids' movies will move to Kids Club and main screening will be cancelled.



## SHANTI BOUTIQUE

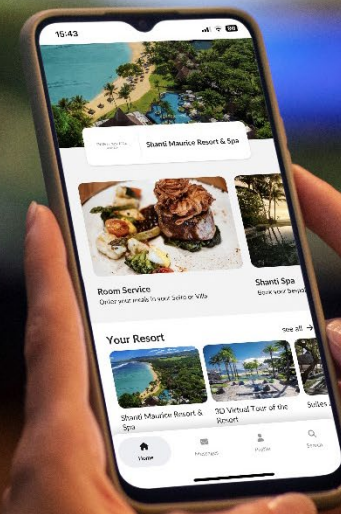
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