

SHANTI TIMES FROM MONDAY 28TH OCTOBER TO SUNDAY 03RD NOVEMBER 2024

WELLNESS & ACTIVITIES WEEKLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
08:15 YOGA FOR ANXIETY	08:15 VINYASA YOGA	08:15 ASHTANGA YOGA
11:00 ARCHERY	11:00 AQUA GYM	11:00 BOXING INITIATION
11:00 BEING MINDFUL	11:00 JOURNEY OF BREATH	11:00 PRANAYAMA
15:00 HIIT	15:00 FULL BODY FITNESS	15:00 CIRCUIT TRAINING
15:00 YOGA NIDRA	15:00 BEING MINDFUL	15:00 YOGA NIDRA

THURSDAY	FRIDAY	SATURDAY
08:15 THERAPEUTIC YOGA	08:15 SUN SALUTATION	08:15 MORNING STRETCHING
11:00 TABATA WORKOUT	11:00 AQUA GYM	11:00 BOXING INITIATION
11:00 PRANAYAMA	11:00 PRANAYAMA	15:00 SINGING BOWL MEDITATION
15:00 HIIT	15:00 CIRCUIT TRAINING	
15:00 SINGING BOWL MEDITATION	15:00 BEING MINDFUL	

SUNDAY	SHANTI SPA SPECIALS
08:15 HATHA YOGA	28 TH OCT COUPLES CONNECT 150MINS - MUR 15,900
11:00 JOURNEY OF BREATH	29 TH OCT SHANTI FUSION MASSAGE 60MINS - MUR 5,600
15:00 YOGA NIDRA	30 TH OCT CHAKRA BALANCING 90MINS - MUR 6,600
	01 ST NOV ABHYDHARA 90MINS - MUR 9,700
	03 RD NOV PERSONALISED YOGA 60MINS - MUR 2,000

■ WELLNESS AT SHANTI SPA
■ ARCHERY / AQUA GYM / BOXING INITIATION / CIRCUIT TRAINING / FULL BODY FITNESS / HIIT / 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

MON	ATP WORLD TOUR MASTERS 1000 - ROLEX PARIS DAY 1 12:00	SS TENNIS
WED	CARABAO CUP - MANCHESTER UNITED VS LEICESTER CITY 21:40	SS PREMIER LEAGUE
WED	ATP WORLD TOUR MASTERS 1000 - ROLEX PARIS DAY 3 12:00	SS TENNIS
THU	CHALLENGE TOUR GRAND FINAL DAY 13:00	SS GOLF
FRI	SUNSHINE TOUR - BLUE LABEL CHALLENGE DAY 3 15:00	SS GOLF
FRI	FORMULA ONE: SAO PAULO BRAZIL PRACTICE 1 16:15	SS MOTORSPORT
SAT	PL 24/25 - NEWCASTLE VS ARSENAL 14:20	SS PREMIER LEAGUE
SAT	PL 24/25 - LIVERPOOL VS BRIGHTON & HOVE ALBION 16:50	SS PREMIER LEAGUE
SAT	PL 24/25 - WOLVERHAMPTON WANDERERS VS CRYSTAL PALACE 19:20	SS PREMIER LEAGUE
SUN	MOTO GP: MALAYSIA RACE 08:55	SS MOTORSPORT
SUN	PL 24/25 - TOTTENHAM HOTSPUR VS ASTON VILLA 15:50	SS PREMIER LEAGUE
SUN	FORMULA ONE: SAO PAULO BRAZIL RACE 18:55	SS MOTORSPORT



PEN AIR CINEMA



MON	18:45 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	TREASURE BUDDIES FAMILY PACK
TUE	18:45 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	THE LITTLE MERMAID 2 OUJA - ORIGIN OF EVIL
WED	18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)	CINDERELLA
THU	18:45 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	MIGHTY LITTLE BHIM HALLOWEEN
FRI	18:45 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	ZOOTROPOLIS THANKSGIVING
SAT	18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)	RATATOUILLE
SUN	18:45 - 20:30 (KIDS MOVIE) 20:30 - 22:00 (MAIN SCREENING)	SPIES IN DISGUISE MAMA

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

SHANTI BOUTIQUE



HALLOWEEN HIGHLIGHTS

14:00 - 15:00
FACE PAINTING
TRICK & TREAT

AT SHANTI KIDS CLUB

Happy Diwali
FESTIVAL OF LIGHTS

EVENT HIGHLIGHTS

17:30 - 17:45 | GARUDA LIGHTING CEREMONY NEXT TO RECEPTION

18:00 - 18:30 | TRADITIONAL INDIAN DANCE AT THE COURTYARD

18:30 - 22:00 | DIWALI BUFFET AT STARS RESTAURANT



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 28TH OCT TO SUN 03RD NOV

DINNER "BUFFET" | 18:30 – 22:00

THU 31ST OCT | DIVALI" BUFFET



ASIAN LOUNGE & FINE SUSHI AT STARS

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

MON 28TH OCT TO SUN 03RD NOV

(THU 31ST OCT CLOSED)

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 28TH OCT TO SUN 03RD NOV

(CLOSED AS FROM 01ST NOV)



INDIAN DELIGHTS AT STARS

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

MON 28TH OCT TO SUN 03RD NOV



JUST THAI AT STARS

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

MON 28TH OCT TO SUN 03RD NOV

(WED 30TH OCT CLOSED)



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



LIVE PERFORMANCE



LIVE GUITARIST

MON 28TH OCT 2024
 19:00 | AT STARS RESTAURANT

FRI 01ST NOV 2024
 19:00 | AT RUM SHED



LIVE BAND

TUE 29TH OCT 2024

19:00

AT STARS RESTAURANT



LIVE SAXOPHONIST

WED 30TH OCT 2024

19:00

AT STARS RESTAURANT



LIVE PIANO

SAT 02ND NOV 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).

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