

SHANTI SPA

MAURICE



SUYOGAM – YOGA PACKAGE

Know your inner self through a unique SUYOGAM program. This yoga-centric program, comprising a combination of specially chosen Asanas, Yogic cleansing procedures and signature treatments, will sharpen your concentration, improve your health and assist you in attaining peace-of-mind. The word 'Yoga' means a union; Suyogam therefore means a perfect union! This package, or rather a regimen, is designed with select practices of Yogic science, to create a perfect harmonizing system for the body, mind and spirit.

PUBLIC RATES IN INTERNATIONAL CURRENCIES 01st NOVEMBER 2024 UNTIL 31st OCTOBER 2025

NAME OF TREATMENT	MINUTES	4 NIGHTS	7 NIGHTS	14 NIGHTS	21 NIGHTS
Wellness consultation	30	1	1	2	3
Talk to the Guru	15	2	3	6	13
Jala Neti	30		1	2	3
Breathing Practice	30		1	2	3
Aqua Yoga	45	1	1	2	3
Sunrise Yoga	45	1	2	4	6
Beach Yoga	45	1	2	4	6
Aerial Yoga	45	1	2	4	6
Yoga Nidra	30	2	4	8	12
Pranayama	30	2	3	6	9
Abhyanga – Ayurveda massage	60	1	1	2	3
Choornaswedena – Ayurveda bundle massage	60		1	2	3
Indian Foot and Leg massage	60	1	1	2	3
Total minutes/hours per package		480mins	840mins	1,680mins	2,580mins
Price per person quoted in Public Rates in € (EURO)		€ 776	€ 1,348	€ 2,470	€ 4,257
Price per person quoted in Public Rates in £ (GBP British pound sterling)		£ 663	£ 1,151	£ 2,109	£ 3,635
Price per person quoted in Public Rates in \$ (USD US DOLLAR)		\$ 831	\$ 1,444	\$ 2,645	\$ 4,559
Price per person quoted in Public Rates in MUR (Mauritian Rupee)		MUR 38,800	MUR 67,400	MUR 123,500	MUR 212,850

Please contact our Spa team for a personalized consultation or further information.

Terms and Conditions:

- This package is valid from 01st November 2024 until 31st October 2025
- Prices quoted above includes Spa treatments only
- Applicable for a minimum of 5 nights stay and other stay options are equally open
- Rates are valid upon request and availability within limited allotment only
- The prices are quoted in EURO | GBP | USD currency and are inclusive of local taxes
Rates are subject to change if the exchange rate variance reaches outside of the regular floating corridors to ensure rate parity in the markets and distribution channels
- Taxes can be reviewed without prior notice in case of any change imposed by Mauritian Government