

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 05<sup>TH</sup> TO SUN 11<sup>TH</sup> MAY



ASIAN LOUNGE &  
FINE SUSHI AT STARS

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

TUE 06<sup>TH</sup> TO SUN 11<sup>TH</sup> MAY  
(MON 05<sup>TH</sup> MAY CLOSED)



RUM SHED BAR & GRILL

DINNER 18:30 – 22:00

À LA CARTE

MON 05<sup>TH</sup> TO SUN 11<sup>TH</sup> MAY

(WED 07<sup>TH</sup> MAY CLOSED)

LIVE GUITARIST – FRI 09<sup>TH</sup> MAY



LA KAZE MAMA

DINNER 18:30 – 22:00

BUFFET

WED 07<sup>TH</sup> MAY | MAURITIAN CREOLE NIGHT – 1  
SUN 11<sup>TH</sup> MAY | MAURITIAN CREOLE NIGHT – 2

LIVE SEGA SHOW – WED 07<sup>TH</sup> MAY



FEET IN THE SAND

DINNER 18:30 – 22:00

BEACH BBQ GRILL

MON 05<sup>TH</sup> TO SUN 11<sup>TH</sup> MAY

(WED 07<sup>TH</sup> MAY CLOSED)



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 4,000 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).

Chic shorts allowed at Rum Shed.



Enjoy effortless dining!

SCAN FOR YOUR  
ROOM SERVICE  
ORDER

For further assistance, contact the  
Room Service team on EXT 7121



LIVE PERFORMANCE

LIVE GUITARIST

MON 05<sup>TH</sup> MAY 2025

19:00 | AT STARS RESTAURANT

FRI 09<sup>TH</sup> MAY 2025

19:00 | AT RUM SHED



LIVE BAND

TUE 06<sup>TH</sup> MAY 2025

19:00

AT STARS  
RESTAURANT



LIVE SAXOPHONIST

WED 07<sup>TH</sup> MAY 2025

19:00

AT STARS RESTAURANT



SUNSET COCKTAIL  
WITH RESORT TEAM

WED 07<sup>TH</sup> MAY 2025

17:30

LIVE SEGA SHOW  
18:00



LIVE PIANO

SAT 10<sup>TH</sup> MAY 2025

19:00

AT STARS  
RESTAURANT



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  
- À 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 05<sup>TH</sup> TO SUNDAY 11<sup>TH</sup> MAY 2025

## WELLNESS & ACTIVITIES WEEKLY CALENDAR

MONDAY	TUESDAY	WEDNESDAY
08:15 MORNING STRETCHING	08:15 YOGA FOR SPINE HEALTH	08:15 SUN SALUTATION
11:00 BODY BALANCE	09:30 AERIAL YOGA	09:30 STRETCHING
15:00 GUIDED RELAXATION	11:00 JOURNEY OF BREATH	11:00 PRANAYAMA
	14:00 GUIDED MEDITATION	14:00 BODY BALANCE
	15:00 BEING MINDFUL	15:00 SINGING BOWL MEDITATION

THURSDAY	FRIDAY	SATURDAY
08:15 THERAPEUTIC YOGA	08:15 VINYASA	08:15 WARRIOR STABILITY
09:30 GUIDED MEDITATION	09:30 GUIDED MEDITATION	09:30 AERIAL YOGA
11:00 JOURNEY BREATH	11:00 PRANAYAMA	11:00 BEING MINDFUL
14:00 MAT PILATES	14:00 MAT PILATES	14:00 MAT PILATES
15:00 BEING MINDFUL	15:00 YOGA NIDRA	15:00 YOGA NIDRA

SUNDAY	SHANTI SPA SPECIALS
08:15 HATHA YOGA	04 <sup>TH</sup> MAY COUPLES CONNECT 150MINS - MUR 15,900
09:30 GUIDED MEDITATION	06 <sup>TH</sup> MAY SHANTI FUSION MASSAGE 60MINS - MUR 6,600
11:00 PRANAYAMA	07 <sup>TH</sup> MAY CHAKRA BALANCING 90MINS - MUR 6,600
14:00 MAT PILATES	08 <sup>TH</sup> MAY MAT PILATES 60MINS - MUR 2,000
15:00 BEING MINDFUL	08 <sup>TH</sup> MAY BALINESE MASSAGE 60MINS - MUR 4,500

WELLNESS AT SHANTI SPA

MEETING POINT AT SHANTI SPA

CHARGEABLE ACTIVITIES

## 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  
16:00 - 17:00

### 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

SPORTS CORNER & LIVE SPORT AT RED GINGER BAR	
MON	WSL 24/25 - BRIGHTON & HOVE ALBION VS ARSENAL   16:55
MON	PL 24/25 - CRYSTAL PALACE VS NOTTINGHAM FOREST   20:50
TUE	UCL 24/25 SF - INTER MILAN VS BARCELONA   20:55
WED	PGA TOUR ON THE RANGE   18:30
WED	UCL 24/25 SF - PARIS SAINT GERMAIN VS ARSENAL   20:55
THU	DP WORLD TOUR - TURKISH OPEN DAY 1   12:30
THU	UEL 24/25 SF - MANCHESTER UNITED VS ATHLETIC BILBAO   20:55
FRI	LPGA MIZUHO AMERICAS OPEN DAY 1   17:30
SAT	PL 24/25 - SOUTHAMPTON VS MANCHESTER CITY   15:50
SAT	PL 24/25 - AFC BOURNEMOUTH VS ASTON VILLA   18:20
SUN	RED BULL ROOKIES CUP FRANCE - RACE 2   10:45
SUN	PL 24/25 - NEWCASTLE UNITED VS CHELSEA   12:50
SUN	PL 24/25 - MANCHESTER UNITED VS WEST HAM UNITED   15:05
SUN	MOTO GP - FRANCE RACE   15:55
SUN	PL 24/25 - LIVERPOOL VS ARSENAL   17:20



## PEN AIR CINEMA

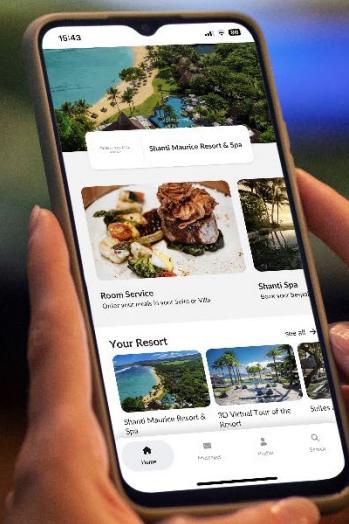
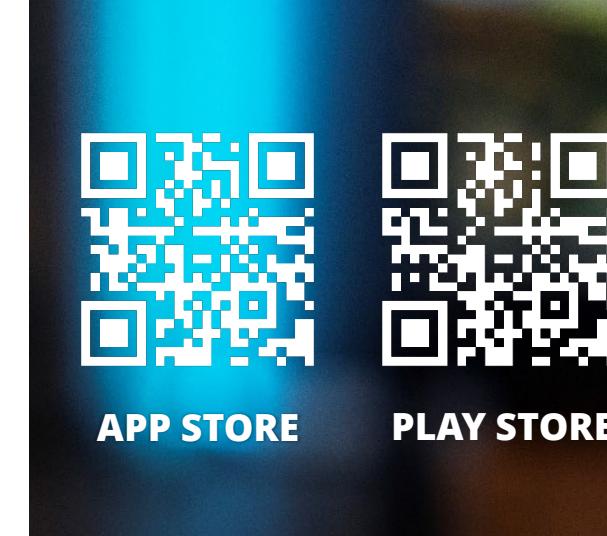


MON	18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)	THE ARISTOCATS
TUE	18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)	THE FOX AND THE HOUND
WED	18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)	THE EMPEROR'S NEW GROOVE
THU	18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)	FANTASIA 2000
FRI	18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)	BAMBI
SAT	18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)	BIG HERO 6
SUN	18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)	OLIVER AND COMPANY



## SHANTI BOUTIQUE

LIMITED TIME ONLY  
20 % OFF  
**Sale**  
ON BOHO BEACH & BELLE ETOILE  
BRANDED GARMENTS



DOWNLOAD  
SHANTI  
MAURICE APP!