

# SHANTI MAURICE

RESORT & SPA

## SHANTI TIMES

MONDAY 9<sup>TH</sup> TO SUNDAY 15<sup>TH</sup> MARCH 2026

### HIGHLIGHTS OF THE WEEK



#### SUNDOWNER COCKTAIL

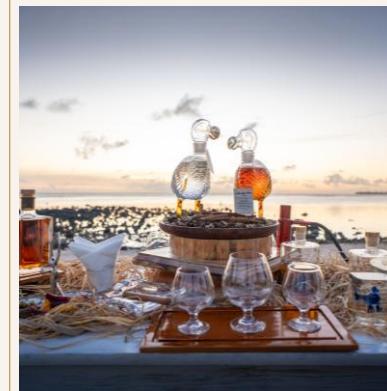
MON 9<sup>TH</sup> & FRI 13<sup>TH</sup> MAR  
17:00 – 18:30



#### SUNSET COCKTAIL WITH RESORT TEAM

WED 11<sup>TH</sup> MAR  
17:30

LIVE SEGA SHOW  
18:00



#### Live Café Créole

WED 11<sup>TH</sup> MAR | LAKAZ MAMA  
&  
FRI 13<sup>TH</sup> MAR | RUM SHED

AS FROM 19:00

### 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 9<sup>TH</sup> TO SUN 15<sup>TH</sup> MAR



#### LA KAZE MAMA

**DINNER 18:30 - 22:00**  
**BUFFET**

(MAURITIAN NIGHT ON  
WED 11<sup>TH</sup> MAR)



#### RUM SHED BAR & GRILL

**DINNER 18:30 – 22:00**

**À LA CARTE**

MON 9<sup>TH</sup> TO SUN 15<sup>TH</sup> MAR

(WED 11<sup>TH</sup> & SUN 15<sup>TH</sup> MAR CLOSED)



#### FEET IN THE SAND

**DINNER 18:30 – 22:00**

**BEACH BBQ GRILL**

MON 9<sup>TH</sup> TO SUN 15<sup>TH</sup> MAR

(WED 11<sup>TH</sup> MAR CLOSED)

### STARS' CULINARY SELECTION

**ASIAN LOUNGE &  
FINE SUSHI**

À LA CARTE  
LUNCH & DINNER

CLOSED ON  
MON 9<sup>TH</sup> MAR

**ARABIC CUISINE**

À LA CARTE  
LUNCH & DINNER

CLOSED ON  
TUES 10<sup>TH</sup> & SUN  
15<sup>TH</sup> MAR

**INDIAN DELIGHTS**

À LA CARTE  
LUNCH & DINNER

-

**JUST THAI**

À LA CARTE  
LUNCH & DINNER

CLOSED ON FRI  
13<sup>TH</sup> MAR

### LIVE PERFORMANCE

#### LIVE GUITARIST

Mon 9<sup>th</sup> Mar | Stars Restaurant | 19:00  
Fri 13<sup>th</sup> Mar | Rum Shed Restaurant | 19:00

#### LIVE BAND

Tues 10<sup>th</sup> Mar | Stars Restaurant | 19:00

#### LIVE SAXOPHONIST

Wed 11<sup>th</sup> Mar | Stars Restaurant | 19:00

#### LIVE INSTRUMENTAL PERFORMANCE

Sat 14<sup>th</sup> Mar | Stars Restaurant | 19:00

#### DUO BAND

Thur 12<sup>th</sup> & Sun 15<sup>th</sup> Mar | Red Ginger Bar | 20:30

#### HOW TO BOOK A TABLE?

Please contact Reception on extension 0. Upon reservations.

#### Meal Plan Inclusion

Guests on HB, FB, AI may enjoy a three-course dining experience in any of our three signature restaurants, each offering distinct atmosphere and flavours. Selected premium items may incur a supplement, as indicated on the menu.

#### 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.

#### 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 MAURICE

RESORT & SPA

## SHANTI TIMES

MONDAY 9<sup>TH</sup> TO SUNDAY 15<sup>TH</sup> MARCH 2026

### WELLNESS & ACTIVITIES CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:15	HATHA YOGA 	YOGA FOR SPINE HEALTH 	HATHA YOGA 	ASHTANGA YOGA 	YOGA FOR SPINE HEALTH 	VINYASA YOGA 	MORNING STRETCHING 
08:30	POWER WALK 	POWER WALK 	POWER WALK 	POWER WALK 	POWER WALK 	-	-
09:30	PERSONAL TRAINING 	GUIDED MEDIDATION 	GUIDED MEDIDATION 	PERSONAL TRAINING 	GUIDED MEDITATION 	GUIDED MEDITATION 	PERSONAL TRAINING 
11:00	PRANAYAMA  AQUA GYM 	PRANAYAMA  BODY BALANCE 	AQUA GYM  PRANAYAMA 	ARCHERY  PRANAYAMA 	AQUA GYM  PRANAYAMA 	PRANAYAMA 	BODY BALANCE 
14:00	CIRCUIT TRAINING  PERSONALISED YOGA 	YOGA FOR HEALING  MAT PILATES 	CIRCUIT TRAINING  YOGA FOR HEALING 	MAT PILATES  YOGA FOR HEALING 	PERSONAL TRAINING  GUIDED MEDITATION 	GUIDED MEDITATION 	MAT PILATES 
15:00	MOBILITY AND FLEXIBILITY  YOGA NIDRA 	ABS AND CORE  YOGA NIDRA 	BODY BALANCE  YOGA NIDRA 	YOGA NIDRA  MOBILITY AND FLEXIBILITY 	BODY BALANCE 	YOGA NIDRA 	ABS AND CORE 



MEETING POINT AT SHANTI SPA



MEETING POINT AT SHANTI SPA



CHARGEABLE ACTIVITIES

Reservations are recommended to ensure your preferred schedule and experience.

### ESTATE CARE

**FOR YOUR COMFORT PLEASE NOTE THE SEQUENCE OF INTERVENTIONS**

**DAILY POOL CLEANING:**

08:00 - 10:00 Spa | Main Pool | Kids Club  
 10:00 - 12:30 Villa 201 - 207  
 13:00 - 16:00 Villa 208 - 218

For villa pool cleaning, please contact the Reception for your preferred times.

**WEEKLY MOWING & GARDEN CARE:**

08:00 - 10:00 Surrounding Estate Garden  
 10:00 - 11:30 Villa 207 - 218  
 12:30 - 16:00 Villa 201 - 205

For Villa garden care, please contact the Reception for your preferred times.

10:00 - 11:30 Suites 101 - 124  
 12:30 - 16:00 Suites 128 - 142  
 08:00 - 11:30 Daily Beach Maintenance

**FOGGING EXERCISE:**

16:00 - 17:00 Daily

Changes due to weather possible with short term notice

### OPEN AIR CINEMA

<b>MON</b>	<b>18:45 - 20:30 (KIDS MOVIE)</b> 20:30 - 22:00 (MAIN SCREENING)	<b>THE CROODS A NEW AGE</b> PIXELS
<b>TUE</b>	<b>18:45 - 20:30 (KIDS MOVIE)</b> 20:30 - 22:00 (MAIN SCREENING)	<b>MY FATHER'S DRAGON</b> A DOG'S WAY HOME
<b>WED</b>	<b>18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)</b>	<b>ORION AND THE DARK</b>
<b>THU</b>	<b>18:45 - 20:30 (KIDS MOVIE)</b> 20:30 - 22:00 (MAIN SCREENING)	<b>THE TWITS</b> SEVEN YEARS IN TIBET
<b>FRI</b>	<b>18:45 - 20:30 (KIDS MOVIE)</b> 20:30 - 22:00 (MAIN SCREENING)	<b>MATHILDA MUSICAL</b> CENTRAL INTELLIGENCE
<b>SAT</b>	<b>18:45 - 20:30 (KIDS MOVIE)</b> 20:30 - 22:00 (MAIN SCREENING)	<b>IF</b> SKYFALL
<b>SUN</b>	<b>18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)</b>	<b>THE SECRET LIFE OF PETS</b>

### SHOP LOCAL

**20% OFF**

at the Shanti Boutique

### MOBILE APP

Download the Shanti App for further information and to place your orders.

