

SHANTI MAURICE

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NOREENA HERTZ AT SHANTI MAURICE
THE LUXURY OF STILLNESS IN A HYPER-CONNECTED WORLD

APRIL 2026

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St Félix, Mauritius — 7 April 2026

Released on the occasion of World Health Day, Shanti Maurice Resort & Spa welcomes internationally acclaimed author and economist Noreena Hertz for a reflective stay exploring the role of stillness in modern wellbeing. Building on her work on loneliness and reconnection, this encounter introduces stillness not as an escape, but as a counterbalance to the pressures of a hyper-connected world.

Widely recognised for shaping global conversations around loneliness and human connection, her work brings a deeper dimension to this exploration — where the question is no longer simply how we connect, but under what conditions meaningful connection can truly occur.

At a time when global conversations around health increasingly extend beyond the physical to include emotional and mental wellbeing, stillness is gaining renewed relevance — not as absence, but as an active state that enables clarity, awareness, and human connection. Set on the untouched south coast of Mauritius, Shanti Maurice becomes both setting and lens for this reflection — a place where space, silence, and presence are intentionally cultivated as part of the experience.



Noreena Hertz at the 2025 Academy Awards

Stillness in a world that never pauses

In an era defined by acceleration and constant digital engagement, stillness is emerging as a new form of luxury — one that invites not withdrawal, but a more conscious way of engaging with the world around us. Drawing from her work, notably *A Call to Reconnect*, Noreena Hertz explores how moments of genuine connection can restore depth to human relationships and reintroduce meaning into everyday interactions.

“Even relatively short moments of stillness can create the clarity needed to make better decisions.”

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Where stillness takes shape

Set across 36 acres of tropical gardens and bordered by a secluded coastline, Shanti Maurice creates the conditions for stillness to emerge naturally. Here, space is not only physical, but experiential: a deliberate slowing down of pace, rhythm, and attention.

From sunrise yoga facing the ocean to personalised Ayurvedic consultations, each element of the guest experience is designed to create moments of pause — not as isolated experiences, but as part of a wider, immersive approach to wellbeing.

“We need spaces that invite us to look up from our screens, and towards each other, or simply towards the sea or the trees.”



A shared vision of wellbeing

Shanti — meaning peace in Sanskrit — is more than a name; it reflects a philosophy that shapes every aspect of the resort experience. In this context, stillness is not positioned as a luxury add-on, but as a foundational condition through which wellbeing and connection can be restored.

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As Brice Péan, General Manager of Shanti Maurice, explains:

“On World Health Day, we are reminded that wellbeing goes far beyond the physical. At Shanti Maurice, we believe true luxury lies in the space we create — space to pause, to breathe, and to reconnect. In today’s world, this sense of stillness has become one of the most meaningful experiences we can offer our guests. Welcoming Noreena Hertz, whose work so profoundly explores human connection, feels like a natural alignment with our philosophy.”



“There is something you feel in a place like Mauritius, where community and connection are still very real. That is increasingly rare in modern life.”

Where reconnection begins

At the intersection of Noreena Hertz’s work and the philosophy of Shanti Maurice lies a shared understanding: that meaningful reconnection — whether with oneself or with others — begins with presence.

In a setting where distractions naturally fall away, guests are invited to engage differently: through intentional solitude, shared experiences, and a renewed attention to the present moment.



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Read the full conversation

Discover the full interview with Noreena Hertz, exploring reconnection, human connection, and the evolving meaning of wellbeing:

<https://shantimaurice.com/stories-by-shanti/>

About Shanti Maurice Resort & Spa

Shanti Maurice Resort & Spa is a five-star boutique lifestyle resort located on the unspoiled south coast of Mauritius, in St Félix. Set across 36 acres of tropical gardens along a pristine stretch of coastline, the resort offers 61 spacious suites and private villas, many with private pools and dedicated butler service.

Designed in harmony with the principles of Vastu Shastra, Shanti Maurice combines understated luxury with a strong sense of place. At its heart lies one of the Indian Ocean's largest wellness sanctuaries, where Ayurveda, yoga and holistic therapies are integrated into a personalised approach to wellbeing.

The resort's culinary offering spans multiple destinations and cuisines, including local Mauritian influences, while experiences range from mindful wellness programmes to outdoor and cultural activities. Guests also benefit from privileged access to the Avalon Golf Estate, an 18-hole championship course set in the island's lush interior.

Defined by space, privacy and a quiet, intuitive approach to hospitality, Shanti Maurice offers an environment where guests can reconnect — with themselves, with others, and with the natural rhythm of the island.



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