

# SHANTI MAURICE

RESORT & SPA

## SHANTI TIMES

MONDAY 20<sup>TH</sup> TO SUNDAY 26<sup>TH</sup> APRIL 2026

### HIGHLIGHTS OF THE WEEK



#### Sundowner Cocktail

MON 20<sup>TH</sup> & FRI 24<sup>TH</sup> APR  
17:00 – 18:30



#### Sunset Cocktail With Resort Team

WED 22<sup>ND</sup> APR  
17:30

LIVE SEGA SHOW  
18:00



#### Live Café Créole

WED 22<sup>ND</sup> APR | LAKAZ MAMA  
&  
FRI 24<sup>TH</sup> APR | 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 20<sup>TH</sup> TO SUN 26<sup>TH</sup> APR



#### LA KAZE MAMA

DINNER 18:30 - 22:00

BUFFET

(MAURITIAN NIGHT ON  
WED 22<sup>ND</sup> APR)



#### RUM SHED BAR & GRILL

DINNER 18:30 – 22:00

À LA CARTE

MON 20<sup>TH</sup> TO SUN 26<sup>TH</sup> APR

(WED 22<sup>ND</sup> & FRI 24<sup>TH</sup> APR CLOSED)



#### FEET IN THE SAND

DINNER 18:30 – 22:00

BEACH BBQ GRILL

MON 20<sup>TH</sup> TO SUN 26<sup>TH</sup> APR

(WED 22<sup>ND</sup> APR CLOSED)

### STARS' CULINARY SELECTION

#### GO LOCAL

Our Chef's daily  
Mauritian specialty.

DINNER

#### ARABIC CUISINE

À LA CARTE  
DINNER

CLOSED ON TUE  
21<sup>ST</sup> APR

#### INDIAN DELIGHTS

À LA CARTE  
LUNCH & DINNER

CLOSED ON  
THUR 23<sup>RD</sup> APR

#### JUST THAI

À LA CARTE  
LUNCH & DINNER

CLOSED ON FRI  
24<sup>TH</sup> APR

### LIVE PERFORMANCE

#### LIVE GUITARIST

Mon 20<sup>th</sup> Apr | Stars Restaurant | 19:00  
Fri 24<sup>th</sup> Apr | Stars Restaurant | 19:00

#### LIVE BAND

Tues 21<sup>st</sup> Apr | Stars Restaurant | 19:00

#### LIVE SAXOPHONIST

Wed 22<sup>nd</sup> Apr | Stars Restaurant | 19:00

#### LIVE INSTRUMENTAL PERFORMANCE

Sat 25<sup>th</sup> Apr | Stars Restaurant | 19:00

#### 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 20<sup>TH</sup> TO SUNDAY 26<sup>TH</sup> APRIL 2026

### WELLNESS & ACTIVITIES CALENDAR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
08:15	HATHA YOGA <span style="color: green;">■</span>	YOGA FOR SPINE HEALTH <span style="color: green;">■</span>	SUN SALUTATION <span style="color: green;">■</span>	MORNING STRETCHING <span style="color: green;">■</span>	MORNING STRETCHING <span style="color: green;">■</span>	THERAPEUTIC YOGA <span style="color: green;">■</span>	ASHTANGA YOGA <span style="color: green;">■</span>
08:30	POWER WALK <span style="color: blue;">■</span>	POWER WALK <span style="color: blue;">■</span>	POWER WALK <span style="color: blue;">■</span>	-	-	POWER WALK <span style="color: blue;">■</span>	-
09:30	PERSONAL TRAINING <span style="color: orange;">■</span>	GUIDED MEDITATION <span style="color: orange;">■</span>	GUIDED MEDITATION <span style="color: orange;">■</span>	PERSONAL TRAINING <span style="color: orange;">■</span>	PERSONAL TRAINING <span style="color: orange;">■</span>	GUIDED MEDITATION <span style="color: orange;">■</span>	GUIDED MEDITATION <span style="color: orange;">■</span>
11:00	PRANAYAMA <span style="color: green;">■</span> ARCHERY <span style="color: blue;">■</span>	PRANAYAMA <span style="color: green;">■</span> BODY BALANCE <span style="color: blue;">■</span>	AQUA GYM <span style="color: blue;">■</span> BREATH FOR LIFE <span style="color: green;">■</span>	ARCHERY <span style="color: blue;">■</span>	AQUA GYM <span style="color: blue;">■</span>	PRANAYAMA <span style="color: green;">■</span> BODY BALANCE <span style="color: blue;">■</span>	PRANAYAMA <span style="color: green;">■</span>
13:00	-	-	-	-	PRAYANAMA <span style="color: green;">■</span>	-	-
14:00	CIRCUIT TRAINING <span style="color: orange;">■</span> PERSONALISED YOGA <span style="color: orange;">■</span>	YOGA FOR HEALING <span style="color: orange;">■</span> MAT PILATES <span style="color: orange;">■</span>	CIRCUIT TRAINING <span style="color: orange;">■</span> YOGA FOR HEALING <span style="color: orange;">■</span>	MAT PILATES <span style="color: orange;">■</span>	PERSONALISED TRAINING <span style="color: orange;">■</span> GUIDED MEDITATION <span style="color: orange;">■</span>	GUIDED MEDITATION <span style="color: orange;">■</span> PERSONALISED TRAINING <span style="color: orange;">■</span>	GUIDED MEDITATION <span style="color: orange;">■</span>
15:00	MOBILITY AND FLEXIBILITY <span style="color: blue;">■</span> YOGA NIDRA <span style="color: green;">■</span>	ABS AND CORE <span style="color: blue;">■</span> SINGING BOWL MEDITATION <span style="color: green;">■</span>	BODY BALANCE <span style="color: blue;">■</span> YOGA NIDRA <span style="color: green;">■</span>	MOBILITY AND FLEXIBILITY <span style="color: blue;">■</span>	BODY BALANCE <span style="color: blue;">■</span>	YOGA NIDRA <span style="color: green;">■</span>	SINGING BOWL MEDITATION <span style="color: green;">■</span>



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  
 10:00 - 11:30 Villa 201 - 205  
 12:30 - 16:00

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>MIGRATION</b> TRASH
<b>TUE</b>	<b>18:45 - 20:30 (KIDS MOVIE)</b> 20:30 - 22:00 (MAIN SCREENING)	<b>SHARK TALE</b> SNIPER 2
<b>WED</b>	<b>18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)</b>	<b>RIVERDANCE</b>
<b>THU</b>	<b>18:45 - 20:30 (KIDS MOVIE)</b> 20:30 - 22:00 (MAIN SCREENING)	<b>ANGRY BIRDS 2</b> THE OLD GUARD 2
<b>FRI</b>	<b>18:45 - 20:30 (KIDS MOVIE)</b> 20:30 - 22:00 (MAIN SCREENING)	<b>THE MAGICIAN'S ELEPHANT</b> APOLLO 13
<b>SAT</b>	<b>18:45 - 20:30 (KIDS MOVIE)</b> 20:30 - 22:00 (MAIN SCREENING)	<b>THE WILLOUGBYS</b> BAD BOYS II
<b>SUN</b>	<b>18:45 - 20:30 (KIDS MOVIE)</b> <b>18:45 - 20:30 (KIDS MOVIE IN KIDS CLUB)</b>	<b>MINIONS AND MORE 2</b> GODZILLA - KONG

### SHANTI BOUTIQUE

**20% OFF**

On Cashmere

### MOBILE APP

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

