SHANTI TIMES –27th NOVEMBER till 3rd DECEMBER 2017

		SHANTI TI
	MONDAY 27 TH NOVEMBER	
08:15	Hatha Yoga	Shanti Spa
10:00	Bocce Ball	Boathouse
10:30	Fish & Peacock Feeding ritual	Front Office
14:30	Fish Market	Beach
15:30	Singing bowl meditation (Rs. 750 pp*)	Boathouse
15:30	Aquacasia Cooking Class (Rs. 2,500 pp*)	Prebooking
16:00	Pedal Boat Tour	Boathouse
	TUESDAY 28 TH NOVEMBER	
08:15	Hatha Yoga	Shanti Spa
10:30	Fish & Peacock Feeding Ritual	Front Office
11:45	Aqua Gym	Shanti Spa
15:30	Pilates Initiation	Gym
16:00	Zayak Initiation	Boathouse
16:30	Rum Experience - Create your own Rum	Red Ginger
18:00	Sunset Beach Yoga (Rs. 750 pp*)	Shanti Spa
	WEDNIECDAY 20TH NOVEMBED	
	WEDNESDAY 29 TH NOVEMBER	
08:15	Hatha Yoga	Shanti Spa
08:15 10:00		Shanti Spa Boathouse
	Hatha Yoga	
10:00	Hatha Yoga Stand up paddle	Boathouse
10:00 10:30	Hatha Yoga Stand up paddle Fish & Peacock Feeding Ritual	Boathouse Front Office
10:00 10:30 11:45	Hatha Yoga Stand up paddle Fish & Peacock Feeding Ritual Aqua Cardio Workout	Boathouse Front Office Shanti Spa
10:00 10:30 11:45 15:00	Hatha Yoga Stand up paddle Fish & Peacock Feeding Ritual Aqua Cardio Workout Bocce Ball	Boathouse Front Office Shanti Spa Boathouse
10:00 10:30 11:45 15:00 15:30	Hatha Yoga Stand up paddle Fish & Peacock Feeding Ritual Aqua Cardio Workout Bocce Ball Chakra Meditation (Rs. 750 pp*)	Boathouse Front Office Shanti Spa Boathouse Shanti Spa
10:00 10:30 11:45 15:00 15:30	Hatha Yoga Stand up paddle Fish & Peacock Feeding Ritual Aqua Cardio Workout Bocce Ball Chakra Meditation (Rs. 750 pp*) Abdominal Workout	Boathouse Front Office Shanti Spa Boathouse Shanti Spa Gym
10:00 10:30 11:45 15:00 15:30	Hatha Yoga Stand up paddle Fish & Peacock Feeding Ritual Aqua Cardio Workout Bocce Ball Chakra Meditation (Rs. 750 pp*) Abdominal Workout Live Painting "Shanti – Art"	Boathouse Front Office Shanti Spa Boathouse Shanti Spa Gym
10:00 10:30 11:45 15:00 15:30 15:30	Hatha Yoga Stand up paddle Fish & Peacock Feeding Ritual Aqua Cardio Workout Bocce Ball Chakra Meditation (Rs. 750 pp*) Abdominal Workout Live Painting "Shanti – Art" THURSDAY 30 TH NOVEMBER	Boathouse Front Office Shanti Spa Boathouse Shanti Spa Gym stars
10:00 10:30 11:45 15:00 15:30 15:30 19:30 08:15 10:30 11:00	Hatha Yoga Stand up paddle Fish & Peacock Feeding Ritual Aqua Cardio Workout Bocce Ball Chakra Meditation (Rs. 750 pp*) Abdominal Workout Live Painting "Shanti – Art" THURSDAY 30 TH NOVEMBER Hatha Yoga Fish & Peacock Feeding Ritual Kitesurf Introduction	Boathouse Front Office Shanti Spa Boathouse Shanti Spa Gym stars Shanti Spa Front Office Boathouse
10:00 10:30 11:45 15:00 15:30 19:30 08:15 10:30 11:00 11:45	Hatha Yoga Stand up paddle Fish & Peacock Feeding Ritual Aqua Cardio Workout Bocce Ball Chakra Meditation (Rs. 750 pp*) Abdominal Workout Live Painting "Shanti – Art" THURSDAY 30 TH NOVEMBER Hatha Yoga Fish & Peacock Feeding Ritual Kitesurf Introduction Aqua Dynamic Cardio	Boathouse Front Office Shanti Spa Boathouse Shanti Spa Gym stars Shanti Spa Front Office Boathouse Shanti Spa
10:00 10:30 11:45 15:00 15:30 19:30 08:15 10:30 11:00 11:45 13:00	Stand up paddle Fish & Peacock Feeding Ritual Aqua Cardio Workout Bocce Ball Chakra Meditation (Rs. 750 pp*) Abdominal Workout Live Painting "Shanti – Art" THURSDAY 30 TH NOVEMBER Hatha Yoga Fish & Peacock Feeding Ritual Kitesurf Introduction Aqua Dynamic Cardio "Shanti Art" Painting Course (Rs. 700 pp*)	Boathouse Front Office Shanti Spa Boathouse Shanti Spa Gym stars Shanti Spa Front Office Boathouse Shanti Spa Preebooking
10:00 10:30 11:45 15:00 15:30 19:30 08:15 10:30 11:00 11:45	Hatha Yoga Stand up paddle Fish & Peacock Feeding Ritual Aqua Cardio Workout Bocce Ball Chakra Meditation (Rs. 750 pp*) Abdominal Workout Live Painting "Shanti – Art" THURSDAY 30 TH NOVEMBER Hatha Yoga Fish & Peacock Feeding Ritual Kitesurf Introduction Aqua Dynamic Cardio	Boathouse Front Office Shanti Spa Boathouse Shanti Spa Gym stars Shanti Spa Front Office Boathouse Shanti Spa



EARLY BIRD OFFER AT SHANTI SPA

From 09:00 to 15:00hrs Enjoy 15% discount for any 60 minutes massage booked







Special recommendations:

18:00 Sunset Beach Yoga (Rs. 750 pp*)

Unlimited Green Fee included free Shuttle at Avalon Golf Club. Please contact Front Office for shuttle times and reservations 24 hours prior requested tee times

Shanti Spa

Rum Experience – Learn how to make your own flavored local Rum. Join us at the Red Ginger Bar & Pool Lounge every Tuesdays and Saturdays at 16h30. Pre-booking required at Front Office.

Chauffeur-driven hotel limousine – Enjoy your tailor-made excursion in our Limousine AUDI Q7 with Wifi. Please contact our Front Office for more information.

DECEMBER 2017											
	FRIDAY 1 ST DECEMBER										
08:15	Hatha Yoga	Shanti Spa									
10:00	Bocce Ball	Boathouse									
10:30	Fish & Peacock Feeding Ritual	Front Office									
10:30	"Shanti Art" Photography Session & Introduction	Preebooking									
11:00	Pedal Boat	Boathouse									
11:45	Aqua Dynamic Cardio	Shanti Spa									
15:00	Vinyasa Yoga (Rs. 750 pp*)	Shanti Spa									
17:00	,										
	SATURDAY 2 ND DECEMBER										
08:15											
10:30	Fish & Peacock Feeding Ritual	Front Office									
11:30											
12:00	12:00 Kayak Tour Boathouse										
11:45	11:45 Aqua Dynamic Cardio Shanti Spa										
15:00	Bocce Ball	Boathouse									
15:30	Power Yoga	Shanti Spa									
16:00	Rum Experience- Create your Rum	Red Ginger									
	SUNDAY 3 RD DECEMBER										
08:15	Hatha Yoga	Shanti Spa									
10:30	Fish & Peacock Feeding Ritual	Front Office									
12:00	Zayak Initiation	Boathouse									
15:30	So Hum Meditation (Rs. 750 pp*)	Shanti Spa									
15:30	Aquacasia Cooking Class (Rs. 2,500 pp*)	Preebooking									
16:00	16:00 Bocce Ball Boathouse										
	SPORT FANS CORNER										
Monday	LaLiga Santander Matchday 13: Espanyol v Getafe @ 21h	55 SS7/BAR									
Tueday	Premier League Matchday 14: Watford v Man Utd @ 21h	00 SS5/BAR									
Wednesd	lay Premier League Matchday 14: Arsenal v Huddersfield @2	1h00 SS6/BAR									

Monday	LaLiga Santander Matchday 13: Espanyol v Getafe @ 21h55	SS7/BAR
Tueday	Premier League Matchday 14: Watford v Man Utd @ 21h00	SS5/BAR
Wednesday	Premier League Matchday 14: Arsenal v Huddersfield @21h00	SS6/BAR
	Premier League Matchday 14: Chelsea v Swansea City@21h00	SS6/BAR
Friday	Sunshine Tour - : AfriAsia Bank Mauritius Open Day @08h30	SS6/BAR
Saturday	Sunshine Tour: AfriAsia Bank Mauritius Open Day@10h30	SS6/BAR
Sunday	Asia-Pacific Wildcard Play Tennis off Match 5 @ 06h30	SS6/BAR

In-Room-Cinema with video on demand: The complimentary in-room-entertainment system provides up to 100 latest blockbusters in up to 6 languages, please see following highlights of the new releases: **Spider Man** Science fiction | **Pirates De Caribbean** – Fantasy & comedy – **Coming Home** – Drama

CULINARY EXPERIENCE AT SHANTI MAURICE RESORT & SPA

THE CULINARY ART IS SACRED

MONDAY 27TH NOVEMBER

18:30 – 22:00	STARS A LA CARTE AQUACASIA
18:30 - 22:00	LAKAZ MAMA INDIAN OCEAN NIGHT

19:30- 21:30 RED GINGER PIANO LIVE MUSIC

TUESDAY 28TH NOVEMBER

18:30 - 22:00	STARS A LA CARTE AQUACASIA
18:30 - 22:00	LAKAZ MAMA TASTE OF MEDITERRANEAN
	LIVE MALISTO

10:00- 00:00 RED GINGER

WEDNESDAY 29TH NOVEMBER

18:30 - 22:00	STARS	A LA CARTE AQUACASIA
18:30 - 22:00	LAKAZ MAMA	A TASTE OF INDIAN & SRI LANK
18:30 - 22:00	FISH SHACK	BEACH BBQ DINNER
		(*Supplement applies)

10:00 - 00:00 RED GINGER

THURSDAY 30TH NOVEMBER

17:30 – 18:30	RED GINGER SUNSET COCKTAIL WITH
	RESORT TEAM- PIANO LIVE MUSIC
18:30 – 22:00	STARS A: LA CARTE AQUACASIA
18:30 – 22:00	RUM SHED PIG ON THE SPIT A LA CARTE
10:00 - 00:00	RED GINGER

FRIDAY 1ST DECEMBERS

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10:00 - 00:00 RED GINGER

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SATURDAY 2ND DECEMBER

18.20 - 22.00

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SUNDAY 3RD DECEMBER

18:30 – 22:00 18:30 – 22:30	STARS RUM SHED	A LA CARTE AQUACASIA LAMB A LA BROCHE A LA CARTE
		LIVE MUSIC
19:30 - 21:00	RED GINGER	PIANO LOVE MUSIC

A MEMBER OF DESIGN HOTELS

BREAKFAST AT ITS BEST I MONDAY - SUNDAY

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	10:30	07:00 EARLY BIRD SNACK BREAKFAST 10:30 BREAKFAST AT STARS RESTAUF	07:00 EARLY BIRD SNACK BREAKFAST (LIE 10:30 BREAKFAST AT STARS RESTAURANT	07:00 EARLY BIRD SNACK BREAKFAST (LIBRA 10:30 BREAKFAST AT STARS RESTAURANT	07:00 EARLY BIRD SNACK BREAKFAST (LIBRARY 10:30 BREAKFAST AT STARS RESTAURANT	07:00 EARLY BIRD SNACK BREAKFAST (LIBRARY) 10:30 BREAKFAST AT STARS RESTAURANT	07:00 EARLY BIRD SNACK BREAKFAST (LIBRARY) 10:30 BREAKFAST AT STARS RESTAURANT	07:00 EARLY BIRD SNACK BREAKFAST (LIBRARY) 10:30 BREAKFAST AT STARS RESTAURANT	07:00 EARLY BIRD SNACK BREAKFAST (LIBRARY) 10:30 BREAKFAST AT STARS RESTAURANT	07:00 EARLY BIRD SNACK BREAKFAST (LIBRARY) 10:30 BREAKFAST AT STARS RESTAURANT	07:00 EARLY BIRD SNACK BREAKFAST (LIBRARY) 10:30 BREAKFAST AT STARS RESTAURANT	07:00 EARLY BIRD SNACK BREAKFAST (LIBRARY) 10:30 BREAKFAST AT STARS RESTAURANT	07:00 EARLY BIRD SNACK BREAKFAST (LIBRARY) 10:30 BREAKFAST AT STARS RESTAURANT	07:00 EARLY BIRD SNACK BREAKFAST (LIBRARY) 10:30 BREAKFAST AT STARS RESTAURANT	07:00 EARLY BIRD SNACK BREAKFAST (LIBRARY) 10:30 BREAKFAST AT STARS RESTAURANT

HIGH TEA CELEBRATION I MONDAY - SUNDAY

15:00 - 17:00 HIGH TEA AT RED GINGER BAR & POOL LOUNGE

(1 hour pre-booking)

LUNCH A LA CARTE VARTIETY I MONIDAY - SUNDAY

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	12:00 +	14:30	STARS RESTAURANT

12:00 - 18:30 RED GINGER BAR & LOUNGE - SNACKS

12:00 - 17:30 BEACH & POOL MENÚ

24HOURS IN-ROOM-DINNING MENU

SPECIAL RECOMMENDATIONS

DIVINE BEACH DINNER

Enjoy a romantic BBQ dinner on the beach or on the jetty with your loved one with the discrete attention of your butler team who will set the scene to perfection from organizing the music to the romantic candle lit venue. An evening to remember

(Supplement applies. Please book 24hrs in advance

RUM EXPERIENCE

Learn how to make your own flavored local Rum. Join us at the Red Ginger Bar & Pool Lounge every Tuesdays and Saturdays at 16h30. (Pre booking required)

THE FISH SHACK EXPERIENCE

Enjoy the spectacular beachfront scenery with live fire (Show approx. at 20:00hrs), paired with a gourmet style seafood & grill buffet with live BBQ stations serving a fresh choice of the catch

of the day, lobster & a variety of local seafood and grill specialties.



STARS RESTAURANT - "AQUAÇASIA"



RUM SHED BAR & GRILL



LA KAZ MAMA- AUTHENTIC CUISINE



IN ROOM DINING - 24 HRS



PRIVATE BEACH DINNER



THE FISH SHACK EXPERIENCE