



# SHANTI MAURICE

A NIRA RESORT

JOURNEY THROUGH A WORLD OF WELLNESS AT ONE OF THE LARGEST SPAS IN THE INDIAN OCEAN. IN THE UNSPOILT SOUTH OF MAURITIUS, INDULGE IN RESTORATIVE, SOOTHING, INVIGORATING AND REJUVENATING PERFECTION

2017 SPECIAL PACKAGES



A MEMBER OF  
**DESIGN HOTELS™**



# NIRA SPA

AT SHANTI MAURICE

## Suyogam - Yoga Package:

Know your inner self through a unique Suyogam program. Immerse in a daily practice of hatha yoga to maintain balance between body and mind. Relieve modern day concerns, be it stress, mild depression or muscle stiffness caused by a sedentary lifestyle. A yoga-centric program, comprising a combination of specially chosen Asanas, Yogic cleansing procedures and signature treatments, will sharpen concentration, improve health and assist in attaining peace-of-mind.

The word 'Yoga' means a union; Suyogam therefore means a perfect union! This package, or rather a regime, is designed with select practices of Yogic science, to create a perfect harmonising system for the body, mind and spirit

Inclusion	Min	Number of sessions			
		4 Nights	7 Nights	14 Nights	21 Nights
Talk to the Guru	15	2	3	6	12
Jal Neti- Nasal Cleansing	30	0	1	2	3
Laghoo Shankha Prakshalana (Intestinal Cleanse)	60	0	1	2	3
Aqua Yoga	45	1	1	2	3
Sunrise Yoga	45	1	2	4	6
Beach Yoga	45	1	2	4	6
Yoga Bike tour	45	1	2	4	6
Yoga Nidra	30	2	4	8	12
Pranayama - Breathing practise	30	2	3	6	9
Abhyanga- Ayurveda massage	60	1	1	2	3
Choornaswedena- Ayurveda massage	60	0	1	2	3
Indian foot and Leg massage	60	1	1	2	3
Price pp € Public Rate		520	900	1,650	2,850
Price pp £ Public Rate		445	770	1,400	2,420

### Terms and Conditions:

- Wellness packages are valid from May 2017 until December 2018
- Prices quoted above includes Spa treatments only
- Applicable for a minimum 4 night stay and other stay options are equally open
- Rates are valid upon request and availability within limited allotment only
- Rates are inclusive of VAT
- For more details please contact reservation at +2306037200 or email on [info@shantimaurice.com](mailto:info@shantimaurice.com)

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## Swasthyam- Ayurvedic Package:

An intricate system of ancient science that originated in India thousands of years ago, Ayurveda is made up of two Sanskrit words - Ayur, meaning life and Veda, meaning knowledge. Experience the knowledge of life through Swasthyam. Advocating a way of life that is in, complete harmony with nature's ways, to maintain the perfect balance of body, mind and soul. Experience the Ayurvedic journey where treatment protocols are recommended, based on the principles that a balanced state of being is essential for healthy living. This package is ideal for guests who want to experience traditional Ayurvedic dinacharya (daily activity protocol) that combines Ayurveda detox treatments, constitution balancing massages, yoga and meditation.

Inclusion	Min	Number of sessions			
		4 Nights	7 Nights	14 Nights	21 Nights
Talk with the Ayurvedic Doctor	15	1	3	6	12
Abhyanga- Ayurveda massage	60	1	1	2	3
Choornaswedana- Ayurveda massage	60	1	1	2	3
Shirodhara- Ayurveda massage	60	1	1	2	3
Udwarthana- Ayurveda massage	60	0	1	1	2
Nasya- Nasal cleansing	30	0	0	1	1
Sneha Vasti- Intestinal Cleanse	30	0	1	1	1
Upanahdhara- Ayurveda massage	90	0	0	1	2
Pizhichil- Ayurveda massage	60	0	1	1	2
Subtle Energy Facial	60	0	0	0	1
Indian Head Massage	45	1	1	2	3
Pranayama	15	4	7	14	21
Personalised Yoga	30	4	7	14	21
Price pp € Public Rate		700	1,150	2,050	3,100
Price pp £ Public Rate		600	985	1,750	2,650

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**Sudhyanam - Meditation Package:**

The concept of physically removing oneself from ordinary distractions has been a staple in meditative practices for centuries. Sudhayanam is a program developed more in similar lines of self-realisation, aimed at gaining more control over physical and mental faculties - balancing them emotionally as well as spiritually. Develop and deepen the capacity to find stillness of mind and greater awareness.

This program is designed to help develop the skills that can provide positive effect on every aspect of life.

Inclusion	Min	Number of sessions			
		4 Nights	7 Nights	14 Nights	21 Nights
Daily Meditation talk	15	4	7	14	21
Guided Meditation	60	2	3	6	9
Chakra Meditation	60	1	3	6	9
Vortex Meditation Tour	60	1	1	2	3
Pranayama- Breathing practise	15	2	4	8	13
Sun salutation- Yoga	15	2	3	6	9
Abhyanga- Ayurveda massage	60	0	1	1	1
Reflexology- Foot massage	60	0	1	1	1
Shirodhara- Ayurveda massage	60	1	0	1	1
Indian Head Massage	45	0	1	2	3
Personalised Yoga	30	4	7	14	21
Price pp € Public Rate		650	1,100	1,900	3,000
Price pp £ Public Rate		560	940	1,630	2,560

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