

# SHANTI SPA

MAURICE



## SHANTI YOGA RETREAT IN MAURITIUS 8<sup>TH</sup> - 22<sup>ND</sup> JULY 2018

Experience the tropical Paradise of Mauritius with white sandy beaches combined with endless shades of mesmerizing blue waters and powerful energy.

In this retreat, we will focus on yoga and meditation and we will assist you in establishing yoga practices appropriate for your level that you can take home. These practices include breathing exercises, a meditation technique for your constitution, postures, mantra and self-care.

Traditionally, every morning, yoga is practised to offer you the most energy and smile for the day, while in the evenings, you are free to explore the island of Mauritius, to unwind and connect with nature.

A small brunch, followed by a daily Wellness treatment programme for holistic healing, rejuvenation and awakening shall be held to complete your journey. A holistic island experience awaits you!

### PACKAGE HIGHLIGHTS

- 5 or 7 nights in a Junior Suite Ocean View on Full Board basis
- Full breakfast and dine around option
- Airport transfer | Back & forth
- Wellness consultation with Ayurveda Doctor on arrival
- Sattvic meal and healthy drinks in restaurants
- 1 Spa treatment per day (60 mins)
- Daily Yoga and Meditation with Yoga Guru (2hr30mins)
- Daily workshop on lifestyle
- Sunset Beach Yoga | Meditation
- Trekking and hiking at Yanature
- Unlimited use of spa | watsu pool and Jacuzzi
- Wellness menu
- Sattvic food cooking class
- Outdoor activities

### YOGA MASTERS



Founder of European Yoga institute, **Feroze Khan** has one mission in life: to share his lifelong passion and mastery of Yoga to bring health and healing to the World through the benefits and wisdom of Hatha yoga.

Feroze has been teaching yoga professionally for 21 years providing his expertise, dedication, humility and popularity. Millions of students consider him as their favourite and motivational yoga teacher in the World.



**Pragya Mishra**, a 4th generation of Indian Nationality, has been actively involved in Yoga class for the last 8 years. Her deep inquest into Sanskrit and Vedanta brought her to the study of Yoga.

Being a Doctor in Yoga, she has completed her PHD in Yogic Science and Master of Science (Human Consciousness and Yogic Science). In August 2013, she joined the Shanti Maurice family, as "Yoga Master".



**Anil Sudhakar Lucka**, is a Yoga Instructor at Shanti Maurice Resort & Spa. He holds a Diploma in Yoga and Allied Sciences from Lotus Yoga Institute, St. Pierre. He started practicing yoga in his early twenties and has

taught in the Lotus Yoga Institute and various other local Institutions. He is Hatha Yoga and Raja Yoga practitioner with an emphasis on their Physiological and Psychological aspects.



**Raina Bisht** is a modern day yogi, presenting yoga as an art and a science for positive living. Since childhood she had an inquiring urge to unveil the deeper workings of life. At the age of 21 she moved to a Yogashram

in India where she lived for 2 years, receiving direct training in all aspects of yoga science from the real monks. Raina has spent many years working as a guide for mind and life management.

#### Terms & Conditions:

- All rates are displayed in EUR and include 15% VAT
- The offer is not combinable with any other offers
- Valid upon request and subject to availability at time of booking
- Bookings should be made in the period 8<sup>th</sup> July to 22<sup>nd</sup> July 2018
- Minimum length of stay is 5 nights, extension as per client wish

Book as from: 5 nights at **EUR 1,700**  
: 7 nights at **EUR 2,348**  
: additional night **EUR 404**

SHANTI MAURICE RESORT & SPA

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