

SHANTI TIMES – 18TH FEBRUARY TO 24TH FEBRUARY 2019

MONDAY 18TH FEBRUARY

08:15	Hatha Yoga	Shanti Spa
10:30	Fish feeding ritual	Front Office
11:00	Aqua Yoga MUR 450 pp	Pre booking
11:30	Archery (special recommendation)	Pre booking
12:30	"Fish Market" (special recommendation)	Beach
15:00	Traditional fishing	Beach
15:00	Guided meditation	Shanti Spa
16:30	Rum initiation	Red Ginger
17:30	"Sunset Sommelier" (special recommendation)	Beach

TUESDAY 19TH FEBRUARY

08:15	Morning Stretching	Shanti Spa
10:00	"Herb Garden" Experience	Herb Garden
10:30	Fish feeding ritual	Front Office
11:30	Aqua Gym	Shanti Spa
12:30	"Fish Market" (special recommendation)	Beach
15:00	Breathing Practice	Pre booking
15:00	Kite flying (special recommendation)	Pre booking
16:30	Rum initiation	Red Ginger
17:30	"Sunset Sommelier" (special recommendation)	Beach

WEDNESDAY 20TH FEBRUARY

08:15	Hatha Yoga	Shanti Spa
10:30	Fish feeding ritual	Front Office
11:00	Detox Yoga MUR 950 pp	Pre booking
11:30	Archery (special recommendation)	Pre booking
12:30	"Fish Market" (special recommendation)	Beach
12:00	"Make your own sushi" MUR 850 pp (pre booking required)	Sushi Lounge
15:00	Aquacasia cooking class MUR 2,500 pp	Pre booking
15:00	Kundalini meditation MUR 950 pp	Pre booking
15:00	Traditional fishing	Beach
17:05	"Oceankiss" Pool Lounge (special recommendation)	Main Pool

THURSDAY 21ST FEBRUARY

08:15	Hatha Yoga	Shanti Spa
10:30	Fish feeding ritual	Front Office
11:00	Sun Salutation	Shanti Spa
11:30	Aqua gym	Shanti Spa
12:30	"Fish Market" (special recommendation)	Beach
13:00	"Guided snorkelling" and more from 09:00 to 11:00 hrs	Boathouse
15:00	Kite flying	Beach
15:00	Yoga nidra	Shanti Spa
16:30	Rum initiation	Red Ginger
18:00	"Sunset Cocktail" with Resort team (special recommendation)	Red Ginger

OPEN-AIR CINEMA HIGHLIGHTS

MONDAY
19:00 – 20:30
20:30 – 22:30 THE GUARDIAN BROTHER
ALOHA

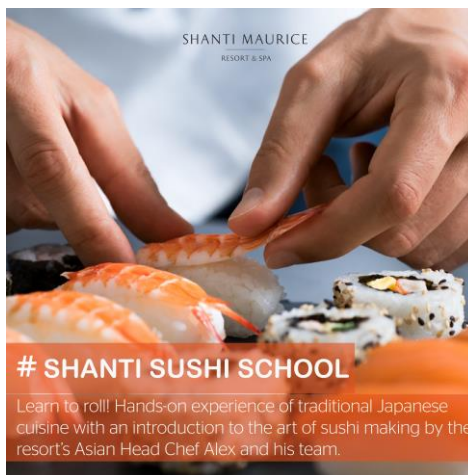
TUESDAY
19:00 – 20:30
20:30 – 22:30 BENJI
LION HEART

WEDNESDAY
19:00 – 20:30
20:30 – 22:30 MOANA
POLAR

THURSDAY
19:00 – 20:30
20:30 – 22:30 CURIOUS GEORGE
HOW IT ENDS

FRIDAY
19:00 – 20:30
20:30 – 22:00 RECESS SCHOOL'S OUT
SHOOTER

SATURDAY
19:00 – 20:30
20:30 – 22:00 FLUSHED AWAY
CHANGE UP



SHANTI SUSHI SCHOOL

Learn to roll! Hands-on experience of traditional Japanese cuisine with an introduction to the art of sushi making by the resort's Asian Head Chef Alex and his team.

FOGGING

A regular mosquito fogging exercise is carried out during the week on the estate to control the mosquito population for your health and comfort.

It is an environmental impact free exercise; harmless to the flora and fauna.

FRIDAY 22ND FEBRUARY

08:15	Hatha Yoga	Shanti Spa
10:00	"Herb Garden" Experience	Herb Garden
10:30	Fish feeding ritual	Front Office
12:30	"Fish Market" (special recommendation)	Beach
15:00	Aerial Yoga MUR 1,150 pp	Pre booking
16:00	Singing bowl meditation MUR 950 pp	Pre booking
16:30	Rum initiation	Red Ginger
17:30	"Sunset Sommelier" (special recommendation)	Beach

SATURDAY 23RD FEBRUARY

08:15	Hatha Yoga	Shanti Spa
10:30	Fish feeding ritual	Front Office
11:30	Aqua Yoga MUR 450	Pre booking
12:30	"Fish Market" (special recommendation)	Beach
13:00	"Snorkelling initiation" and more from 10:00 to 12:00 hrs	Boathouse
15:00	Vinyasha yoga MUR 950	Pre booking
15:00	Bocce ball	Beach
16:30	Rum initiation	Red Ginger
17:05	"Oceankiss" Pool lounge (special recommendation)	Main Pool

SUNDAY 24TH FEBRUARY

08:15	Morning stretching	Shanti Spa
10:30	Fish feeding ritual	Front Office
11:30	Aqua gym	Shanti Spa
12:30	"Fish Market" (special recommendation)	Beach
13:00	"Guided Paddle" and more from 10:00 to 12:00 hrs	Boathouse
15:00	Traditional fishing	Beach
16:30	Aquacasia cooking class MUR 2,500 pp	Pre booking
17:30	"Sunset Sommelier" (special recommendation)	Beach

SPORTS CORNER

Thursday	UCL: A Madrid vs Juventus 23:50	SS5
Sunday	PL: Man Utd vs Liverpool 17:55	SS3

SPECIAL RECOMMENDATIONS

Night Jogging

Take advantage of our night jogging track with light facilities. Lights are operational between 5am – 6am and 05:45pm to 10:00pm respectively. Make sure to switch on | off the lights on the pole at the entrance of the track to start or end your physical exercise.



EARLY BIRD OFFER – 10% SHANTI SPA

Experience a total immersion in discovering a well-being oriented lifestyle and a holistic therapy approach. Enjoy 10% discount for any 60-minute massage booked from 10:00am to 14:00pm at the Shanti Spa.

FISH MARKET: LE DEBARCADERE

Our fisherman brings in premium fresh caught fish every day for our guests. Visit the fish market to choose your fish and our chefs shall cook it to your liking on the spot or for dinner.

CULINARY EXPERIENCES

MONDAY 18TH FEBRUARY

12:30 – 13:30	BEACH	FISH MARKET
16:30 – 17:00	RED GINGER	RUM INITIATION LIVE MUSIC
17:30 – 18:30		SUNSET SOMMELIER WITH LIVE MUSIC
18:30 – 22:00	STARS	ASIAN BUFFET A LA CARTE
18:30 – 22:00		SUSHI LOUNGE
18:30 – 22:00	STARS FINE DINING	A LA CARTE
19:00 – 21:30	FEET IN THE SAND	BEACH BARBECUE FAMILY STYLE
18:30 – 22:00	RUM SHED	A LA CARTE BACKGROUND MUSIC
19:00 – 20:30	OPEN-AIR CINEMA	KIDS MOVIE: "GUARDIAN BROTHER"
20:30 – 22:30		MOVIE NIGHT: "ALOHA"

TUESDAY 19TH FEBRUARY

12:30 – 13:30	BEACH	FISH MARKET
16:30 – 17:00	RED GINGER	RUM INITIATION LIVE MUSIC
17:30 – 18:30		SUNSET SOMMELIER WITH LIVE MUSIC
18:30 – 22:00	STARS	CHEF'S 4-COURSE SET MENU A LA CARTE
18:30 – 22:00		SUSHI LOUNGE
18:30 – 22:00	STARS FINE DINING	A LA CARTE
19:00 – 21:30	FEET IN THE SAND	BEACH BARBECUE FAMILY STYLE
18:30 – 22:00	RUM SHED	A LA CARTE LIVE MUSIC
18:30 – 22:00	LA KAZE MAMA	SEVEN CURRIES NIGHT BACKGROUND MUSIC
19:00 – 20:30	OPEN-AIR CINEMA	KIDS MOVIE: "BENJI"
20:30 – 22:30		MOVIE NIGHT: "LION HEART"

WEDNESDAY 20TH FEBRUARY

12:30 – 13:30	BEACH	FISH MARKET
17:05 – 22:10	MAIN POOL RED GINGER	OCEANKISS POOL LOUNGE
16:30 – 17:00		SNACKS A LA CARTE WITH DJ
18:30 – 22:00	STARS	RUM INITIATION LIVE MUSIC
18:30 – 22:00		CREOLE FESTIVAL BUFFET A LA CARTE
18:30 – 22:00	STARS FINE DINING	SUSHI LOUNGE
18:30 – 22:00	RUM SHED	A LA CARTE
19:00 – 20:30	OPEN-AIR CINEMA	A LA CARTE BACKGROUND MUSIC
20:30 – 22:30		KIDS MOVIE: "MOANA"
		MOVIE NIGHT: "POLAR"

THURSDAY 21ST FEBRUARY

12:30 – 13:30	BEACH	FISH MARKET
16:30 – 17:00	RED GINGER	RUM INITIATION LIVE MUSIC
18:00 – 19:00		SUNSET COCKTAIL WITH RESORT TEAM LIVE MUSIC
18:30 – 22:00	STARS	INDIAN BUFFET A LA CARTE
18:30 – 22:00		SUSHI LOUNGE
18:30 – 22:00	STARS FINE DINING	A LA CARTE
19:00 – 21:30	FEET IN THE SAND	BEACH BARBECUE FAMILY STYLE
18:30 – 22:00	RUM SHED	PIG ON THE SPIT BACKGROUND MUSIC
19:00 – 20:30	OPEN-AIR CINEMA	KIDS MOVIE: "CURIOUS GEORGE"
20:30 – 22:30		MOVIE NIGHT: "HOW IT ENDS"

FRIDAY 22ND FEBRUARY

12:30 – 13:30	BEACH	FISH MARKET
16:30 – 17:00	RED GINGER	RUM INITIATION LIVE MUSIC
17:30 – 18:30		SUNSET SOMMELIER LIVE MUSIC
18:30 – 22:00	STARS	CHEF'S 4-COURSE SET MENU A LA CARTE
18:30 – 22:00		SUSHI LOUNGE
18:30 – 22:00	STARS FINE DINING	A LA CARTE
19:00 – 21:30	FISH SHACK	BBQ BEACH DINNER WITH SUPPLEMENT LIVE MUSIC
18:30 – 22:00	RUM SHED	A LA CARTE BACKGROUND MUSIC
19:00 – 20:30	OPEN-AIR CINEMA	KIDS MOVIE: "RECESS SCHOOL'S OUT"
20:30 – 22:30		MOVIE NIGHT: "SHOOTER"

SATURDAY 23RD FEBRUARY

12:30 – 13:30	BEACH	FISH MARKET
17:05 – 22:10	MAIN POOL RED GINGER	OCEANKISS POOL LOUNGE
16:30 – 17:00		SNACKS A LA CARTE WITH DJ
18:30 – 22:00	STARS	RUM INITIATION
18:30 – 22:00		SEAFOOD BUFFET A LA CARTE
18:30 – 22:00	STARS FINE DINING	SUSHI LOUNGE
18:30 – 22:00	RUM SHED	A LA CARTE
19:00 – 20:30	OPEN-AIR CINEMA	A LA CARTE BACKGROUND MUSIC
20:30 – 22:30		KIDS MOVIE: "FLUSHED AWAY"
		MOVIE NIGHT: "CHANGE UP"

SUNDAY 24TH FEBRUARY

12:30 – 13:30	BEACH	FISH MARKET
17:30 – 18:30	RED GINGER	SUNSET SOMMELIER LIVE MUSIC
18:30 – 22:00	STARS	CHEF'S 4-COURSE SET MENU A LA CARTE
18:30 – 22:00	LA KAZE MAMA	MAURITIAN NIGHT LIVE MUSIC

BREAKFAST AT ITS BEST

MONDAY – SUNDAY

04:00 – 07:00	EARLY BIRD SNACK BREAKFAST (LIBRARY)
07:00 – 10:30	BUFFET BREAKFAST AT STARS RESTAURANT
07:00 – 18:00	LONGSLEEPER-ALL DAY BREAKFAST (IN-ROOM DINING WITH TRAY CHARGE)

LUNCH A LA CARTE VARIETY

DAILY

12:30 – 13:30	FISH MARKET
12:30 – 14:30	STARS RESTAURANT LUNCH A LA CARTE
12:00 – 17:30	BEACH & POOL LUNCH SNACK MENU
24-HOUR	IN-ROOM DINING

MONDAY TO SATURDAY

12:30 – 14:30	SUSHI LOUNGE
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HIGH TEA CELEBRATION

MONDAY – SUNDAY

15:00 – 17:00	HIGH TEA AT RED GINGER BAR & POOL LOUNGE (PRE BOOKING)
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SPECIAL RECOMMENDATIONS

"OCEANKISS" POOL LOUNGE

From sun-drenched happy hours to star-filled nights, enjoy escapism with the sound of our DJ whilst lounging by a chic poolside setting. A vibrant atmosphere to unwind with the warmth of candles and a refreshing Rum & Mojito bar to end up your evening.

A la carte snack menu | Pool Swim-Up bar



"OPEN-AIR" CINEMA

Indulge in an immersive outdoor cinema experience with a mega screen (approx. 3m x 4m) and Dolby surround system accompanied by a selection of snacks and a large variety of drinks for a timeless movie experience under the stars. (Pre-booking required)



OPEN-AIR CINEMA



STARS RESTAURANT – FINE DINING



RUM SHED BAR & GRILL



LA KAZE MAMA – AUTHENTIC CUISINE



SUSHI LOUNGE



STARS ON THE BEACH – FEET IN THE SAND