

# SHANTI SPA

MAURICE



## SUDHYANAM – MEDITATION PACKAGE

The concept of physically removing oneself from ordinary distractions has been a staple in meditative practices for centuries. SUDHYANAM is a program developed more in similar lines of self-realization, aimed to allow guests to gain more control over their physical and mental faculties, balancing them emotionally as well as spiritually. Develop and deepen your capacity to find stillness of mind and greater awareness. This program is designed to help you develop skills that can provide positive effect on every aspect of your life. To enhance this self-realization process, a careful series of selective complimenting spa treatments are offered along with mainstream meditation procedures.

### PUBLIC RATES IN INTERNATIONAL CURRENCIES 01st NOVEMBER 2023 UNTIL 31st OCTOBER 2024

NAME OF TREATMENT	MINUTES	4 NIGHTS	7 NIGHTS	14 NIGHTS	21 NIGHTS
Wellness consultation	30	1	1	2	3
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		1	1	1
Reflexology – Foot massage	60		1	1	1
Shirodhara Ayurveda massage	60	1		1	1
Indian Head Massage	45		1	2	3
Personalised Yoga	30	4	7	14	21
Total minutes/hours per package		540mins / 09hrs	1,005mins / 16.75hrs	1,950mins / 32.5hrs	2,850mins / 47.5hrs
Price per person quoted in Public Rates in € (EURO)		€ 890	€ 1,495	€ 2,580	€ 4,070
Price per person quoted in Public Rates in £ (GBP   British pound sterling)		£ 775	£ 1,300	£ 2,245	£ 3,540
Price per person quoted in Public Rates in \$ (USD   US DOLLAR)		\$ 950	\$ 1,600	\$ 2,760	\$ 4,355
Price per person quoted in Public Rates in MUR (Mauritian Rupee)		MUR 42,720	MUR 71,760	MUR 123,840	MUR 195,360

Please contact our Spa team for a personalized consultation or further information.

#### Terms and Conditions:

- This package is valid from 01st November 2023 until 31st October 2024
- Prices quoted above includes Spa treatments only
- Applicable for a minimum of 5 nights stay and other stay options are equally open
- Rates are valid upon request and availability within limited allotment only
- The prices are quoted in EURO | GBP | USD | MUR currency and are inclusive of local taxes  
Rates are subject to change if the exchange rate variance reaches outside of the regular floating corridors to ensure rate parity in the markets and distribution channels
- Taxes can be reviewed without prior notice in case of any change imposed by Mauritian Government