

WEEKLY YOGA SESSIONS

Reconnect with yourself in a serene and inspiring setting, where every breath, movement, and moment invites a deeper sense of balance and wellbeing.

Join us for our Yoga Sessions, thoughtfully designed to harmonise body and mind through gentle flows, mindful stretches, and guided relaxation. Whether you are beginning your wellness journey or looking to deepen your practice, each session offers a moment of calm, clarity, and renewal.

Every Monday & Friday : 8:30am – 9:30am | Rs. 3,500 per person | 10 persons per session 16+ years old
Every Wednesday : 5pm – 6pm | Complimentary | 10 persons per session 16+ years old
Meeting Point : Fitness Centre
Dress Code: Sports attire

Led by our experienced instructor, these sessions welcome all ages and all levels, making it a perfect experience to enjoy alone, as a couple, or with family.

Awaken your senses, restore your energy, and embrace a peaceful escape – where wellbeing becomes a way of life.









YOGA SESSIONS

Reconnect body and mind in a soothing setting. Improve flexibility, release tension, and embrace a moment of pure calm and well-being.

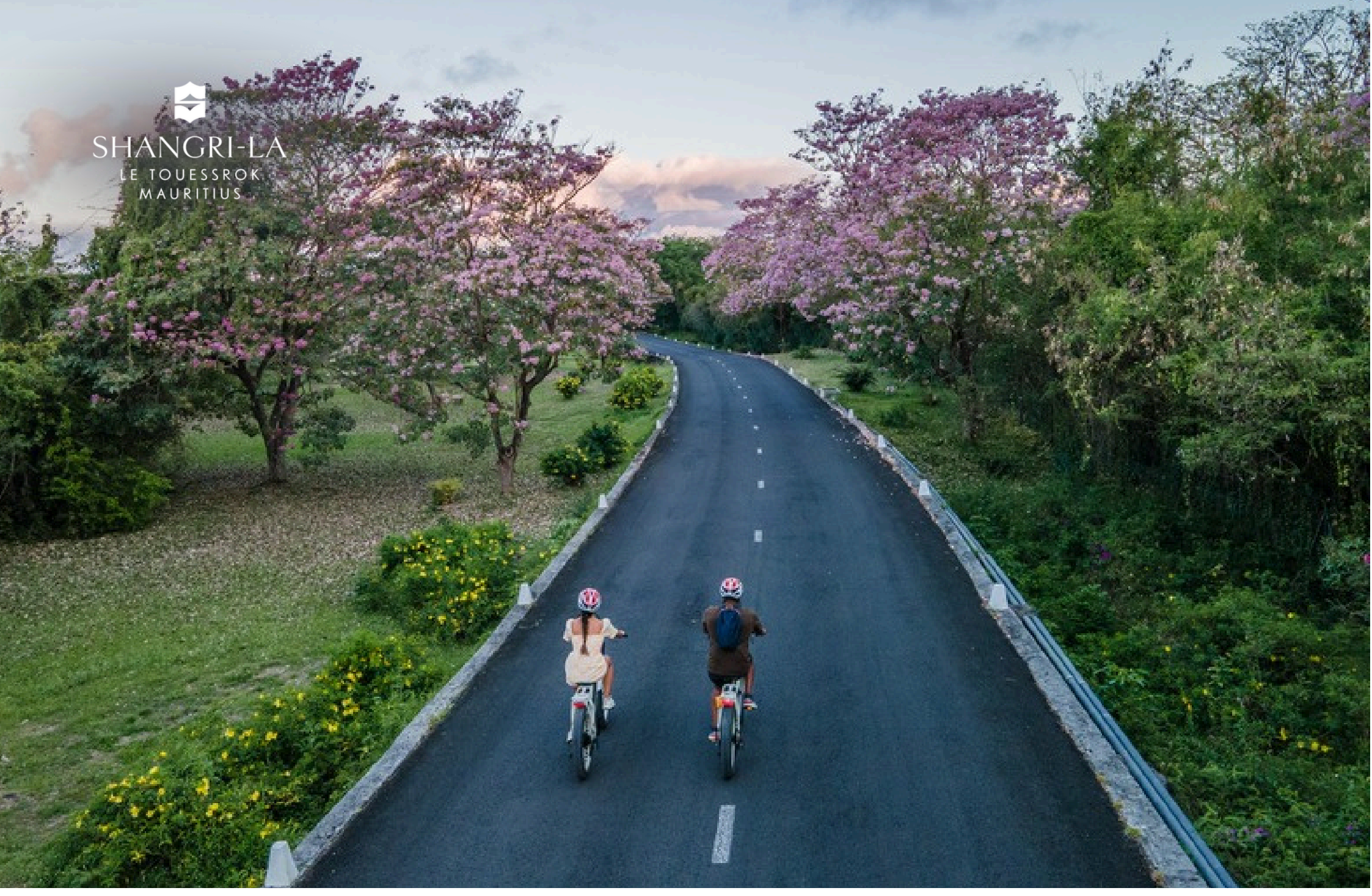
PRIVATE EXPERIENCES	DURATION	PRICE
Classical Yoga	60 mins	Rs. 4,500
Sunrise Yoga	60 mins	Rs. 6,500
Meditation / Restorative	45 mins	Rs. 3,500
Mother-to-be	60 mins	Rs. 4,000
Mother & Daughter	60 mins	Rs. 6,500
Power Yoga	60 mins	Rs. 6,500
Couple / Family Classical Yoga	60 mins	Rs. 7,000 / Rs. 9,500

Prices are in Mauritian rupees (MUR) inclusive of VAT. Advanced bookings are required, by dialing 7031 on your room phone
Any cancellation must be made 24 hours before the scheduled activity.
A fee of 50% will be applicable for cancellations made in between 4 and 24 hours prior the scheduled activity.
The full amount of the session booked will be charged in case of cancellations made less than 4 hours prior the activity or no-show.









E-BIKE | EXPLORE FREELY, RIDE EFFORTLESSLY

Explore the charming village of Trou d'Eau Douce and take in beautiful oceanfront views.

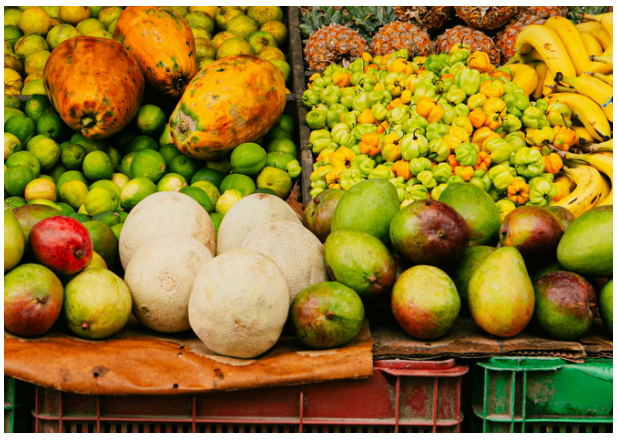
Depending on the time available, continue your journey along the scenic East Coast, soaking in its relaxed seaside atmosphere, or head towards Central Flacq to experience one of the island's most vibrant local markets and its authentic daily rhythm. The perfect blend of discovery, culture and effortless adventure.

East Cost Tour : Rs. 3,000 per person for 2-hour (14+ years old) - upon availability
Flacq Market Tour : Rs. 3,500 per person for 2h30 (14+ years old) - every Wednesday & Sunday

Meeting point: Recreation center at 9am

For more information and booking, please contact the Sport & Leisure Centre

Prices are in Mauritian rupees (MUR) inclusive of VAT. Advanced bookings are required. Any cancellation must be made 24 hours before the scheduled activity. A fee of 50% will be applicable for cancellations made in between 4 and 24 hours prior the scheduled activity. The full amount of the session booked will be charged in case of cancellations made less than 4 hours prior the activity or no-show.









GUIDED KAYAK TOUR IN THE MANGROVES

Set off on a guided kayak journey and experience the untouched beauty of Ilot Mangénie, our exclusive private island. As you glide across crystal-clear waters, take in the serenity of your surroundings and uncover the island's hidden natural treasures.

Paddle through peaceful mangroves and explore a vibrant ecosystem teeming with life, while our expert guides share insights into the unique flora and fauna that make this sanctuary so special. It's a tranquil yet enriching adventure, designed for those seeking a deeper connection with nature.

Experience details

- Available on select days, subject to tide conditions
- Duration: 2 hours | Price: Rs. 3,500 per person
- Activity reserved for guests aged 16 years and above

Meeting Point: Recreation Centre

Prices are in Mauritian rupees (MUR) inclusive of VAT. Advanced bookings are required, by dialing 7031 on your room phone
Any cancellation must be made 24 hours before the scheduled activity.
A fee of 50% will be applicable for cancellations made in between 4 and 24 hours prior the scheduled activity.
The full amount of the session booked will be charged in case of cancellations made less than 4 hours prior the activity or no-show.









Tennis Pro Hubert Hurkacz

TENNIS LESSONS

Serve, rally and play on our scenic courts, where every match blends energy, precision, and pure enjoyment. Whether for a friendly game or a spirited challenge, let each moment on the court ignite your passion for tennis.

Join us for complimentary clinics — completely FREE!
Every Friday: 10:30am - 11am : Tailored for children | 11am - 12pm: Tailored for adults (13+ years)

Want a more personalised experience?
We offer private group sessions for those seeking one-on-one attention or to refine their skills.

- Private lessons with our Tennis Pro: Rs. 4,500 per hour (1 person)
- Hitting partner: Rs. 2,800 per hour (1 person)
- Other packages available to suit your needs.

Bonus: Tennis courts are free of charge — including rackets and balls! (Reservation required)
Meeting Point: Sports & Leisure Centre

Prices are in Mauritian rupees (MUR) inclusive of VAT. Advanced bookings are required, by dialing 7031 on your room phone
Any cancellation must be made 24 hours before the scheduled activity.
A fee of 50% will be applicable for cancellations made in between 4 and 24 hours prior the scheduled activity.
The full amount of the session booked will be charged in case of cancellations made less than 4 hours prior the activity or no-show.









BEES HIVES EXPERIENCE

Discover the fascinating world of bees through an immersive and educational experience in a safe, guided environment. Led by Tony, this session offers insights into bees, their vital role in our ecosystem, and the workings of our beehives.

Home to the largest beehive population in the hospitality sector in Mauritius, with 16 active hives, the resort offers a truly unique setting.

Guests are fully equipped with protective gear for a safe and comfortable experience. A rare opportunity to learn, observe, and connect with nature.

Every Thursday | 11:00am – 12:00pm
Meeting Point: Sport & Leisure Centre
Age: 6+ | Capacity: 10 adults & 10 children
Dress Code: Closed shoes and long pant

Advance booking recommended. Dial 7031









TORTOISE COVE VISIT

Step into a serene encounter at our Tortoise Cove, where nature, care, and curiosity come together.

Join us for a complimentary experience and connect with our resident tortoises while learning about their habits, care, and environment. Guided by our Sports & Leisure team alongside our Gardener, guests are invited to participate in feeding under attentive supervision—ensuring a safe, educational, and memorable interaction.

Meet our three residents: Toto (over 120 years old), Fifi (over 60), and Lola (over 65)—each with their own story to discover. Observe them up close, learn about their unique personalities, and gain insight into their longevity and gentle nature.

Every Tuesday & Thursday | 11:00 - 12:00
Meeting Point: Sport & Leisure Centre

A calm, enriching moment to share with family and loved ones, where simple connections with nature create lasting memories.









ARCHERY INITIATION

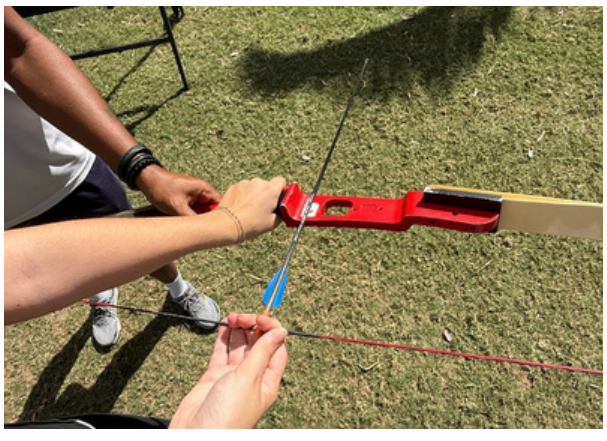
Refine your focus and embrace the art of precision in an elegant outdoor setting.

Join us for a complimentary archery Initiation, where technique, control and enjoyment come together in a guided and elevated experience. Led by our Sports & Leisure team, this session introduces the fundamentals of this timeless discipline in a safe and supportive environment.

Whether discovering archery for the first time or seeking a new challenge, enjoy a rewarding moment of concentration and quiet mastery.

Every Tuesday & Saturday | 3pm - 4pm
Meeting Point: Sport & Leisure Centre
Age: 16+

Advance booking recommended. Dial 7031









PADEL LESSONS

Smash, rally and play on our vibrant padel courts, where every match brings energy, fun, and connection. Whether casual or competitive, enjoy an engaging experience designed for all levels.

Join us for complimentary clinics — completely FREE!

- Every Monday: 10:30am – 11am: Tailored for children | 11am – 12pm: Tailored for adults (13+ years)

Players of all levels can enjoy our padel court at the Recreations Centre.

Take it further with our resident coach:

- Weekly programs designed for all ages and skill levels
- Private padel lessons with our Padel Pro: From Rs. 4,500 per hour per person
- Hitting partner: Rs. 2,800 per hour (1 person)
- Padel Court Rental: 1 hour – Rs. 2,900 | 90 mins – Rs. 3,200 (rackets & balls included)

Meeting Point: Sports & Leisure Centre | Limited slots available! Reserve your spot today and elevate your game!

Prices are in Mauritian rupees (MUR) inclusive of VAT. Advanced bookings are required, by dialing 7031 on your room phone
Any cancellation must be made 24 hours before the scheduled activity.
A fee of 50% will be applicable for cancellations made in between 4 and 24 hours prior the scheduled activity.
The full amount of the session booked will be charged in case of cancellations made less than 4 hours prior the activity or no-show.









PERSONAL COACHING & SWIMMING SESSION

Personalized coaching for all ages! Treat yourself or give your children a unique experience!
We offer:

- One-on-one sports coaching sessions
- Personalized swimming lessons with a private instructor

EXPERIENCES	DURATION	PRICE
Coaching session	30 / 60 mins	Rs. 1,500 / Rs. 2,500
Swimming lesson	30 / 60 mins	Rs. 1,500 / Rs. 3,000

Prices are in Mauritian rupees (MUR) inclusive of VAT. Advanced bookings are required, by dialing 7031 on your room phone
Any cancellation must be made 24 hours before the scheduled activity.
A fee of 50% will be applicable for cancellations made in between 4 and 24 hours prior the scheduled activity.
The full amount of the session booked will be charged in case of cancellations made less than 4 hours prior the activity or no-show.



