



MARADIVA
VILLAS RESORT & SPA | MAURITIUS



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SUITES RESORT & SPA
MAURITIUS



GROUP SESSION YOGA

Day - Tuesdays (complimentary - 30 mins Gentle Yoga & 30 mins Guided Meditation), Fridays and Sundays (Intermediate Yoga) at Rs 920 per person per session

Time - 17h00 - 18h00

Venue - Maradiva spa yoga pavilion

Complimentary - Yoga mat, bottle of water, face towel

Practical tips - Comfortable t-shirt and shorts, practice barefooted

Restriction - no heavy food before the session

Maximum participants - 8 persons

Booking required 24hrs in advance, call ext 1625



GROUP MEDITATION

Day - Thursdays (Ajapa Ajapa Meditation)

Time - 17h30 - 18h30

Venue - Miramar garden

Complimentary - Yoga mat, bottle of water, face towel

Practical tips - Comfortable t-shirt and shorts, practice barefooted

Restriction - no heavy food before the session

Rate - Rs 920 per person

Maximum participants - 12 persons

Booking required 24hrs in advance, call ext 1625