

Touching Senses

Mauritius, this crossroad of cultures truly delights the traveler's senses with a unique bouquet of tastes, colors and lush landscapes. We encourage you to explore and furthermore experience what the island has best to offer... at The Oberoi, Mauritius.

A host of activities has been especially designed to relax your mind and challenge your soul. Take a deep breath and let the island connect with your inner self...



Wine tasting
Monday 16hr30 – 17hr30

“The connoisseur does not drink wine but tastes its secrets.” - Salvador Dali

Sculpture class-
Tuesday 11hr00-13hr00

“I sometimes wonder if the hand is not more sensitive to the beauties of sculpture than the eye”
- Helen Keller



Star gazing
Tuesday 21hr30-22hr30

“Some moments have a taste of eternity.”
- Marc Levy

Hindu ceremony
Wednesday 16hr30-17hr30

“The truth is one but hindu sages call it by different names” - Anonymous

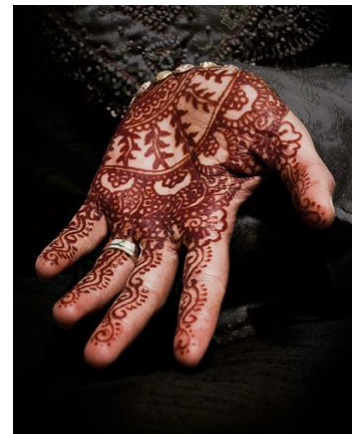


Rum Tasting
Wednesday 16hr30-17hr30

“I pity them greatly, but I must be mum,
for how could we do without sugar and rum.” –
William Cowper

Henna painting
Thursday 11hr00-13hr00

“The beauty of henna seduces our eyes and
inspires our soul.” - Sarah Goulet





Visit to a Bespoke Silversmith
Friday 11hr00-13hr00

“Elegance is the only beauty that never fades.”
- Audrey Hepburn

Painting class
Friday 11hr00-13hr00

“Every artist dips his brush into his own soul
and paints his own nature into his pictures”
- Henry Ward Beecher

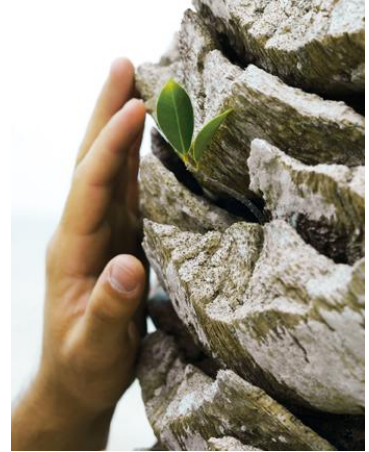


Cooking class
Saturday 12hr00-13hr00

“Gastronomy is the joy of all situations and all
ages. It gives the beauty of the spirit.”
- Charles Monselet

Nature walk
Sunday 10hr30-12hr30

“Nature is eternally young, beautiful and generous.” - George Sand



The Oberoi spa recommends



Monday

08hr30 – 09hr15

BREATHING EXERCISES

This session is focused on expanding the lungs. The increased oxygen intake heightens energy levels and improves concentration and focus for the day.

17hr00 – 18hr00

HATHA YOGA

A series of gentle ‘asanas’ (exercises) to develop the body’s energy centres. Through physical exercise, the energy flow of the body improves, helping to maintain health.

17hr00 – 18hr00

EVENING WALK

Tuesday

08hr30 – 09hr15

STRETCHING

Start the day with an aerobic stretch to tone, firm and limber the body.

11hr00 – 12hr00

BODY TONING WORKOUT

60 minutes of gymnastics to energize body and mind.

15hr30 – 16hr30

T'AI CHI - Arthritis and Musculoskeletal

Description on Friday's program.

17hr00 – 18hr00

T'AI CHI - Yang Style

Wednesday

08hr30 – 09hr15

MORNING JOG

A 45-minute jog along the beach and sugar cane fields with our fitness instructor.

08hr30 – 09hr15

HATHA YOGA

A series of gentle 'asanas' (exercises) to develop the body's energy centres.

Through physical exercise, the energy flow of the improves, helping to maintain health.

15hr30 – 16hr30

RELAXATION TECHNIQUE

Thursday

08hr30 – 09hr15

BREATHING EXERCISES

This session is focused on expanding the lungs.
The increased oxygen intake heightens energy levels
and improves concentration and focus for the day.

17hr00 – 18hr00

MEDITATION

A method of calming the body and the mind through the practice of "AUM".
The lungs are cleared, circulation is improved and the mind is calmed.

17hr00 – 18hr00

EVENING WALK

Friday

11hr00 – 12hr00

BODY TONING WORKOUT

60 minutes of gymnastics to energize body and mind.

15hr30 – 16hr30

T'AI CHI - Arthritis and Musculoskeletal

An ancient tradition of movement conceived to form the flow of energy. The movements follow one another smoothly in rhythmic harmony, like a flowing stream, creating unity of stillness and motion.

17hr00 – 18hr00

T'AI CHI - Yang Style

17hr00 – 18hr00

EVENING JOG

Saturday

08hr30 – 09hr15

STRETCHING or HATHA YOGA

See descriptions on Monday's and Tuesday's program.

Sunday

08hr30 – 09hr15

BODY TONING WORKOUT or T'AI CHI - Yang Style.

See descriptions on Friday's program.

