

**salt**  
of Palmar, Mauritius

**Complimentary** Activities

### **Rise & Shine Yoga**

Sun salutations at sunrise?  
Perfect timing. Our Yogi  
Master will guide you through  
a sequence of asanas.

Day / Time: Twice a week / 06:30

Duration: 1 hour

Number of persons: 10

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### **Sunset Yoga**

Sunset hour is the best hour  
to unwind with some yoga.  
Join our Yoga Master Sudesh.

Day / Time: Once a week / 17:00

Duration: 1 hour

Number of persons: 10

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### **Natural Movement Session**

Reach for your sandy toes or the  
sky... This gentle stretching session  
is a great warm up or cool-down.

Day / Time: Twice a week / 17:00

Duration: 45 min

Number of persons: 10

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### **Beach Soccer**

Team up with our Wellness  
Coaches for a game of beach  
soccer.

Day / Time: Once a week / 15:30

Duration: 45 mins

Number of persons: 10

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### **Serenity Walk**

The walk starts 15 minutes  
before sunrise. Halfway there,  
we stop for a meditation and  
some breathing exercises.

Day / Time: Once a week / 06:30

Duration: 1 hour

Number of persons: 10

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### **Beach Volley**

Team up with our Wellness  
Coaches for a game of  
beach volleyball.

Day / Time: Twice a week / 15:30 & 17:00

Duration: 45 mins

Number of persons: 8

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### **Boot Camp Circuit**

Our boot camp involves dynamic  
stretching, running and interval  
training including weight lifting,  
plyometrics and fun. A lot of fun.  
Depending on the number of  
guests, you will be divided into  
two groups, each with a captain.  
The activity ends with a cool-down  
stretching session.

Day / Time: Twice a week / 15:30

Duration: 45 min

Number of persons: 10

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## **Aqua Fitness**

If the ocean isn't your calling, try a fun cardio workout in our beautiful swimming pool.

Day / Time: Twice a week / 11:15 & 15:30

Duration: 45 min

Number of persons: 20

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## **FloatFit**

If you're up for a challenge, try exercising on a floating mat. It's great for balance. Plus, falling in the pool isn't so bad, is it?

Day / Time: Thrice a week / 11:15 & 15:30

Duration: 45 min

Number of persons: 6

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## **DIY Foodscrap Regrowth**

Don't throw away the peels! We'll teach you how to magically grow them into food you can eat.

Day / Time: Twice a week / 16:00

Duration: 1 hour

Number of persons: 6

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## **Beach Jogging**

Some people love to jog. For others, it's a chore. But when it's jogging on a beach, you're bound to have fun.

Day / Time:

Twice a week / 06:30

Duration: 1 hour

Number of persons: 6

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## **Bath Fizz**

Learn to make DIY bath fizz with our therapist from SALT Equilibrium. It's better for the planet and for your body.

Day / Time: Twice a week / 10:30

Duration: 45 min

Number of persons: 8

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### **Water Lab**

Water is hydrating but some find it boring and flavourless. In our lab, you can play around with herbs, fruit and sugar-free cordials to spice it up a bit!

Day / Time: Twice a week / 10:30

Duration: 45 min

Number of persons: 6

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### **Stretching on the Beach**

Join us at The Beach Bar for some stretching exercises with our Wellness Coach.

Day / Time: Once a week / 06:30

Duration: 1 hour

Number of persons: 10

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### **DIY Beauty Tips**

Self-care can also be in the form of DIY facemasks. Our spa therapist will teach you her ways. By the way, you also get a 20% discount at our spa retail counter!

Day / Time: Twice a week / 10:30

Duration: 45 min

Number of persons: 10

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### **Pedalo**

Call us lazy but we love a Pedal Boat. It's as relaxing as it is fun and really makes you feel like you're on holiday.

Day: Daily

Duration: 30 min

Number of persons: 4

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### **Stand Up Paddle**

If you're looking for a full body workout that doesn't feel like a workout, try Stand-Up Paddle.

Day / Time: Daily / depending on the tides

Duration: 30 min

Number of persons: 4

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### **Kayak**

Explore the undersea with our see-through kayaks. We have single and double seaters too.

Day: Daily

Duration: 30 min

Number of persons: 6

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### **Abs & Bum at the Gym**

Gives that good feeling factor, speeds up your metabolism, burns fat, stabilizes the muscles, strengthens your abs, improves body posture and increases energy level. So, are you in?

Day / Time: Once a week / 19:00

Duration: 30 mins

Number of persons: 4

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### **Boxing by the Sea**

Boxing is fun. And it's a solid workout. Join our Wellness Coach by the sea to learn the right techniques.

Day / Time: Once a week / 15:00

Duration: 45 min

Number of persons: 2

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### **Positive Pebbles**

Painting positive words on pebbles is one of the most relaxing forms of therapy out there.

Day / Time: Twice a week / 10:00 & 10:30

Duration: 1 hour

Number of persons: 6

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**We are Salt.**