



HERITAGE
LE TELFAIR
MAURITIUS

RELAX AND UNWIND
*with Tara Lee's yoga retreat
in the serene south of Mauritius*



PRESS RELEASE | DECEMBER 2024

Heritage Le Telfair in Mauritius invites guests to relax and unwind in the island's natural beauty during their rejuvenating Yoga Retreat, taking place from 7th to 11th February 2025.

Join renowned yoga instructor Tara Lee for this special experience, tailored for guests staying in the new Adults-Only wing, which includes four personalized yoga sessions set in the serene surroundings of a beachfront location and Le Château de Bel Ombre. Tara's yoga sessions will guide guests through flowing movements and relaxing stretches designed for all levels of expertise.

This Wellness rendezvous at Heritage Le Telfair, designed to kick-start 2025 with renewed energy, is exclusively reserved for guests of the new Adults-Only wing. This wing, dedicated solely to an adult clientele, features a collection of suites elegantly appointed in U-shape around a heated pool, offering a more secluded and intimate experience with ocean views. A dedicated butler service around the pool, refreshing cocktails and snacking options at the Tiki Bar, special in-room treats, and a dedicated Resident Host are among the highlights of this new Adults-Only experience at Heritage Le Telfair.





At Heritage Le Telfair, wellness is a way of life. Beyond occasional wellness events, the resort also invites guests to experience its Wellness Bliss offering in a 2,500 m² sanctuary, the Seven Colours Spa, throughout the year. This offering redefines the standards and encourages guests to embark on a journey of self-discovery in the idyllic setting of Bel Ombre.

Guided by the expertise of a Wellness Ambassador, a nutritionist, a coach, and a therapist, guests can choose from a wide range of activities for a truly holistic retreat for the senses. This tailor-made experience enhances the wellness offerings of Heritage Le Telfair. Essential oil massages, meditation, forest bathing, yoga, Pilates, and Tai Chi are also on the program.

KEY HIGHLIGHTS ABOUT THE YOGA RETREAT IN FEBRUARY 2025:

- **Friday, February 7 (Afternoon):** Sunset yoga on the deck of Le Château de Bel Ombre, complemented by an apéritif.
- **Sunday, February 9 (Morning):** Beach session, followed by an exceptional breakfast with your feet in the sand.
- **Monday, February 10 (Afternoon):** Sunset yoga on the deck of Le Château de Bel Ombre, complemented by an apéritif.
- **Tuesday, February 11 (Morning):** Beach session, followed by an exceptional breakfast with your feet in the sand.

Complimentary and exclusively available to clients of the Adults-Only wing.



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For further information and to book visit
<https://heritageresorts.mu/hotels-mauritius/le-telfair>

Please see [HERE](#) for an interactive map of the resort

[Download the pictures](#)



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ABOUT TARA LEE

Tara Lee lives in London and has been practicing yoga for 25 years. Tara teaches prenatal yoga, postnatal yoga for mothers with babies and general yoga classes in London. Tara has released 10 yoga DVDs, including some bestsellers on Amazon, selling over 200,000 copies. Tara designed 'The Bump Mat', an extra thick yoga mat, which won the Gold award at the Mother and Baby awards 2017. Tara runs pregnancy yoga teacher training courses, is a registered senior teacher on the board of Yoga Alliance UK and is also a qualified Shiatsu practitioner and a trained Doula. For more information : www.taraleeyoga.com

ABOUT HERITAGE RESORTS & GOLF

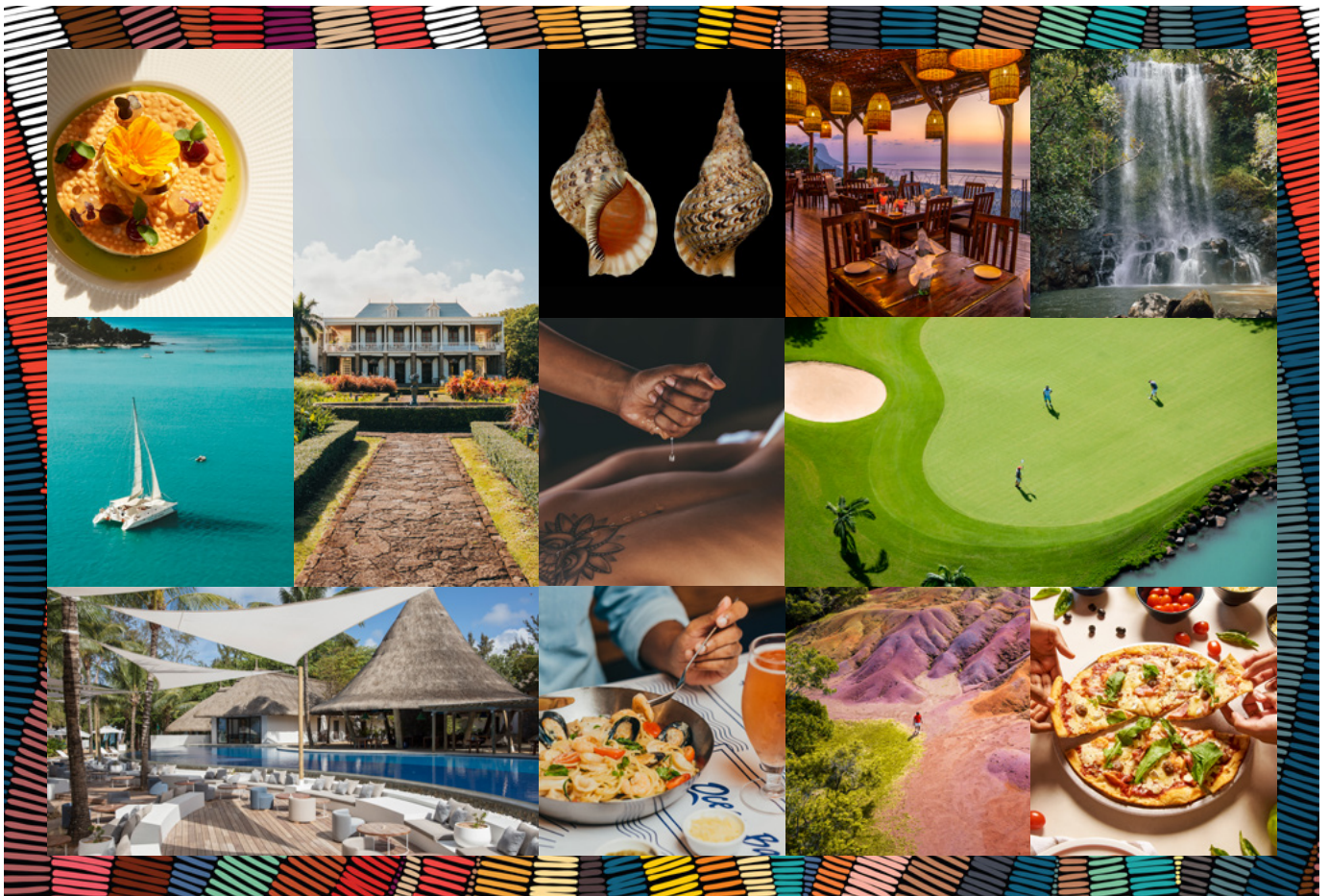
Nestled in the 2500-hectare Domaine de Bel Ombre, Heritage Resorts & Golf is a collection of premium resorts, promising a sustainable approach to luxury, crafting memorable journeys that are unique, authentic, and representative of the outstanding beauty of its location. Conceived to inspire, reconnect, and live transformational experiences, Heritage Resorts & Golf are places where memorable journeys come to life. Inspired by nature and its exceptional people, each of our resorts is designed to reflect a one-of-a-kind ambiance and style, enhancing every aspect of the guest's experience by mirroring its location's culture, history and locale.

The Heritage brand was born out of a passion for discovery and connection. We are committed to setting exemplary standards of a sustainable resort lifestyle, in the context of delicate splendour, elegance and comfort, where guests are discreetly supported with genuine service, care and attention, as they are acquainted to unique opportunities for authentic and memorable experiences, discoveries and adventures through responsible tourism.



ABOUT ROGERS HOSPITALITY

Rogers Hospitality, the hospitality and leisure cluster of the Rogers Group, a diversified Mauritian company listed on the stock exchange, offers an extensive array of services, spanned across seven cohesive categories: boutique hotels with Veranda Resorts and Kaz'alala brands; luxury hotels through Heritage Resorts & Golf; business hotels with Voilà; leisure offerings including Bel Ombre Nature Reserve, Heritage Golf Club, Chamarel 7 Coloured Earth Geopark, educational entertainment with the World of Seashells, and holistic well-being provided by Seven Colours spas; gourmet dining experiences such as Le Chamarel, Château de Bel Ombre, and C Beach Club; quick service restaurants including Ocean Basket, Domino's, MOKA'Z; and territorial brands like Bel Ombre and Chamarel. The group currently employs over 2,000 people.



Rogers Hospitality

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