

**Minerva's 2018 Women's Renewal Weekends
May 18-20 and June 1-3**



Time to relax and renew?

This could be YOU, mellowing out after your massage or your mani/pedi, or breathing deep after yoga. ***Time to look forward to SPRING!!***

**Check out the possibilities:
the SEVENTEENTH YEAR of
Women's Renewal Weekends**

**May 18-20, 2018 OR June 1-3, 2018
(or better yet: come to BOTH!)**

Minerva's Spring 2018 Women's Weekends are literally only WEEKS away!!

Is now the time?... to make your plans to restore yourself with a manicure, pedicure, massage, yoga, astrological reading, art class... good conversation...and Minerva's wonderful FOOD...?
As always, The weekend features our classic all-inclusive renewal prescription (YOU PAY ONE PRICE, AND YOU GET IT ALL!):

... **reserve before Jan 15 to get your choice of room and the early-bird* gentle price** of \$475 (single)-- (or \$445/person if sharing with one other person; or \$425/person for 3 or more sharing!)
—**includes lodging, four meals, and all classes and services**

One of Minerva's favorite Traditions...
>>>>> but WITH SOME FRESH NEW ASPECTS!

Manicure and pedicure, massage, yoga, astrological reading, delicious breakfasts and dinners, a craft class, and of course the wonderful company of some *amazing* women.

BACK AGAIN: Jean, Nancy, and Ray—the world-class massage trio!! (Six spectacularly-talented hands!)

ALSO-BACK-AGAIN: Ghylian Bell, that dynamic NYC health coach who teaches yoga people from toddlers and to seniors. She is a founder of the **Urban Yoga Foundation**, the mission of which includes “... creating a calming environment that addresses behavioral problems and stress related disorders.... this non-profit agency seeks to equip young people with basic interaction and communication skills.” Learn more about Ghylian at:
<http://www.urbanyogafoundation.com/founder.html>

And back for a second year: astrological reader Treacy Cantwell, the Island Intuitive, will join us.
check out Treacy's Facebook page:
<https://www.facebook.com/The-Island-Intuitive-1583421228611565/>

On Sunday morning, Leslie Blatt, “professional crafter” will return for a third year to teach us how to emulate her textile magic. Leslie brings years of experience as a teacher in the Simplicity Creative Group, a conglomerate of craft suppliers which describes itself this way: “Simplicity Creative Group is dedicated to encouraging and supporting your creativity with high quality, fun

to use products, projects and services. ...”

Leslie also brings tools and supplies to help you create something beautiful to take home . And she'll consult about fabric or needlework projects you may wish to bring with you.

* After January 15, the rates will go up a bit.....