



December 2018

13 W. Seventh St. Barnegat Light

May 17-19, 2019 OR May 31-June 2, 2019
(or better yet: come to BOTH!)

Minerva's Spring 2019 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*...?

****** Read the five pages below: Minerva's eleven-year tradition...**

Call now for your reservation! 609-494-1000

For more information, see below, check out our website: <MinervasBandB.com>, or just call or text Emma's cell at 610-653-6153!



AS ALWAYS, THE WEEKEND FEATURES OUR CLASSIC ALL-INCLUSIVE RENEWAL PRESCRIPTION (YOU PAY ONE GENTLE RATE, AND YOU GET IT ALL!):

**Early registration (til December 20) \$490 (single)-- (\$420/person if sharing a room!!)—includes lodging, four meals, and all classes and services
>>>>After December 20, 2018: \$525/450**

Manicure and pedicure, massage, yoga, astrological reading, delicious breakfasts and dinners, a craft class, and of course the wonderful company of a few 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 both to toddlers and to seniors. She is 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>

Psychic-medium Treacy Cantwell will help us with our renewal weekends. Some of you will have met her in 2017, and that’s how we KNOW we’ll enjoy having her as part of the weekend! Treacy Cantwell, who has a home in Barnegat Light, describes herself thus:

“One of her first awakenings was on a train during a daily morning commute into work at the World Trade Center when in her head she heard, “person on tracks, person on tracks, person on tracks”. Moments later, the train came to a screeching halt, sending its passengers flying into the backs of the seats in front of them. With that, the conductor entered the car in which Treacy Cantwell was seated announcing loudly, “Ladies and gentlemen! We will be exiting this train and boarding another one shortly because we just hit a person on the tracks!”

The experiences continued in her life regardless of her corporate career location; be it Norfolk, VA, Washington, D.C. or Philadelphia. Realizing there was more to these than just being mere “coincidences”, Treacy decided to learn more about spirituality. Later on the advice of well-respected spiritualists, she decided to pursue development of her psychic and mediumship gifts. After years of attending classes, workshops and studying under renown James Van Praagh, she founded her practice, The Island Intuitive. Treacy is honored in delivering messages on behalf of Spirit and assisting others who search for answers and understanding from the realm beyond.

Services provided by Treacy include psychic and mediumship readings via photo-reading, psychometry, scrying, auto-writing, pendulum and spirit cards.

The Island Intuitive can be found on Facebook.”

Sunday morning, Leslie Blatt, a “professional crafter” will return for a third year to teach us how to emulate her textile magic. Leslie brings many 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. ..."

The mission of Simplicity Creative Group is "to be one of the world's leading creators of products that facilitate individual expression and promote personalized creativity. Utilizing our portfolio of brands, and leveraging knowledge and experience gained over the past century, we seek to develop innovative and reliable products of the highest quality."

Every year Leslie brings tools and helps create something beautiful to take home with you. She'll also consult about other fabric or needlework projects you may wish to bring with you.

PS. Leslie is an enthusiastic and knowledgeable bird-watcher, who takes spectacular photos, so you nature enthusiasts will find a sympatico conversationalist!

. Please see next two pages for registration details and weekend schedule.

- **Due with reservation—\$150;**
- **Due February 15--\$150**
- **Balance due on arrival. The good news!: No sales tax since this is a “special event”!**
- **(*Gratuities not included)**

To help us plan, please return the attached “preferences” form ASAP.

- **Please email this form to MinervasBandB@gmail.com (or copy and paste it into an email)**

****Please return a *separate* sheet for each person, even if you're sharing a room. ****

Name _____ email _____

1. Do you have food restrictions? (Are you vegetarian? Also please advise about cheese, eggs, dairy, sugar, salt, nuts, gluten, etc.) _____

2. The yoga teacher would like to know about your prior experience with yoga.

3. Do you have a strong preference about a male/female massage therapist?

No _____ Yes _____ (please specify, and we will do our best to meet your preference)

4. What is your estimated arrival time? Afternoon _____ Evening _____ After 9 _____

5. Please indicate the services you will want:

Massage	yes _____	no _____	maybe _____
Manicure	yes _____	no _____	maybe _____
Pedicure	yes _____	no _____	maybe _____
Yoga	yes _____	no _____	maybe _____
Astrology reading	yes _____	no _____	maybe _____
Art class	yes _____	no _____	maybe _____



Schedule of Relaxation

Friday:

- **12 Check-in begins at noon**
- **5-6 PM Yoga** (or after supper, depending upon arrivals and preferences)
- **6-9 Supper:** Homemade soup, salad, bread, cheese & wine.

Saturday:

- **7:30 Yoga on Minerva's roof deck--*(weather permitting)**
(or in lobby if need be)
- **8:30-10:00 am Breakfast**
- **10-5:** Various yummy pamperings. (Your individual schedule will be in your arrival packet.)
- **** Snacks and juice will be available all day.**
 - *****Saturday lunch on your own. ****
- **6:30 pm Supper: scrumptious vegetarian and non-vegetarian fare**

Sunday:

- **7:30 am Yoga**
- **8:30-10:00 AM Breakfast**
- **10:30-12:30** Art class on deck (weather permitting; otherwise in kitchen)
- Check out any time Sunday afternoon

And throughout the weekend, we will schedule your individual appointments for:

- **Massages:** The wonderful Jean, Ray, and Nancy will all be back!
- **Astrology readings:** Treacy Cantwell
- **Manicure and Pedicure will be at Red Sail or Tiffany's salons in Surf City**