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**December 2019**

13 W. Seventh St. Barnegat Light

**May 15-17, 2020 OR May 29-31, 2020**

**(or why not treat yourself to BOTH!)**

Even though Minerva’s Spring 2020 Women’s Weekends are some months away reservations are starting to come in *FAST*…. !!

Even before the announcement went out, some folks had already signed up!

Is now the time for YOU.... 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 predictable 20-year Tradition…

 >>>>>> but WITH SOME FRESH NEW ASPECTS!

Then call for your reservation! 609-494-1000

For more information, see below, check out our website, or just call or text

Emma’s cell: 610-653-6153



As always, The weekend features our classic *all-inclusive* renewal prescription (YOU PAY One Gentle Rate, AND YOU GET IT ALL: lodging, four meals, and all classes and services!)

* **The 2020 EARLY BIRD rate\* is only $490/person ($460/per person if you are sharing a room, and $440/person for 3 or more sharing).**
* **( !Registration AFTER Jan 3, 2020, add $25/person!)**

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.

Here’s what’s to expect:

BACK AGAIN: Jean, and Ray—the dynamic massage duo!! (Four spectacularly-talented hands!)

***ALSO-BACK-AGAIN*: Ghylian Bell, that incomparable NYC health coach who teaches yoga to all ages: from 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**](http://www.urbanyogafoundation.com/founder.html)

**Psychic-medium Treacy Cantwell will be back, too. Some of you have already met her, and that’s how we KNOW we’ll enjoy having her as part of the weekend! Treacy,** who lives in Barnegat Light, describes herself:

**“One of my 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.  The conductor entered the car where 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!”**

**When such experiences happened repeatedly, Treacy realized this was more than just “coincidences”, Treacy decided to pursue and development of her psychic, spiritualist, and mediumship gifts.  After years of study, including with renowned 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 self-described **“professional crafter”** with many years’ teaching experience, will show us how to make beauty with craft techniques. Leslie comes to us from the Simplicity Creative Group, a conglomerate of craft suppliers which describes itself as “dedicated to encouraging and supporting your creativity with high quality, fun to use products, projects and services. …” The Simplicity Creative Group’s mission 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 to help 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.***

* **the 2020 all-inclusive EARLY BIRD rate\* is only $490/person ($460 each if you are sharing a room, and $440/person for 3 or more sharing). ( !Registration AFTER DECEMBER 20, 2019, add $25!)**
* **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.**

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**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)
	+ **6:30-8:30 Buffet 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 and Ray will all be back!
* **Astrology readings:** Treacy Cantwell
* **Manicure and Pedicure will be at Red Sail salon in Surf City**