****

**February 2022**

**May 13-15, 2022**

**White Whale Motel -- 20 W. Seventh St Barnegat -- Light, NJ**

Plan now for Spring Women’s Renewal Weekend—May 13-15!!

Spring is not far away!! Make your plans to restore yourself with a manicure, pedicure, massage, yoga, psychic reading, art class… good conversation…and Minerva’s *wonderful FOOD*…?

Peruse the pages below….and then…

Contact us now to secure your reservation!

For more information, see below, or email <MinervasBandB@gmail.com>

Questions? 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!):

$550 (single)-- (Double: $475/person)—includes lodging, four meals (two suppers/two breakfasts) , and all classes and services

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

***BACK-AGAIN*: Shindera Jackson, that dynamic NYC health coach/yoga instructor. Shindera is a student and colleague of Ghylian Bell, 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 The Urban Yoga Foundation at:** [**https://docs.google.com/document/d/1XptIc\_IG8kKzN7RDIF3JHbsIltyVNVQy\_RuVSccPbHE/edit**](https://docs.google.com/document/d/1XptIc_IG8kKzN7RDIF3JHbsIltyVNVQy_RuVSccPbHE/edit)

**And that “magic hands” massage therapist Jane Miller will also be back! Her more than twenty-years experience, and her love for her craft is obvious to anyone who has experienced her touch!**

**Psychic-medium Treacy Cantwell will help us with our renewal weekend. Some of you will remember her from 2019 or 2021, and that’s how we KNOW we’ll enjoy having her as part of the weekend! Treacy, who lives 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 in 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.”

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

* **Due with reservation—$100;**
* **Due March 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**](mailto:MinervasBandB@gmail.com)

**(you may just 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 allergies, such as 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. What is your estimated arrival time? Afternoon\_\_\_\_ Evening\_\_\_\_\_\_ After 9\_\_\_\_\_\_\_\_\_**

**4. 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 1 PM**
  + **6:30 PM Supper**
  + **8:30 PM Yoga** **/meditation**
  + **6-9 Supper**: Homemade soups, salad, bread, cheese &wine.

**Saturday:**

* **7:30 AM Yoga**
* **9:00-10:00 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
* **10:30-12:00** Art class
* Check out early Sunday afternoon

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

* **Massages**: **Jane Miller**
* **Psychic readings:** Treacy Cantwell
* **Manicure and Pedicure will be at Red Sail salon in Surf City**