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**Fall 2022-Women’s Renewal Weekend**

**October 28-30, 2022**

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

Plan now for the Fall Women’s Renewal Weekend. !!

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!):

$525 (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)

**>Massages will take place at Therapeutic Solutions in Barnegat Light!**

**>Tarot-card reader Colleen McNally will help us with our renewal weekend. Colleen comes highly recommended by Treacy Cantwell, whom some of you will remember fondly from prior Women Weekends.**

**>Erika Leeuwenburgh is returning to lead our art workshop! Some of you will remember our pleasure in her creative touch!**

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

* **Due with reservation—$100;**
* **Due September 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**: **Therapeutic Solutions**
* **Tarot readings: Colleen McNally**
* **Manicure and Pedicure will be at Red Sail salon in Surf City**