

Seasonal Greetings Wilburites!

We hope the winter solstice found you and all of your loved ones safe and cozy.

As a new year unfolds and winter closes in, we reflect with gratitude for each and every one of you who frequent Wilbur and honor her existence.



Many thanks to those of you who have made Wilbur your sanctuary in these somewhat uncertain times. Our highest regards and best wishes to you all.

May we all experience peace, love and good will from today forward.

Richard, Ezzie, Meg, Rick, Nellie, Anna, Terrye, Cathy, Beverly, Scott, Shalamah and Mary

From all of us here at Wilbur –

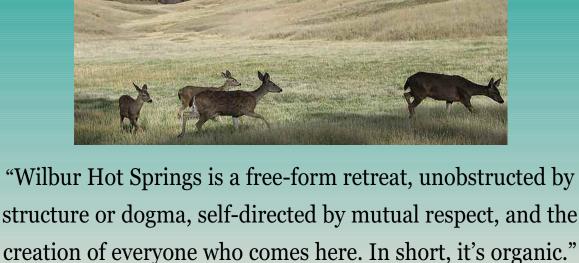
Back by popular demand ... Half off Wednesdays! This offer begins again on January 7th and runs through February 28th. Stay two nights in a room of equal value that includes a Wednesday and receive 50% off the Wednesday night! Holiday periods excluded; not combinable with other discounts.



January 30th - February 1st • Charlie & Marion Cascio

The always popular team of Charlie and Marion return in January to warm up the weekend with delicious, hearty gourmet fare. Make your reservations today! Don't miss this

gastronomic delight – Call the Wilbur reservation line at 530-473-2306.



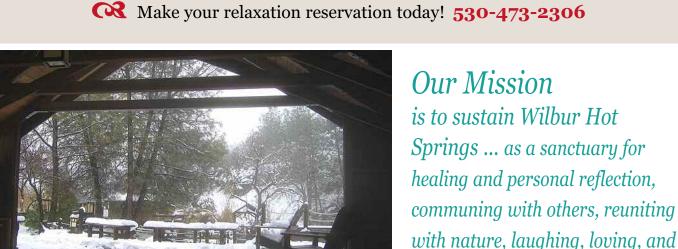
Richard Davis







basking in the quiet awe of it all.



"In all the world, no waters like these"

WILBUR BIRTHDAY P R O G R A M > Wilbur would like to gift you a Special Birthday Discount during the month of your birthday. Returning guests presenting ID showing the date of your birth will receive 25% off the cost of your stay between Sunday and Thursday during your birthday month (holiday periods excluded). 💸 Our gift to you is for the birthday person plus one guest occupying the same room.

Please let us know it's your birthday when you make your reservation.

Weekend Yoga at Wilbur Mind Body Health & Politics Your Host: Dr. Richard L. Miller • Tuesday, 9am pst

KZYX 88.1FM Fort Bragg • KZYZ 90.7FM Philo • KZYZ 91.5FM Willits & Ukiah On your computer at www.KZYX.org, click on "listen live"

National Public Radio Affiliates

Call in and share with others what has worked for you in enhancing your health and healing, and what has not ... 707-937-5103. Email Dr. Miller at drrichardlmiller@aol.com

Yoga in Yelapa

Mexico, that is ... Wilbur's own Sarana Miller will be presenting this fabulous yoga workshop

Complimentary Weekend Yoga will

return in the Spring. However, the

yoga deck is available for individual

use, or for small groups leading their

own yoga class. Inquire at front desk.

with partner and mentor Thomas Fortel. Make your reservations now, space is limited! Dates: February 7th -14th Race: Yelapa, Mexico For all the detailed information go to www.yogawiththomas.com



May abundance and joy enter each of your lives every day! P 530-473-2306 • F 530-473-2497 • www.wilburhotsprings.com

PLEASE NOTE: Email and web addresses supplied CREDITS: Photos - Meg Solaegui; Dr. Goodman throughout are not linked. Just type address into your Newsletter editing, layout and design - Lolly Kupec & Ed