

JANUARY 2009

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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.

*From all of us here at Wilbur –
Richard, Ezzie, Meg, Rick, Nellie, Anna, Terrye, Cathy,
Beverly, Scott, Shalamah and Mary*


JANUARY SPECIAL

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 Guest Chef Weekend

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.





“Wilbur Hot Springs is a free-form retreat, unobstructed by structure or dogma, self-directed by mutual respect, and the creation of everyone who comes here. In short, it’s organic.”

Richard Davis



massage, massage, massage

As the season changes to winter our bodies benefit from a relaxing, rejuvenating massage. Make an appointment with one of our exceptionally experienced therapists.  There's nothing quite like a long soak in hot, rich, mineral water followed by an hour of professional massage. And, when an hour just isn't enough, we offer an hour and half!





 Make your relaxation reservation today! **530-473-2306**



Our Mission
is to sustain Wilbur Hot Springs ... as a sanctuary for healing and personal reflection, communing with others, reuniting with nature, laughing, loving, and basking in the quiet awe of it all.

“In all the world, no waters like these”

WILBUR BIRTHDAY PROGRAM

-  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.

Mind Body Health & Politics

Your Host: Dr. Richard L. Miller • Tuesday, 9am pst

National Public Radio Affiliates

KZYX 88.1FM Fort Bragg • KZYZ 90.7FM Philo • KZYX 91.5FM Willits & Ukiah

On your computer at www.KZYX.org, click on "listen live"



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 drrichardmiller@aol.com

Weekend Yoga at Wilbur

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.

Yoga in Yelapa

Mexico, that is ... Wilbur's own Sarana Miller will be presenting this fabulous yoga workshop with partner and mentor Thomas Fortel. Make your reservations now, space is limited!

Dates: February 7th -14th  Place: 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 throughout are not linked. Just type address into your browser or email message.

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