

APRIL 2008

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Spring welcomes visitors to Wilbur this month Redbud blooming, flowers appearing almost overnight, and the hills magically turning to emerald green.

## WILBUR EVENTS

### Guest Chef Weekend with Charlie & Marion Cascio

APRIL 18TH, 19TH, 20TH

The popular Guest Chef Weekend returns to Wilbur in April with Charlie and Marion Cascio during Sarana Miller's Weekend Yoga Workshop. Their popularity is only surpassed by the excellent quality of their food. How can food so healthy taste so good! Charlie and Marion will delight your senses. All regular guests of the hotel during this weekend as well as participants of the Yoga Workshop will be included in Guest Chef meals. More information about Wilbur's Guest Chef weekend is available on the website at [www.wilburhotsprings.com](http://www.wilburhotsprings.com). Make your reservations now to ensure your place "at the table," call 530-473-2306.

### Weekend Yoga Workshop with Sarana

APRIL 18TH, 19TH, 20TH

Join Sarana Miller for a weekend of breathing, chanting, asana and soaking in the healing mineral waters of Wilbur. Strengthen your practice while relaxing and rejuvenating your body and mind, delve into different yogic practices and ways of being, strengthening our bodies, calming our minds and connecting to the deep peace and silence echoed through this beautiful land. To complete the yoga experience enjoy great food with Guest Chefs Charlie and Mario Cascio.



#### WEEKEND INCLUDES:

- 6 yoga sessions beginning Friday at 5:30pm
- 6 organic, vegetarian meals prepared with love
- 2 nights accommodations which include use of baths, sauna and grounds

Enrollment is limited – Sign up Now to reserve your space. Contact Sarana directly at 510-502-9642, and at [sarana@mac.com](mailto:sarana@mac.com), for registration, fees and more information. Visit her website at [www.SaranaYoga.com](http://www.SaranaYoga.com) for a complete biography and other yoga opportunities.

### "Spring Wildflower Special"... APRIL 1ST - MAY 29TH

Stay 2 nights in a private room (double occupancy) and receive \$50 off on your 2nd night Sunday through Thursday, non-holiday periods; not combinable with other discounts.



**My life at Wilbur . . .** Wilbur Hot Springs is many things to many people. Having been intimately connected to Wilbur these past 36 years I have had the good fortune to create many Wilbur meanings, all of which have enriched my life. Wilbur is where Kathleen and I created our daughter Sarana who now leads Yoga retreats at Wilbur. It is where I ran Gestalt workshops for artists. It is where I learned to garden and care for animals. It is where I learned how to run. It is where my Mom and Dad lived for a month every year. It is where I fought with the Sun Oil company and learned some skills of activism. It is where our artists-in-residence program was started. It is where I wrote movies with my friend Nick and I romped with my friend Michael. It is where I did early experimentation with inner space travel using the flumes as natural stimulus isolation chambers. It is where I brought patients for my Cokenders Alcohol and Drug Program. It is where I learned about photo voltaic electricity. It is where I came to love weather... all weather. It is where I practiced breathing until I could self regulate my blood pressure and heart rate. It is where I practiced mind control until I could choose my own thoughts rather than feel as if my thoughts were imposed upon me by a self-generating inner thought machine. It is where I have had great conversations with new and old found friends. Wilbur Hot Springs is where I listen to the quiet, rest in the healing waters, rejuvenate on the massage tables, read and snooze in the library, walk in the nature preserve and eat popcorn in the kitchen. It is where I shoot pool with Richard and talk politics with Ezzie. Such is my life at Wilbur. May yours be as enjoyable.



### Richard

Richard Louis Miller, M.A., Ph.D.  
Wilbur Caretaker in Chief since 1972

"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 their birth will receive 25% off the cost of their stay between Sunday and Thursday during their 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

Happy Birthday to You, Happy Birthday to You!

### COMING IN MAY . . .

### THE 8TH ANNUAL Energy Yoga Retreat with Thomas Fortel

MAY 1ST - 4TH

This 8th annual Mayday Wilbur Yoga retreat is accompanied by great food from Charlie and Marion Cascio. Gentle rolling green hills and wildflowers will abound. The sound of rushing water holds a resonance as a backdrop to our practice. The food, yoga and mineral water is a great combination for relaxation and contemplation.



#### RETREAT INCLUDES:

- Arrive at Wilbur after 2 pm on Thursday. Retreat begins with a 5pm-7pm practice
- Friday, Saturday and Sunday schedule:  
7am pranayama, chanting and meditation  
8:30am breakfast  
10am - 12:30pm active morning practice  
1pm lunch  
5pm-6:30pm restorative practice  
7pm dinner

For Registration and cost information please contact Kathleen de Wilbur at 510-525-3447, or by email [mbcdex@aol.com](mailto:mbcdex@aol.com). Or you can register using the the yoga retreat registration page at [www.yogawiththomas.com/yoga/retreats/yoga/register.html](http://www.yogawiththomas.com/yoga/retreats/yoga/register.html), print the form and mailing it to Kathleen at: 211 Colusa, El Cerritto, CA 94530 with a \$400.00 deposit to reserve your space.

### Writing Seminars with poet / author Clive Matson

MAY 16TH, 17TH, 18TH

**Writing and Spiritual Awakening...** Clive Matson, author of *Let the Crazy Child Write!* (New World Library, 1998) is a poet, story writer, essayist, and playwright who has led more than 3000 workshops nationwide. His new book, *Chalcedony's First Ten Songs* is a vibrant call to body, spirit and earth through the sensory world. Discussion begins at 8pm the first evening. Main workshop at 11am the next day. Participants' reading at 8pm that evening. A closing session at 10am the final day. Writing takes place in large chunks of time woven between mineral soaks and massages. Average contribution for the workshop is \$150. Call for reservations and registration 530-473-2306. Email [clivematsonpoet.com](mailto:clivematsonpoet.com) or call 510-654-6495 for more information about workshop.



### Your Dream Job Awaits

Wilbur has a three-month, live-in work=barter position available beginning May 1st.

Contact Meg Solaegui 530-473-2306 for information and to apply.

### Complimentary Yoga Returns May 10th

Saturday and Sunday classes led by certified yoga instructors. All levels of experience welcome. Schedule at front desk.

### Mind Body Health & Politics

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

National Public Radio Affiliates

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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](mailto:drrichardmiller@aol.com)

May abundance and joy enter each of your lives every day!



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CREDITS: Photos – Meg Solaegui; Newsletter editing, layout and design – Lolly Kupec & Ed Miller, Wild West Communications Group, Homewood, Lake Tahoe, CA, 530-525-5201

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