JUNE 2008

Telephone: 530-473-2306 Email: <u>info@wilburhotsprings.com</u> Website: http://wilburhotsprings.com/ Address: Wilbur Springs, California 95987-9709



> Sunlight colors the air with brightness Spring begins to cycle through to summer yellow The wildflowers continue their wondrous display 💸 Rain is a welcomed joy!

Guest Chef Weekend with Rachel Fann

JUNE 27TH - 29TH To complete your yoga experience, or just relaxing at Wilbur on your own schedule, enjoy great food

with Guest Chef Rachel Fann. Rachel is formerly from Esalen Institute. A Guest Chef Weekend at Wilbur is the ultimate gift to yourself! Bon appetit! FOR RESERVATIONS CALL 530-473-2306 or go to the Wilbur website for more information www.wilburhotsprings.com







JUNE 27TH - 29TH Join Charu and Sarana for a weekend of breath, chanting, asana, and soaking in the healing mineral waters

Yoga with Charu & Sarana

of Wilbur. Yoga weekend guests partake in the Guest Chef Weekend activities Charu Rachlis has been teaching yoga and meditation for



Asthanga yoga. Self acceptance and self love is the invitation. Visit her website at www.yoginicharu.com, or email at yoginicharu@yahoo.com Sarana Miller is a faculty instructor at Yoga Journal and teaches at The Claremont Hotel and at her home studio. Trained in Iyengar and Forrest yoga traditions, her love of yoga began at

over 10 years. She is a Psychologist, and studied Iyengar and

Esalen where she continues to assist and teach with friend and mentor Thomas Fortel. The weekend includes 5 organic meals, 5 yoga sessions, and 2 nights accommodations including use of baths, sauna and grounds. Weekend cost \$495 / private room double occupancy, \$475 / bunk room. Enrollment is limited so please sign up as soon as possible to reserve your space.

Sign up with Sarana directly at 510-502-9642, send check to 3017 Wheeler, Berkeley 94705. Email at <u>sarana@mac.com</u>, for more information. Visit her website at <u>www.saranayoga.com</u>. MEDITATIONS & SOUND HEALINGS WITH TIBETAN BOWLS

JUNE 9TH & 10TH Jacqueline Lasahn is a storyteller of the cosmic currents, a wisdom guide and compassionate ally at the crossroads of inquiry. She offers tarot consultation, meditations and sound healings with Tibetan Bowls.

WITH JACQUELINE LASAHN

Offered in the quiet sanctuary of the Wilbur Library. Visit her website at www.astrospirit.com.

June Summer Solstice Special

Visit the Wilbur website for details on this and other discounts www.wilburhotsprings.com



with Elise Collins & Rebecca Webb JUNE 21, 2008 • 10AM TO 1PM

Celebrate the fullness of Summer Solstice in the quiet beauty of Wilbur Hot Springs. This one-day workshop will guide you gently from active poses to the self-nurturing stillness of restorative poses.

All participants receive an energy healing (similar to Reiki) using universal energy to bring balance and renewal. Yogis of all levels welcome. Workshop cost is \$40 For reservations call Rebecca 707-829-1583 For accommodations call Wilbur 530-473-2320. Plan to arrive Friday afternoon/evening June 20.

Complimentary Yoga Now thru September

Yoga deck. All levels of experience welcome. Check times at front desk. Class may be cancelled during special events or workshops.

Classes led by seasoned, certified yoga instructors. Saturday morning and afternoon, and Sunday morning throughout the summer on the





manage to come up when we gather together to attend to Wilbur's needs. Wilbur is looking for licensed contractors, plumbers, and electricians, and physically strong individuals not adverse to manual labor who are willing to accrue Wilbur trade Please call Meg or Ezzie at 530-473-2306. in exchange for hard work.

All workers enjoy the use of the facilities after their workday, dine on catered gourmet meals and often share their talents at a spontaneous "entertainment night," which has been know to happen.

Do some work, have some fun, and come back and stay for free. That's a deal!

will happen August 3rd through 14th. There is a long list of things to do. And, there are always some surprises we

while you and I He who binds himself have lips and voices to a joy which are for kissing doth the winged life and to sing with destroy, who cares if some

Wilbur reopens August 15th at 3pm

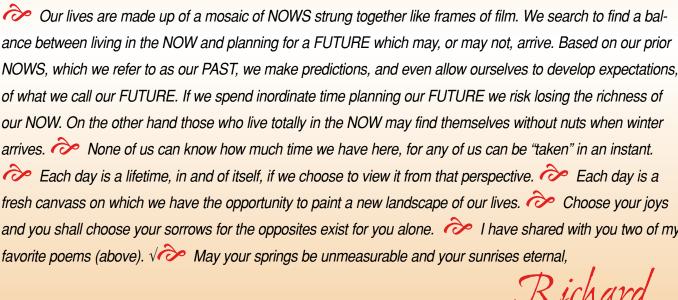
Dear Neighbors:

one eyed sonofabitch

created an instrument

to measure spring with

ee cummings



but, he who kisses

lives in eternity's

the joy as it flies

sunrise.

fresh canvass on which we have the opportunity to paint a new landscape of our lives. Choose your joys and you shall choose your sorrows for the opposites exist for you alone. All have shared with you two of my favorite poems (above). Very May your springs be unmeasurable and your sunrises eternal,

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

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"

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

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

P 530-473-2306 • F 530-473-2497 • www.wilburhotsprings.com

PLEASE NOTE: Email and web addresses supplied CREDITS: Photos - Meg Solaegui; Newsletter throughout are not linked. Just type address into your browser or email message.

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