

June 2009

3375 Wilbur Springs  
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Wilbur Springs, CA  
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ESTABLISHED: 1865

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*June Guest Chef Weekend with William Albrecht  
June 26-28*



Treat your taste buds along with your mind, body, and spirit during our June Guest Chef Weekend with prized Napa chef William Albrecht. It's a perfect complement to three days of Yoga with Sarana, (see Page 2).

William Albrecht's love for food stems from his own joy of eating and a call to service. Deeply committed to sustainability, he relishes the hunt for exceptional ingredients. William apprenticed in fine-dining restaurants in Iowa and then worked in remote Alaska, cooking for and then running the unique ecotourism boat, M/V Waters. He was also a chef and baker at the Esalen Institute.

Today, William and his family are caretakers of a nature preserve in the hills of Napa County, where they are establishing a small ecological farm.

**About William and Wilbur, from Marie Simmons, Correspondent, *Contra Costa Times*:**

“The guest chefs for the weekend shopped the many organic farms situated along the road on the way to Wilbur. The produce was picture-perfect and the flavors transcendent. Among the many excellent dishes served was a heavenly beet salad. I know that yoga is supposed to encourage ‘being in the moment,’ but after one bite, I had beet salad - not downward facing dog (for the uninitiated, that's a basic yoga pose) - on the brain.”



Our Philosophy 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...*

## June Specials and Events

### *Sarana Yoga, with Co-leader Charu Rachlis* *June 25th - 28th*



Please join us for three days of breath, chanting, asana and soaking in the healing mineral waters of Wilbur. Come strengthen your practice while relaxing and rejuvenating your body and mind—and treat yourself to sumptuous, inventive organic cuisine.

Morning: Chanting and pranayama, breakfast, active morning session.

Free Afternoon: Bathing, hiking, massage and personal time.

Late Afternoon: Restorative session followed by a delicious dinner by guest chef William Albrecht.

Treat yourself to Sarana yoga with co-leader Charu Rachlis. Sarana Miller is a faculty instructor at Yoga Journal and teaches at The Claremont Hotel and at her own home studio. Trained in the Iyengar and Forrest yoga traditions, her love of yoga was born at Esalen, where she continues to assist and teach with her friend and mentor Thomas Fortel.

Weekend Includes:

- 6 organic meals
- 6 yoga sessions
- 3 nights accommodations (including use of baths, sauna and grounds)

Enrollment is limited—please sign us as soon as possible to reserve your space. Contact Sarana Miller at: (510) 502-9642 or email at: [sarana@mac.com](mailto:sarana@mac.com) or [www.saranayoga.com](http://www.saranayoga.com).

For more information about this workshop, please see Wilbur's website at <http://www.wilburhotsprings.com/yoga.htm>.



### *Writing workshop with Clive Matson* *June 5th-7th*

For more information on this workshop, contact Peggy Fisher at (510) 505 0885, or visit Clive's website at [www.matsonpoet.com](http://www.matsonpoet.com).

### *Tibetan Bowl Meditations with Jacqueline Lasahn, June 8th & 9th*

For more information, visit Wilbur's website at [www.wilburhotsprings.com](http://www.wilburhotsprings.com).



## *Narapoia is Back for June!*



Guest photo by Rachel Dinno

As you all know, psychology has a word called “paranoia” which describes a condition in which the person feels suspicious and mistrustful of others, feels persecuted and thinks people are conspiring to do them harm.

Last year at Wilbur Hot Springs a new condition, the opposite of paranoia, was observed. In this condition, named “narapoia”, people find themselves thinking that other human beings are conspiring to do them good. Those with narapoia may suddenly hear a voice saying something supportive, empathetic and generative. Those contracting a severe case of narapoia at Wilbur often have the experience of feeling as though they carry within them a personal coach who cheers them on to a wonderful, healthy life.

Narapoia has a distinct tendency to be self-generating so that, once contracted, it may last a life time—even when you are away from Wilbur. And, if, at any time, your narapoia lasts more than four consecutive hours, you can still just relax and enjoy yourself!

**For the month of June, Wilbur Hot Springs is offering a Narapoia Special:**

Come to Wilbur for two nights, Sunday-Thursday, and receive a discount of \$150.00 (based on double occupancy) when you stay in one of the narapoia rooms. The number of narapoia rooms are limited and in order to take advantage of this opportunity and receive the discount you must mention this offer when making a reservation. Cannot be used with any other Wilbur discount and does not apply on holidays and holiday periods. Offer good until June 30th, 2009.

Stay two nights, Sunday through Thursday in a room of equal value, and receive 25% off your stay. Offer excludes camping, and is valid through June 30th, 2009.

## *Wilbur June Special!*

Stay two nights, Sunday through Thursday in a room of equal value, and receive 25% off your stay. Offer excludes camping, and is valid through June 30th, 2009.

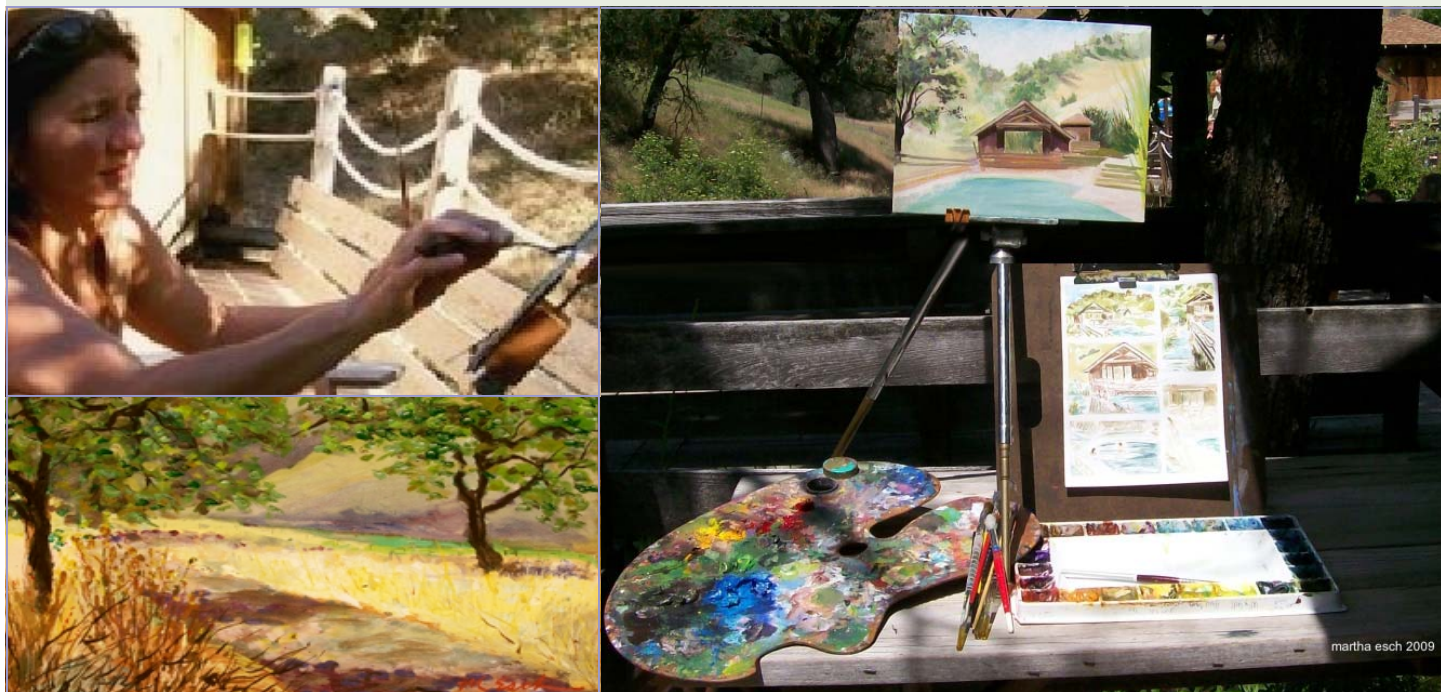


## *Weekend Yoga*

Weekend yoga has resumed. Join us on June 5th and 6th with yoga instructor, Sarah Elias. Bring your mats and join us on the yoga deck as our season of complimentary classes offered twice on Saturdays and again on Sunday mornings. It's a great way to complement your experience at the baths, or to warm you up for activities on the trails.

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.

## *Artist's Workshops with Martha Esch, June 14-16*



### June 14-16 Artist Workshop

The fourth in a series of 2009 workshops with Martha Esch, art instructor. This workshop will focus on completing a still life with oil or chalk pastels.

Visit our website for a complete listing and description of the workshop: <http://www.wilburhotsprings.com/>  
— or visit Martha's blogspot at: [marthaesch.blogspot.com](http://marthaesch.blogspot.com).



## *Solstice Yoga and Healing Workshop, June 20, 2009*



Come and celebrate the Summer Solstice in the quiet beauty of Wilbur Hot Springs. Beginning with a Solstice meditation, this workshop led by Elise Collins and Rebecca Webb will take you on a journey through active poses invoking fire and life-force energy followed by self-nurturing restorative yoga poses.

Participants will receive energy healings and engage visualization to further enhance their experience of vital healing energy. It is extremely likely that you will feel a deep sense of equilibrium and wellness after this workshop! All who attend will receive an energy healing, similar to Reiki. Yogis of all levels welcome.

Cost: \$40.00, workshop begins on June 20 from 10 am to 1 pm. Workshop Inquiries/Sign Up: call Rebecca at 707-829-1583, or email her at [beccaweb@yahoo.com](mailto:beccaweb@yahoo.com).

Accommodations: Participants must arrange their own accommodations by contacting Wilbur Hot Springs Resort at (530) 473-2306. It is recommended that you plan to arrive Friday afternoon or evening June 19. For room rates and directions, visit our website at [www.wilburhotsprings.com](http://www.wilburhotsprings.com).

## *Chiropractic and Massage: Introducing Dr. Shalamah Yahchove*



Wilbur is pleased to announce that on March 15, 2009, Dr. Shalamah Yahchove was named Director of Massage and Consultant! Many of you know Dr. Yahchove's work over the past 20 years at Wilbur and at other locations in Northern California in her private practice. Formerly Director of Massage at Wilbur from 1984 through 1989, Dr. Yahchove took a brief leave to attend Chiropractic School in 1989, and is a graduate of Life Chiropractic College—West, Hayward, CA. She returned to Wilbur in 2004, bringing her extensive knowledge of the body and unique techniques. As a chiropractor, she will be pleased to assist you in pursuit of the perfect blend of mineral-laden hot water and Complementary Alternative Medicine. To make an appointment, call (530) 473-2306.

## *Wilbur Birthday Program*



Returning guests presenting ID showing your date of birth will receive 25% off the cost of your stay between Sunday and Thursday during your birth month (holiday periods excluded). Our gift is for the birthday person plus one guest in the same room. Please let us know your birthday date when you make your reservation.

## *See Wilbur on the Web*

### **Follow us on:**

*Flickr:* <http://www.flickr.com/photos/wilburhotsprings/Wilbur> on Flickr

*Twitter:* <http://www.twitter.com/wilburhotspring>

*Facebook:*

<http://www.facebook.com/pages/Williams-CA/Wilbur-Hot-Springs-Historic-Lodge-Mineral-Baths-Nature-Sanctuary/93276970212>

## *From Richard Miller, Wilbur Caretaker*

Summer is almost here and we are swimming in the cold pool and warming our bones in the hills. Wild turkeys and deer seem to be everywhere this year and the wildflowers are plentiful. We recently had a wonderful wedding for over 200 persons in the Nature Preserve. There was dancing and prancing in the moonlight and in several large white tents. They left without a trace, using burning-man technology. It showed us what can be accomplished in a very short time with an experienced crew.

My sincere thanks to those of you who took the time to respond to my survey regarding our possibly building a kennel for our guest's dogs, about 3/4 mile from the hotel on the Nature Preserve. It will take quite a while to read and tabulate all of the responses, but a quick look reveals replies ranging from "the sooner you build it the better" to "if you build it I will never come to Wilbur again". Regardless of what we finally decide, you may rest assured that guest's dogs will never be in or around the hotel or the 240 acres that are home to the hotel and bath house.

Monday will be 12 weeks since I had my knee replaced. It has been a painful and educational experience. I can already tell that the results will be worthwhile.

I am able to work out for my customary hour on the elliptical machine or do laps in the pool. Walking any distance is still less than comfortable, but is improving. The most-important information I can pass on is of having friends and/or family members prepared to help and support you after returning home from the hospital. This is not an experience to go through home alone. The waters of Wilbur continue to be an important aspect of my rehabilitation. Regaining range of motion in traumatized muscles and tendons has been significantly improved by my doing stretching exercises in the hottest water and then getting body work while the muscles are heated.

I can hardly wait for next week's Guest Chef week end.

See you there...



The Fountain of Life is a unique, geothermal geyser located in the Nature Preserve at Wilbur Hot Springs. Every 45 minutes, the hot mineral water erupts and continues for 15 minutes.

*Richard*

Richard Louis Miller, M.A., Ph.D.

Wilbur Caretaker, Since 1972

## *Positions Available at Wilbur*

Late Night Position: Wilbur is looking for just the right person to fill our Late Night Position. We are seeking a responsible, friendly, service-oriented person for 20-25 hours per week for evening and housekeeping work. This position lasts three months in duration and includes board and full use of the facilities in lieu of salary.

Creative Services Wanted: Wilbur is looking for assistance with the design and production of our monthly newsletter. Writing and graphics skills a plus. **Please call Ezzie or Meg for more information, (530) 473-2306.**

## Mind Body Health & Politics

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

National Public Radio Affiliates

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**(707) 937-5103**

eMail Dr. Miller at:

[drrichardmiller@aol.com](mailto:drrichardmiller@aol.com)

## *Stay in Touch with Wilbur...and Yourself!*

**When you stay in touch with us, you honor and renew your commitment to self-healing and relaxation!**

We invite you to sign up your friends or family for our new monthly email newsletters – now the best source for special offers and Wilbur's latest news. To receive our periodic emails with Wilbur's latest news and great special offers, please sign up via email at:

[info@wilburhotsprings.com](mailto:info@wilburhotsprings.com)

**Phone (530) 473-2306 • Fax (530) 473-2497**

<http://www.wilburhotsprings.com>



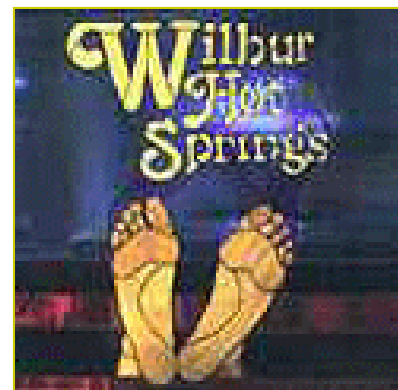
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*In all the world, no waters like these...*