

JULY 2008

Telephone: 530-473-2306
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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



WILBUR EVENTS

Wilbur's Guest Chef Weekends

will be on holiday until September 19-21, when Chefs Charlie and Marion Cascio will return to feed us with fresh, organic goods including some recipes from Charlie's Esalen cookbook!

Weekend yoga is back in full swing.

Join us on Saturdays and Sundays on the yoga deck for complimentary yoga classes taught by certified instructors in a variety of yoga disciplines. Bring yourself and a mat for these free classes offered twice on Saturdays and again on Sunday mornings.

All levels welcome!

TIBETAN BOWL MEDITATIONS

WITH ASTROLOGER JACQUELINE LASAHN – JULY 28TH & 29TH

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. Offered in the quiet sanctuary of the Wilbur Library.

Visit her website at www.astrospirit.com.

Exclusive Newsletter Offer

Beginning with this issue of the Wilbur Newsletter, we will present our first in a series of Newsletter Special Offers

THIS MONTH, WE ARE PLEASED TO ANNOUNCE ...

"The July Starry Night Special"

Mention this exclusive newsletter special by name and receive 30% off your stay, Sunday through Thursday during the entire month of July.

Holiday periods excluded; not combinable with other special offers.

Watch for other exclusive E-Newsletter offers!

To subscribe to Wilbur's E-newsletter, please respond to this email, or call us at 530-473-2306 and ask to be added to our e-newsletter listing.

Don't forget to tell your friends!

Wilbur's Annual August Close Down & Spruce Up

Wilbur Closes August 3RD - 14TH

Once a year in summer Wilbur takes a break for maintenance and repairs. This year the Wilbur Closedown will happen August 3rd through 14th. There is a long list of things to do. And, there are always some surprises we 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 doing manual labor who are willing to accrue Wilbur trade in exchange for hard work.

Please call Meg or Ezzie at 530-473-2306.

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 known to happen.

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

Wilbur reopens August 15th at 3pm

From a friend of Wilbur ...

Timeless ... that is the entire experience at Wilbur Hot Springs. Absolutely timeless. There is no distractions, there are no urgent issues, there is nothing to worry about while you are there. We relaxed in the simple beauty of the baths and enjoyed the many amenities that the resort had to offer, such as the reading room, the pool table, the natural setting — everything had a relaxed charm to it that seemed to be a place out of time.

My wife and I visited the Hot Springs to try something close to home (Sacramento), adventurous and new, as well as to be easy on the wallet. Wilbur gave us all of those and more. We arrived and noticed right away that there was a very serene and peaceful calm about the place — no loud noises, no cars or highways, no planes overhead, no modern life. We naturally started speaking in whispering tones, out of reverence for the environment we were in.

As soon as we unpacked the car, we forgot all about watches and clocks and started to just have fun and be ourselves. There were times that I felt like a teenager in love again for the first time — there were no pressures on anything and no restraints about what I could do or when. My wife and I connected on new levels as we were removed from distractions that have built up around us. We enjoyed just sitting and meditating in the baths, and also playing like kids in the swimming pool.

The stars! Oh the stars! At night, after we watched the sun go down, we just relaxed in a hot pool and watched the stars appear. In the city you could never see so many stars. We even were able to see the Milky Way and how the collection of stars leaves a gentle white field in the sky. It truly was an awesome site...

Both she and I agree that this was the best vacation that we have ever taken.

Wilbur is pleased to welcome ...

its newest staff member, Julia Clothier who now lives and works at Wilbur



Julia came to us from Sonoma County where she was the resident manager of a 500-acre biological field station. A fourth generation Californian with a deep love for wild places, she's already begun keeping a list of local vertebrate species and making botanical illustrations of the plants. Julia first came to Wilbur in the spring of 1998 to recover from a broken heart and was immediately captivated by the place she now joyfully calls home. We are coming to appreciate her fanatical organizational skills and quirky sense of humor and she hopes you will too.

"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.

Dear Friends of Wilbur:

First of all I offer my gratitude to all of you who wrote and called expressing concern for Wilbur during the recent fires. I also thank those of you who emailed me with their appreciation for my having sent out an announcement letting you all know that Wilbur is safe and secure. Over 100 of you took the time to write or call and these messages warmed our hearts. My personal thanks to each and every one of you.

I am writing this from my room in the Red House next to the Hotel at Wilbur. It is a quiet Sunday morning. Most of the guests are attending a weekend Yoga seminar led by Sarana Miller and Charou Rachlis. It is also a Guest Chef Weekend. Yoga groups create a certain unique serenity at Wilbur and it is always a delight for me to be part of their ambiance.

Some of you have contacted me for a CD of my recent radio interview with comedian/health educator Michael Pritchard. To obtain a CD please contact the radio station directly at 707-895-2324. My next broadcast of Mind Body Health & Politics, which you can listen to on your computer at KZYX.org, will be at 9am on Tuesday, July 8th. Please listen in, and if you have a story to share about a personal health experience, call during the broadcast at 707-937- 5103. You can also send an email and I will read your story on the air.

Now, off to my morning hot mineral bath – definitely my favorite way to begin the day.

Hugs to you all,

Richard

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



Mind Body Health & Politics

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

National Public Radio Affiliates

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

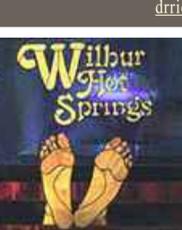
Call in and share with others what has worked for you in enhancing your health and healing, and what has not ... 707-937-5103. Email Dr. Miller at drichardmiller@aol.com

Get a Massage at Wilbur...

Massage and chiropractic services are available at Wilbur by appointment for an added fee.

Please call ahead
530-473-2306

For more information on Wilbur therapists go to www.wilburhotsprings.com



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

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

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