

Phone: 530-473-2306  
 Email: info@wilburhot springs.com  
 Website: http://wilburhot springs.com/  
 Address: Wilbur Springs, California 95987-9709



## Dear Friends of Wilbur...

We hope you enjoy our new Wilbur Newsletter format that will bring our readers directly into the "essence" of Wilbur events and activities. You can read my column towards the middle of the body of the newsletter.

Warmest Regards,

*Richard*

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

## Wilbur Early Fall Special

Half-off Wednesday is back!

Come spend two nights at Wilbur and receive 1/2 off Wednesday night when staying Tuesday or Thursday. Offer good Sunday through Thursday with a minimum two night stay in a room of equal value, non-holiday periods only; not combinable with other discounts. Offer valid October 14<sup>th</sup> - November 15<sup>th</sup>.



## UPCOMING WILBUR EVENTS

### WEEKEND YOGA WITH SARANA MILLER

October 12<sup>th</sup>-14<sup>th</sup>

This Yoga Workshop with Sarana Miller will be a weekend 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.

To complete the yoga experience enjoy great food with Guest Chefs Charlie and Mario Cascio. Each day begins with chanting and pranayama, followed by breakfast and an active morning session. The afternoon provides time for bathing, hiking, massage and personal time. A restorative session flows in late afternoon, and a delicious dinner.

#### 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-

Please sign up as soon as possible 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)



### Five-Day Yoga Experience with Charu & Sarana

October 21<sup>st</sup>-26<sup>th</sup>

Join Charu Rachlis and Sarana Miller for an intensive 5-day yoga workshop. Students will practice yoga on the Wilbur yoga deck, beginning each day with chanting and pranayama, followed by breakfast and then an active morning session. In the afternoon there will be time for bathing, hiking, massage and personal time. We will gather in the late afternoon for a restorative session followed by a delicious dinner.

*Come and join us for a retreat that will invigorate your body, renew your spirits, and quiet your mind.*



[yoginicharu@yahoo.com](mailto:yoginicharu@yahoo.com)  
[www.yoginicharu.com](http://www.yoginicharu.com)

Charu Rachlis has been teaching yoga/meditation for over 10 years. She is a Psychologist, has studied Iyengar and Asthanga yoga and is a meditator herself for over 20 years. She welcomes her students to approach this path with an open heart, celebrating where they are at. Self acceptance and self love is the invitation.



510-502-9642  
[sarana@mac.com](mailto:sarana@mac.com)  
[www.saranayoga.com](http://www.saranayoga.com)

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.

#### The workshop Includes:

- 15 organic meals by Charlie Cascio
- 15 yoga sessions
- 5 nights accommodations including baths, sauna and grounds

Enrollment is limited so please sign up as soon as possible to reserve your space.

Cost: \$895 private room double occupancy, \$810 bunk room

Send payment to:  
 Sarana Miller,  
 3017 Wheeler  
 Berkeley, CA 94705

Massage reservations can be made by contacting Wilbur Hot Springs directly at 530-473-2306. Visit [www.wilburhot springs.com](http://www.wilburhot springs.com) for more information.

#### Did You Know...?

The fall season brings to Wilbur crisp starry nights, cool gentle evenings, and warm autumn days

### Writing Workshop with Clive Matson

WRITING AND POWERFUL EXPERIENCE

November 2<sup>nd</sup>-4<sup>th</sup>

Clive Matson has published seven books of poems, and several manuscripts. This workshop is for beginners, intermediate writers, and professionals who want to expand their horizons. Your nighttime dreams - with their vivid scenes and soul-clenching transformations - are expressions of your talent, and every person has loads of it.

Learn more at [www.matson-ford.com](http://www.matson-ford.com) or check with the Wilbur reservation desk for more information 530-473-2306.



### Guest Chef Weekends

October 12<sup>th</sup> - 14<sup>th</sup>

Charlie and Marion Cascio return to Wilbur during Sarana Miller's Weekend Yoga Workshop. All regular guests of the hotel during this weekend as well as participants of the Yoga Workshop will be included in Guest Chef meals.

October 26<sup>th</sup>-28<sup>th</sup>

Back by popular demand, Chefs Charlie and Marion Cascio return to present their culinary delights for a regular Guest Chef weekend.

More information about Wilbur's Guest Chef program is available on the Wilbur website at [www.wilburhot springs.com](http://www.wilburhot springs.com).

Make your reservations early to ensure your place "at the table," call Meg or Ezzie at 530-473-2306.

## Some Thoughts on Stress

from Dr. Richard L. Miller

For over 45 years I have been studying the experience of stress and methods of increasing and decreasing stress. We work hard to increase our stress in many ways, prime examples are competition and certain dangerous sports. There are also times when we feel overloaded by stress and feel "stressed out."

We experience stress in our brains and in our muscles. Very few, if any, of us experiences stress in our bones or blood, though some products have used the expression "tired blood".

Brain stress is a subjective sense of overload which is caused by either using the brain for too long or too intensively without sufficient rest. Brain stress often causes us to have a grimace on our faces. Brain stress can make us feel like screaming to relieve the perceived pressure. Some people's brains are so full of "stuff," which they do not have the skills to eliminate, that they have difficulty sleeping, and the lack of rest exacerbates their condition.

Muscle stress is a sense of tightness in the musculature. Stress can tighten muscles anywhere in the body though neck, shoulders and lower back are foci of perceived muscle stress.

The present Wilbur Hot Springs was professionally designed for decreasing stress. The common and private rooms contain no daily newspapers, no televisions, no fax machines, and no cell phones. Vehicles are parked 1/4 mile down the road. Our wonderful pets are left behind, and for the most part so are the children we love. Wilbur is a "Sanctuary for the Self". Nature surrounds, quiet abounds. At Wilbur there is nothing you must do and no place you must go. You can sleep whenever you want to and eat when you are hungry. Take a walk in pristine nature (the nearest town is 22 miles down the road), view animals in their natural habitat, take a bike ride, a nap, and of course soak your body in the liquid medicine.

Balneology, the ancient method of using natural hot mineral water as healing medicine, is a foundation of the Wilbur rejuvenation experience. The waters of Wilbur are unsurpassed and we challenge you to find waters like these anywhere. As the slogan from 1865 says "In all the world no waters like these".

Wilbur was a Native American healing ground before it was expropriated by the "white man." The configuration of the mineral content of the waters of Wilbur have been healing people from all over the world for hundreds of years.

We know that our skin lets water out in the form of perspiration. Does our skin also let medicine in? We know it does through the research on now commonly used transdermal patches. Soak to your bodies content, for the waters are available to guests 24/7. The various temperatures of the water allow you to find the one that suits you best for melting stress. Heat causes expansion and when muscles expand they have more flexibility and give, therefore are less under stress.

Yoga and massage are traditional, safe, non-invasive, stress reducers. Both Yoga and massage stretch the muscles and allow them "more play" and flexibility. A nice loose muscle is an unstressed muscle which give us little, if any pain. On the other hand one tight muscle in the shoulders, neck, or head, can cause a severe headache.

Stress is also caused when people feel unsafe, unaccepted, disrespected, or patronized. At Wilbur the bottom line is safety and mutual respect for all. You cannot buy more respect at Wilbur for we offer equal respect to all. You cannot buy a "better" room at Wilbur for it is first-call, first-served. At Wilbur you cannot enjoy a better meal or obtain a better massage than your neighbor. At Wilbur we do our best to help you reduce stress whether you arrive wearing a Rolex, a Casio, a pocket watch, or a sun dial. At Wilbur every single person enjoys life, liberty, and the pursuit of happiness. This, in and of itself, reduces stress.

And, as one Wilburite used to say "if all this healthy stuff doesn't do it for you these Wilbur people are also OK with your taking a slug from a bottle of Jack Daniels."

See you there...

*Richard*

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

### Wilbur's Special Birthday Program

Happy birthday to you, happy birthday to you!

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. This gift is for the birthday person plus one guest occupying the same room.

#### YOU ARE ARE INVITED TO LISTEN TO

**MindBodyHealth**

With Your Host: Dr. Richard L. Miller



Tuesday, 9am  
 National Public Radio Affiliate KZYX & Z  
 88.1 • 90.7 • 91.5 FM Radio

Mendocino County Public Broadcasting  
 On your computer at [www.KZYX.org](http://www.KZYX.org)

"In all the world, no waters like these"

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

From all of us at Wilbur

Ph 530-473-2306 • Fx 530-473-2497 • [www.wilburhot springs.com](http://www.wilburhot springs.com)

