

Wilbur
HOT SPRINGS

A SANCTUARY FOR THE SELF

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

NEWSLETTER

NOVEMBER 2009



**GUEST CHEF WEEKEND
WITH CHARLIE CASCIO AND ANGELA
KAREGEANNES**

NOVEMBER 13-15

Charlie Cascio and Angela Karegeannes will be our featured chefs for the month of November.

Charlie has been a personal private chef and head chef for numerous restaurants and has taught natural food cooking seminars to individuals, restaurants, and health professionals throughout Europe and the United States. Charlie worked as the head chef and kitchen manager for the Esalen Institute, in Big Sur, California from 1998 through 2004 and continues to work for Esalen as a consultant and instructor.



Angela began her career as a chef at the Esalen Institute, cooking directly from their farm and garden. During her time there, she learned that produce grown in good soil, prepared with a deep understanding of its nutritional benefits and eaten near its source can change people's quality of life dramatically. Since leaving in 2005, she has slowly built a following for being a caterer who is steadfast in her use of exclusively seasonal and local products.



Angela is the head chef and owner of [A Fork Full of Earth Organic Catering](#), a San Rafael-based business whose staff are passionate about the

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YOGA DECK

Free weekend yoga will take a break during the cold season, and will pick up again in spring. The yoga deck will be available as usual for guests during the interim.

HAPPY BIRTHDAY!

Wilbur's Birthday
Gift to You:
Returning guests
presenting ID

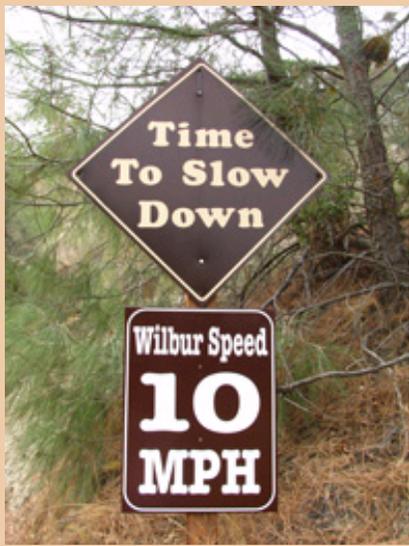
showing your date of birth will receive 25% off the cost of your stay between Sunday and Thursday during your birth month (holiday periods excluded). Our gift is for the birthday person plus one guest in the same room. Please let us know your birthday when you make your reservation.

importance of eating wholesome foods that are sustainably produced and mindfully cultivated. A Fork Full of Earth also offers classes and provides consulting services to school lunch programs looking to transition to healthier offerings.

A GOURMET BUFFET

Don't miss the New Year's celebration on December 30th and 31st with chefs Charlie Cascio and Yannick Marchand!

Please visit our website's [Dining page \(click here\)](#) for more details on our guest chef weekends



Wilbur Hot Springs is a place to enjoy slowing down. Maximum driving speed is 10 miles per hour while on the property. Thanks for your cooperation.



THE WILBUR
PHILOSOPHY

To sustain Wilbur Hot Springs, a sanctuary, for healing and

Stay two nights, Sunday through Thursday, in a room of equal value, and receive 50% off the second night. Offer excludes camping, holidays and holiday periods and is not combinable with other discounts; good November 1st through 19th.



MASSAGE SPECIAL

Treat yourself to a massage at Wilbur. Between November 15th and December 15th, when booking your room reservation, reserve two massages and receive them at a special rate of \$75 for each hour by booking in advance.

COMPLEMENTARY ALTERNATIVE MEDICINE

Wilbur is expanding its massage program to include new treatments!

*personal reflection
communing with
others reuniting with
nature laughing,
loving and basking in
the quiet awe of it all.*



*"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."
- RD*

Dr. Shalamah Yahchove and provider Diane Waye will now offer six-hour massage sessions. As a chiropractor, Dr. Yahchove will use her clinical and manual skills developed over the past 25 years to help tailor each individual six-hour session. She will incorporate various treatments styles, including chiropractic, orthopedic and deep tissue massage, lymphatic, cranial, Swedish and Esalen.



Also offering six-hour sessions will be Diane Waye, who practices Active Isolated Stretch (AIS). Diane will use her teaching and manual skills to help correct muscles and joint dysfunction. The Active Isolated Stretching (AIS) method of muscle lengthening and fascial release works with the body's natural reflexes to restore range of motion and elasticity with protocols for each section of the body.



With advanced reservations, these six hour



Visit Wilbur's Fountain of Life geyser, located on the Wilbur Nature Preserve.

Past Newsletter Issues

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 monthly email newsletters - now the best source for special offers and Wilbur's latest news.

To receive our periodic emails, please sign up via email at info@wilburhotsprings.com

massage sessions will be geared towards individuals interested in:

- letting go of tension and chronic pain
- achieving greater athletic performance
- greater efficiency with musculo-skeletal performance



While hiking in the Nature Preserve, Meg came across this California Northern Pygmy Owl.

NOTES FROM THE CARETAKER:

DEAR FRIENDS OF WILBUR:

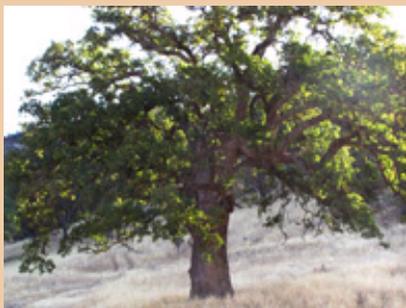
I am delighted to report that I was at Wilbur during the last two consecutive week ends. The weather was perfect, the atmosphere idyllic, the waters healing and the sky full of stars.

Last weekend was a SaranaYoga

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www.wilburhotsprings.com

You can follow us online on [Twitter](#), [Facebook](#), [Flickr](#), [YouTube](#) and [Yelp](#). Also, please visit our [blog](#) and take a look at our [Wikipedia entries](#).



MIND BODY HEALTH
AND POLITICS

YOUR HOST:
DR. RICHARD L. MILLER
TUESDAY, 9AM PST

NPR Affiliates
KZYX 88.1FM Fort Bragg
KZYX 90.7FM Philo
KZYX 91.5FM Willits and
Ukiah

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 drrichardmiller@aol.com.

seminar combined with a Charlie and Marion Guest Chef weekend. Everyone was in a state of cooperative bliss. This is the first time a SaranaYoga group was evenly split between males and females. Women led the way and now men are catching on to the fact that yoga feels good, leads to good results and can be done by everyone...or almost everyone. As for the food, well, I have already signed up for the next Guest Chef weekend in November.



News from the knee: Seven months since my knee replacement surgery and I can recommend it so long as one is ready for serious post-surgery rehabilitation. Did you know that replacement knees come in different models? Something to discuss with your surgeon before considering this type of surgery. I typically take two to three immersions in the waters of Wilbur every day and my latest discovery is that the waters are excellent for my actinic keratosis.

Have you seen Larry Wagner's photo book of Wilbur? Check out some of the photos on the [website](#).

Wishing you good health,

Richard

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



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