

DECEMBER 2008

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ESTABLISHED 1865



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.

The New Year

Sulphur fumes swirl,
Bodies rise and fall—
Red Buddha's wearing only
Their original natures.
The Wheel turns.
Through the mists I see the trees and grasses
asleep in
stark winter browns and dull greens—
a reminder of what has passed,
what is to come?
The Wheel turns.
This first morning of the New Year feels soft on
my skin, seated here in semi-weightless-
ness with only floating thoughts:
The Wheel turns.
What is it about water? Molecules combine and
make something so essential to life.
What is the deeper recognition? What is
the Noble Truth this morning?
The Wheel turns.
As my mind wanders,
The Red Buddha beside me leans over
and whispers in my ear,
"I love you."

Paul Rest
poetry@sonic.net

DECEMBER SPECIAL

Give yourself an early holiday present ... Stay with us for 2 nights, Sunday through Thursday, now until the 18th of December and receive **25% off** your entire stay! ☞ This offer includes single or double occupancy, and is not combinable with any other specials or discounts.



Wilbur Guest Chef New Year's

December 30th - January 1st • Rachel Fann & Company

Join us for a New Year's Gathering at Wilbur ...

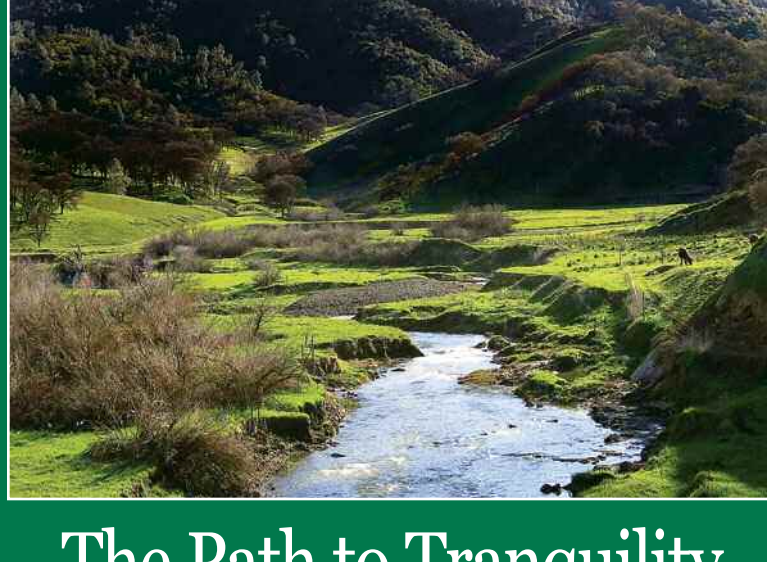
Ring in the New Year with appetizers and a Champagne toast followed by a fresh, delicious meal lovingly prepared -- great food, drink, and good company! ☞

Chef Fann recently retired as a chef at the Esalen Institute after 15 years and is one of the contributors to the much acclaimed "Esalen Cookbook". She has her own catering business called Edible Blessings, and is a painter and partner in the Big Sur Garden Gallery.

☞ For more information call the Wilbur reservation line at 530-473-2306.

Coming in January ...

Charlie & Marion Cascio • January 30th - February 1st



The Path to Tranquility

☞ Wilbur Hot Springs is proud to introduce the formation the **Wilbur Institute for Ecology and Health (WIEH)**, which has been formed for charitable, scientific and educational purposes, and more specifically to sponsor conferences, publications, and specific activities to further the understanding of the importance of ecology and health. One of the first projects of the Institute is to ensure the protection and enhancement of the Wilbur Nature Preserve. The 1570 acre preserve is part of Sulphur Creek Valley which is a section of the 6,500 acre watershed within the Bear Creek and larger Cache Creek watersheds. Work has begun to replace intrusive exotic plants with indigenous native species.

☞ The Wilbur Institute of Ecology and Health was recently introduced to Wilbur customers in a mailer entitled "The Wilbur Nature Preserve presents a path to tranquility" in which a special drawing was featured for those interested in a private, interpretive tour of the surrounding Nature Preserve, along with a two-night complimentary stay at Wilbur Hot Springs.

☞ Many thanks to all of you who expressed interest in Wilbur's non-profit organization, WIEL, and for participating in the drawing. The randomly selected winners are:

- Dr. Linda Berry
- Mr. Thaum Christman
- Mr. Patrick Dundon
- Ms. Donna Mosley
- Mr. Steve Termain

Congratulations and we look forward to sharing Wilbur's Nature Preserve with you.

The 1570 acre Wilbur Nature Preserve is just past the guest parking lot and is available for all Wilbur guests to explore independently. Discoveries of wildflowers, wildlife, rock formations, birds, insects, the sky, and the quiet await you.

Please be sure to wear appropriate shoes and clothing for a nature hike. ☞

For more information call 530-426-2306 or ask at the front desk on your next visit.



"In all the world, no waters like these"

massage, massage, massage

As the season changes to winter our bodies benefit from a relaxing, rejuvenating massage by one of our exceptionally experienced therapists. ☞ There is nothing quite like a long soak in hot, rich, mineral water followed by an hour of professional massage. And, when an hour just isn't enough, we offer an hour and half! Make your relaxation reservation today!

☞ 530-473-2306

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 your birth will receive 25% off the cost of your stay between Sunday and Thursday during your 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.

Mind Body Health & Politics

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

National Public Radio Affiliates

KZYZ 88.1FM Fort Bragg • KZYZ 90.7FM Philo • KZYZ 91.5FM Willits & Ukiah

On your computer at www.KZYZ.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

Weekend Yoga at Wilbur

Complimentary Weekend Yoga will return in the Spring. However, the yoga deck is available for individual use, or for small groups leading their own yoga class. Inquire at front desk.

Yoga in Yelapa

Mexico, that is ... Wilbur's own Sarana Miller will be presenting this fabulous yoga workshop with partner and mentor Thomas Fortel.

Dates: February 7th -14th • Place: Yelapa, Mexico

For all the detailed information go to www.yogawiththomas.com

Make your reservations now, space is limited!



May abundance and joy enter each of your lives every day!
P 530-473-2306 • F 530-473-2497 • www.wilburhotsprings.com

PLEASE NOTE: Email and web addresses supplied throughout are not linked. Just type address into your browser or email message.

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