

Dear Friends of Wilbur...

Happy New Year! Richard, Ezzie, Meg, and Rick along with the rest of the staff here at Wilbur want you to know how much your presence is appreciated at Wilbur throughout the year.

As we close another year we give thanks for Wilbur and for those of you who make this such a unique place.

May we all awaken to more of our blessings in the coming year.

We hope to see you in 2008!



UPCOMING WILBUR EVENTS

Guest Chef Weekend in the New Year

Guest Chefs Charlie and Marion Cascio

January 25th-27th, 2008

About the Chefs:

Charlie Cascio, internationally-renown chef, restaurateur, natural foods consultant and lecturer, has taught and worked throughout the United States and Europe for the past 34 years. His award-winning cuisine has garnered rave reviews in both the US and Europe. Recently retired as the head chef for The Esalen Institute, Charlie has been devoting his time to writing a cookbook commissioned by Esalen and appears frequently as guest chef for both Wilbur Hot Springs and Esalen.

Marion Cascio was born into a family of chefs and began her involvement with fine restaurants in early childhood. Her 5-year study of the culinary arts at a prestigious cooking school in Germany led to her work in many highly-regarded restaurants and spas where her superb talents have been well received. Marion is known especially for her sumptuous desserts that push the sated diner over a blissful edge. For the past 5 years, Marion has been a staff chef at the Esalen Institute.

Charlie and Marion live completely self-sufficiently in Big Sur where they keep goats, bees, chickens, and an abundant organic garden. The love and joy they have for their art is immediately apparent in their fabulous fare. During their weekend at Wilbur, they will marry healthy, organic cuisine with exceptional taste.

For reservations call Wilbur today 530-473-2306

Wilbur is pleased to present... Dr. Shalamah Yachove

Hello! My name is Shalamah Yahchove DC.

I have had many years of study and strict discipline in the fields of massage and chiropractic. I current practice at Wilbur Hot Springs, in Sacramento, and Berkeley. I look forward to assisting you providing hands-on healing remedies. I will tailor your chiropractic and massage treatments, meeting your needs, and assisting you on your healing journey. In addition to my chiropractic and massage training, I have also studied with the Indigenous Maori of New Zealand. My approach when working with the body is to shift and release those "stuck" patterns. I am a chiropractor by trade and I specialize in deep, corrective, and restorative tissue work.



Contact Dr Yachove directly at:
 Wilbur Hot Springs 530-473-2306
 Sacramento 916-457-0971
 Berkeley 510-868-9427 [voice mail and computer call-in message]

**WILBUR HOT SPRINGS
 NEW YEAR'S EVE**

Having simple quirky fun walking alone through this cool December afternoon

peering down into big dark animal holes burrowed beneath ancient walnut trees,

composing close-ups of rusting tractors and cleavages in softly rolling hills,

being watched(over) by the rippling mountain lion I saw here this magic morning,

hearing only geysers gurgling in steaming sulphured springs and this last night of the year falling, falling hard and sure, dusk in the tawny fawn meadows:

tonight I will greet the new year, a perfect stranger among and amid perfect strangers soaking naked alone and together in Mother Earth's hot healing embryonic waters under the midnight moon.

RITA S. LOSCH
 12/31/07



Wilbur Winter Special...

Jan 22nd through Mar 13th, 2008

Stay 2 nights and receive 25% off second night

in a room of equal value

Sunday through Thursday, non holiday periods

New Year's Message from Dr. Richard L. Miller

Dear Wilburites:

It is the last day of 2007 and of my 35th year here at Wilbur Hot Springs and I am writing to thank each and every one of you for contributing to the success of this experiment in providing a place for "the rest of us" to heal, rejuvenate, congregate, meditate and all the other things we do at Wilbur, with respect and dignity for all.

I look around at the people in the dining room and see a variety of ages, sizes, shapes, colors and sexual orientations and I am proud of our creation.

With deep appreciation I wish you, one and all, a healthy New Year.

With affection,

Richard

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



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

MindBodyHealth

Host: Dr. Richard L. Miller



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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.

"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.wilburhotsprings.com

