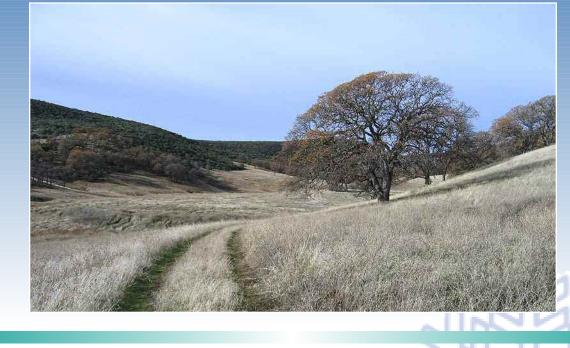
FEBRUARY 2009



"Wilbur Hot Springs is a free-form retreat, unobstructed by structure or dogma, self-directed by mutual respect, and is the creation of everyone who comes here. In short, it's organic."

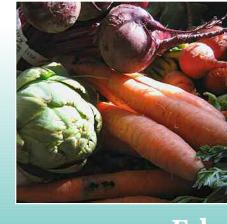
Richard Davis



Half-off Wednesdays Continues! This offer

continues through February 26th ... Stay two nights midweek in a room of equal value that includes Wednesday and receive 50% off Wednesday night! Holidays and holiday periods excluded; not combinable with other discounts.

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February 27th - March 1st • Charlie & Marion Cascio Like bookends for February, Charlie and Marion return at the end of the month with

their heartwarming and delicious, gourmet fare. Make your reservations today!

Don't miss another gastronomic delight – Cost is only \$135 per person for 5 great meals! Call the Wilbur reservation line at 530-473-2306.

Make an appointment with one of our exceptionally experienced therapists while you are here.

massage, massage, massage

Our bodies benefit from a relaxing, rejuvenating massage, especially in winter.

There's 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



experience preferred.





Send resume and cover letter to: info@wilburhotsprings.com. For more information about this position please call Ezzie or Meg,

and full use of the facilities and grounds. Benefits are provided after six months. Hospitality

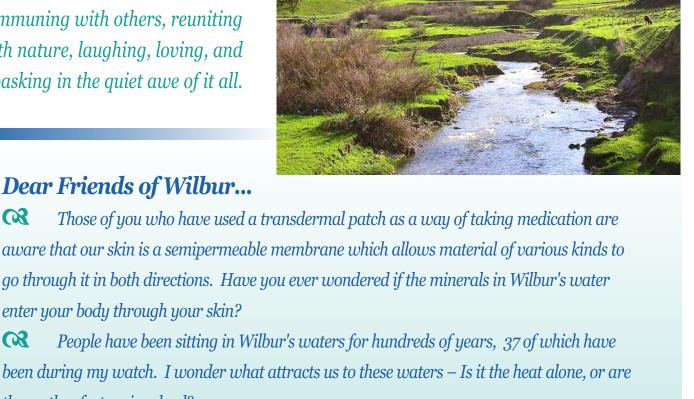
between 10am and 5pm only, at 530-473-2306. Our Mission is to sustain Wilbur Hot Springs ... as a sanctuary for

basking in the quiet awe of it all. Dear Friends of Wilbur... C3

healing and personal reflection,

communing with others, reuniting

with nature, laughing, loving, and



there other factors involved?

mentary nights at Wilbur.

enter your body through your skin?

C3

CS

CS. The ancient Greeks called healing with hot mineral waters balneology. In modern Europe some insurance companies reimburse people for the cost of "taking the waters." In Japan taking the waters is part of the culture. C3 Some people also drink Wilbur's hot mineral waters. I am one of them.

to me. Any story selected for inclusion in a future newsletter will win the author two compli-

Do you have a story to tell about your experience with Wilbur's water? Please send it

My own story is simple . . . I go to Wilbur every two weeks and sit in the water twice or three times each day I am there. Every soak is pleasurable. See you in the waters . . .

practice by coming on retreat with me. **April 24-25** -Sarana June 25-28: Co-led with Charu Rachlis

May 15

September 18

October 16-18 💢 Yelapa, Mexico To sign up go to: www.saranayoga.com February 7-14 Co-lead with Thomas Fortel Green Gulch Zen Center To sign up go to: www.yogawiththomas.com April 10

YOGA WITH SARANA IN

"In all the world, no waters like these" WILBUR'S BIRTHDAY

Esalen Institute

February 22-27, Yoga and Anatomy

To sign up go to: www.esalen.org

Co-lead with Harvey Deutch

I invite you to join me in supporting your health and strengthening your

> November 20 To sign up go to: www.saranayoga.com

Dr. Richard L. Miller, PhD Wilbur caretaker snce 1972

WILBUR HOT SPRINGS

2009

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).

Wilbur would like to gift you a Special Birthday Discount during the month of your birthday.

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.

Weekend Yoga Mind Body Health & Politics at Wilbur

Your Host: Dr. Richard L. Miller • Tuesday, 9am pst National Public Radio Affiliates KZYX 88.1FM Fort Bragg • KZYZ 90.7FM Philo • KZYZ 91.5FM Willits & 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

drrichardlmiller@aol.com

and healing, and what has not ... 707-937-5103. Email Dr. Miller at

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.

Complimentary Weekend Yoga will

P R O G R A M



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.

CREDITS: Photos - Meg Solaegui; Zeno Newsletter editing, layout and design - Lolly Kupec & Ed Miller, Wild West Communications Group, Homewood, Lake Tahoe, CA, 530-525-5201