

MARCH 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.



MARCH SPECIAL

Stay two or more nights in the same room, Sunday thru Thursday during the month of March and receive 25% off your entire stay.

Holidays and holiday periods excluded; not combinable with other discounts.

Wilbur's Fountain of Life Geyser, located in the Nature Preserve.



March Guest Chef Weekend

March 27th - 29th Charlie & Marion Cascio

Make your reservations today!

Don't let another gastronomically perfect Wilbur Weekend slip by!

Only \$135 per person for 5 great meals!

We will tempt you, on the right, with the last Guest Chef menu...

Call for reservations 530-473-2306.

wilburhotsprings.com

FRIDAY DINNER

Swordfish Steak baked in Calamata Olive Tomato Sauce Roasted Organic Yukon Gold Potatoes & Rosemary Organic Golden Cauliflower & Roasted Carrots Local Organic Green Salad with Meyer Lemon Vinaigrette Organic Bosc Pear Tartlet

SATURDAY BREAKFAST

Organic Scrambled Eggs with Fine Herbs Organic Oatmeal & Granola "Squeeze Your Own" Organic Orange Juice Organic Yogurt & Fresh Fruit Selection of Handcrafted Breads, Local Honey & Jams Organic Fair Trade Coffee & Tea bar, House-made Chai Tea

SATURDAY LUNCH

Cream of Organic Celery Root Soup Spanakopita (Spinach & Feta Cheese Pie) Organic Roasted Beets with Toasted Walnuts & Blue Cheese Local Organic Green Salad

SATURDAY DINNER

South Moroccan Lamb or Vegi Couscous Tangine Organic Couscous Grain Organic Local Kale Organic Local Green Salad Dark Chocolate Roulade

SUNDAY BRUNCH:

Organic Leek, Shitaki Mushroom & Guyerier Cheese Quiche Fresh Chicken Apple Breakfast Links Organic Oatmeal Pecan Scones Exotic Fresh fruit Platter Selection of Fine Cheeses Selection of Handcrafted Breads, Local Honey & Jams Fair Trade Organic Coffee & Tea

THE BENEFITS OF MASSAGE

The benefits of massage are numerous. The skin is the largest organ of the body and performs many vital physiological functions essential to health. For instance:

Massage helps with general muscular relaxation, reduces stress, enhances blood flow and lymphatic circulation, and innate healing and neurological function which allows the body the capacity to heal itself.

Massage also stimulates organs and glands promoting overall health, and has been used since ancient times.

Massage helps to balance and harmonize the physical, mental and spiritual aspects of self.

Wilbur Hot Springs offers chiropractic and massage remedies for your supreme health care!

Call today to schedule your massage and chiropractic sessions 530.473.2306



Shalamah Yahchove, DC

"In all the world, no waters like these"

As all who frequent Wilbur know, the healing effects of Wilbur's geothermal waters are felt immediately. So if you know anyone in need of physical, emotional, or mental relaxation and rejuvenation please be a Wilbur Ambassador and forward this newsletter to them. Their bodies, minds and spirits will surely thank you.



Dear Friends of Wilbur,

I write this from Wilbur on a week end with Guest Chefs Charlie and Marian Cascio. Wilbur is beautiful, the countryside is majestically serene, the people are gentle and interesting, the food fantastic, the waters soothing, and walks in the hills are a quiet adventure. How fortunate to be here for Monday I go to Stanford for knee replacement surgery and, as soon as my stitches are removed, I return here to sit in the waters and allow my body to heal from the trauma. In preparation for my surgery I am deeply relaxing and soaking, relaxing and soaking. The quiet in so present. The lack of noise so welcome. I retreat from the world of television news, radio commercials, newspaper headlines, internet time gobble, telephone, cell phone, iPhone, iChat, skype, google, traffic, gas stations, white noise, red noise, blue noise. Whew! I wish I could have the surgery right here. Will you please join me by becoming a Wilbur good will ambassador? We want more people like you and the best way for us to reach those people is for you to tell them about Wilbur. When a friend of yours comes to Wilbur for the first time and gives us your name we will give you a 10% discount on your next stay as a way of expressing our gratitude. Time to take another bath...

Wishing you excellent health,

Richard

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

SPRING RETREAT: RENEW, RESTORE, REFRESH

Yoga, Meditation, & Contemplative Hiking at Wilbur with Kay Peterson & Lulu Strongheart

March 13th-15th

Get away from the demanding routines of city living Regain balance in mind and body Take time for yourself, relax and gain a fresh perspective

Celebrate the coming of spring at Wilbur with gently balancing yoga, meditation, and contemplative walks through the natural wonder of this ecological preserve. Bathe in the healing waters. Enjoy fresh, organic meals carefully prepared with your optimal health in mind. Discover a sense of community with new friends. Take time to rejuvenate this spring at Wilbur.

Includes a shared room, 6 mostly organic meals, 4-5 yoga classes, 2 guided hikes, mediation instruction and practice, and free time for soaking and relaxing.

For more information call 510-655-1192, email: outdoorretreats@gmail.com or go to wilburhotsprings.com.

GUEST HEALING TESTIMONIAL

The pain in my face came on suddenly, stabbing up into my head like a sharpened bamboo skewer. I dropped to my knees covering my cheek and eye to somehow relieve the intensity. Suddenly the pain ended only to return minutes later. It continued like this, scathingly intense and then nothing. On a scale of 1 to 10, the pain was a twenty. It continued for days even after treatment by the neurologist and dermatologist. The diagnosis was imminent facial shingles, supposedly one of the most painful conditions a person can have. The dermatologist treated me with an antiviral drug. The neurologist gave me an anti-seizure drug to calm down the nerve. I had often come to Wilbur for relief of garden variety back / neck pain. But this time I came to heal the nerve pain in my face. My intact skin made it safe to go into the waters, but my facial nerve was completely inflamed. We drove up from San Francisco with the intention to heal my nerve. After two days of garden soaks gently taking the heat into the side of my face, I took a long nap. In a dream I sensed the viral cells flying out from my body and splattering the walls. I woke to clean white walls surprised they weren't covered by my dream images. Immediately I noticed a new sensation in my face, an openness, a lack of contraction, of tension. Ahh, this is how my face used to feel before the attack on my nerve. No pain, soft receptivity to sensation. I could enjoy the wind on my cheek again, my husband's caress, and my own hand too. I was completely cured. Thank you Wilbur magic!

Watch for more healing stories at wilburhotsprings.com/healing

Experiences bring more happiness than buying things

Vacations, theater-going and other social pursuits invigorate, inspire, according to research.

By Shari Roan

Money is an emotional issue, especially during economic hard times. Social scientists have always warned that, once a person's basic needs are met, money doesn't buy happiness. But if you're wondering, or maybe even arguing over what to do with any precious discretionary income these days, a new study suggests how to get the biggest emotional bang for your buck. Experiences increase happiness because they are often social in nature -- vacations, going to the theater or renting a sailboat -- give people more happiness than buying material things.

Watch for more about this intriguing topic at the Wilbur website wilburhotsprings.com/experiences

YOGA WITH SARANA IN 2009

Join me in supporting your health and strengthening your practice by coming on retreat with me.

-Sarana

WILBUR HOT SPRINGS

April 24-25: some spaces left June 25-28: Co-led with Charu Rachlis October 16-18

Green Gulch Zen Center

April 10 May 15 September 18 November 20

To sign up go to: saranayoga.com

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 birthday month (holiday periods excluded). Our gift is for the birthday person plus guest in the same room. Please let us know your birthday when you make your reservation.

Mind Body Health & Politics

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

National Public Radio Affiliates

KZYX 88.1FM Fort Bragg • KZYX 90.7FM Philo • KZYX 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 and healing, and what has not ... 707-937-5103. Email Dr. Miller at drrichardlmiller@aol.com

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.



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

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