

JUNE 2008

Telephone: 530-473-2306  
Email: info@wilburhotsprings.com  
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☞ Sunlight colors the air with brightness  
☞ Spring begins to cycle through to summer yellow  
☞ The wildflowers continue their wondrous display  
☞ Rain is a welcomed joy!



W I L B U R E V E N T S

### Guest Chef Weekend with Rachel Fann

JUNE 27TH - 29TH

☞ To complete your yoga experience, or just relaxing at Wilbur on your own schedule, enjoy great food with Guest Chef Rachel Fann. Rachel is formerly from Esalen Institute. ☞ A Guest Chef Weekend at Wilbur is the ultimate gift to yourself! Bon appetit! ☞ FOR RESERVATIONS CALL 530-473-2306 or go to the Wilbur website for more information [www.wilburhotsprings.com](http://www.wilburhotsprings.com)



"In all the world, no waters like these"

### Yoga with Charu & Sarana

JUNE 27TH - 29TH

Join Charu and Sarana for a weekend of breath, chanting, asana, and soaking in the healing mineral waters of Wilbur. ☞ Yoga weekend guests partake in the Guest Chef Weekend activities.



☞ Charu Rachlis has been teaching yoga and meditation for over 10 years. She is a Psychologist, and studied Iyengar and Asthanga yoga. Self acceptance and self love is the invitation. Visit her website at [www.yoginicharu.com](http://www.yoginicharu.com), or email at [yoginicharu@yahoo.com](mailto:yoginicharu@yahoo.com)

☞ Sarana Miller is a faculty instructor at Yoga Journal and teaches at The Claremont Hotel and at her home studio. Trained in Iyengar and Forrest yoga traditions, her love of yoga began at Esalen where she continues to assist and teach with friend and mentor Thomas Fortel.

☞ The weekend includes 5 organic meals, 5 yoga sessions, and 2 nights accommodations including use of baths, sauna and grounds. ☞ Weekend cost \$495 / private room double occupancy, \$475 / bunk room. Enrollment is limited so please sign up as soon as possible to reserve your space.

☞ Sign up with Sarana directly at 510-502-9642, send check to 3017 Wheeler, Berkeley 94705. Email at [sarana@mac.com](mailto:sarana@mac.com), for more information. ☞ Visit her website at [www.saranayoga.com](http://www.saranayoga.com).

### MEDITATIONS & SOUND HEALINGS WITH TIBETAN BOWLS WITH JACQUELINE LASAHN

JUNE 9TH & 10TH

Jacqueline Lasahn is a storyteller of the cosmic currents, a wisdom guide and compassionate ally at the crossroads of inquiry. She offers tarot consultation, meditations and sound healings with Tibetan BOWLS. Offered in the quiet sanctuary of the Wilbur Library. Visit her website at [www.astrospirit.com](http://www.astrospirit.com).

### June Summer Solstice Special

Visit the Wilbur website for details on this and other discounts

[www.wilburhotsprings.com](http://www.wilburhotsprings.com)



WILBUR WELCOMES ALL YOGIS & YOGINIS WITH SPECIAL YOGA EVENTS TO FULFILL YOUR YOGA PRACTICE

### Solstice Yoga & Healing Workshop

with Elise Collins & Rebecca Webb

JUNE 21, 2008 • 10AM TO 1PM

Celebrate the fullness of Summer Solstice in the quiet beauty of Wilbur Hot Springs. ☞ This one-day workshop will guide you gently from active poses to the self-nurturing stillness of restorative poses.

☞ All participants receive an energy healing (similar to Reiki) using universal energy to bring balance and renewal. Yogis of all levels welcome.

☞ Workshop cost is \$40 For reservations call Rebecca 707-829-1583

☞ For accommodations call Wilbur 530-473-2320. Plan to arrive Friday afternoon/evening June 20.

### Complimentary Yoga Now thru September

Classes led by seasoned, certified yoga instructors. Saturday morning and afternoon, and Sunday morning throughout the summer on the Yoga deck. All levels of experience welcome. Check times at front desk. Class may be cancelled during special events or workshops.



### You need a massage...

Enhance your stay at Wilbur with a relaxing massage by one of our talented certified therapists. Check availability when making your reservation. Or, sign up at the front desk.

### Wilbur's Annual August Close Down & Spruce Up

#### Wilbur Closes August 3rd - 14th

Once a year in summer Wilbur takes a break for maintenance and repairs. This year Wilbur Closedown will happen August 3rd through 14th. There is a long list of things to do. And, there are always some surprises we manage to come up when we gather together to attend to Wilbur's needs.

**Wilbur is looking for licensed contractors, plumbers, and electricians, and physically strong individuals not adverse to manual labor who are willing to accrue Wilbur trade in exchange for hard work. ☞ Please call Meg or Ezzie at 530-473-2306.**

All workers enjoy the use of the facilities after their workday, dine on catered gourmet meals and often share their talents at a spontaneous "entertainment night," which has been known to happen.

☞ Do some work, have some fun, and come back and stay for free. That's a deal!

**Wilbur reopens August 15th at 3pm**

while you and I  
have lips and voices  
which are for kissing  
and to sing with  
who cares if some  
one eyed sonofabitch  
created an instrument  
to measure spring with  
ee cummings



He who binds himself  
to a joy  
doth the winged life  
destroy,  
but, he who kisses  
the joy as it flies  
lives in eternity's  
sunrise.

Dear Neighbors:

☞ Our lives are made up of a mosaic of NOWS strung together like frames of film. We search to find a balance between living in the NOW and planning for a FUTURE which may, or may not, arrive. Based on our prior NOWS, which we refer to as our PAST, we make predictions, and even allow ourselves to develop expectations, of what we call our FUTURE. If we spend inordinate time planning our FUTURE we risk losing the richness of our NOW. On the other hand those who live totally in the NOW may find themselves without nuts when winter arrives. ☞ None of us can know how much time we have here, for any of us can be "taken" in an instant.

☞ Each day is a lifetime, in and of itself, if we choose to view it from that perspective. ☞ Each day is a fresh canvass on which we have the opportunity to paint a new landscape of our lives. ☞ Choose your joys and you shall choose your sorrows for the opposites exist for you alone. ☞ I have shared with you two of my favorite poems (above). ☞ May your springs be unmeasurable and your sunrises eternal,

Richard

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

### 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](http://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 [drmillerrichard@aol.com](mailto:drmillerrichard@aol.com)

May abundance and joy enter each of your lives every day!

P 530-473-2306 • F 530-473-2497 • [www.wilburhotsprings.com](http://www.wilburhotsprings.com)



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