



E S T A B L I S H E D 1 8 6 5

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## October 2006

### Dear Friends of Wilbur ...

☞ It was 35 years ago this month that I first visited Wilbur and I am grateful to be embarking on my 36th year working to maintain this unique healing sanctuary.

☞ The temperature was in the 70's when Dr. Bovar and I arrived this past weekend, the smell of popcorn and fall was in the air. Another season is upon Wilbur. I could feel the dryness in the ground – ready for a good winter soak.

☞ Speaking of soak, we headed to the bath house and luxuriated in one temperature flume after another. Then I treated myself to a healing body work session with the very talented Dr. Shalamah Yachove. (A relaxing combination I would recommend to all our guests.)

☞ Afterwards I walked out into the evening and looked up. The inky sky was dotted with sparkling white lights peaking through pin holes in the ink sending a dazzling message of tranquility. I could hear the quiet and almost touch it. ☞ Life is good here.

☞ In the morning I walked down

the road and stood in front of the silver bridge which has recently arrived on the property. Yes, the historic silver bridge that you have driven over en route to the last mile

to Wilbur is now on the property adorning our entrance. The bridge is over 100 years old and was due to be replaced by the county. Being an historic bridge, however, it had to be saved and was headed for a warehouse, so we made a deal and found it a home at Wilbur. This wonderful old friend now spans the creek just below the hotel, still welcoming arriving guests.

☞ Remember that scene in the movie *Shangra-La* when they are walking in the mountains in a very remote area and come to a bridge and cross it, and there on the other side is “Shangra-La”?

☞ Rush on up and slow down. We'll keep the waters hot for you.

☞ With love,

*Richard*

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



*“In all the world... no waters like these”*

# MASSAGE



**Dr. Shalamah Yahchove,**  
Wilbur Chiropractor and Massage  
Therapist is pleased to announce  
that in addition to her work at  
Wilbur and at her practice in  
Sacramento, she will be available in  
Berkeley one day per week. Contact  
her at 415-354-1089 or email  
[shalamahyahchove@gmail.com](mailto:shalamahyahchove@gmail.com)

## Appointments

Massage and Chiropractic is avail-  
able at Wilbur by appointment for  
an added fee. We suggest you call  
ahead to assure an appointment at  
the time of your choice, and with  
the therapist of your choosing.

**530-473-2306**

For more information on Wilbur  
therapists visit the website:  
[www.wilburhotsprings.com](http://www.wilburhotsprings.com)



## Wilbur Fall Special:

Stay 2 nights and receive 50% off  
the 3rd night in any room of equal  
value Sunday through Thursday.

Does not include holiday periods, and  
is not combinable with other discounts

This special valid  
through  
12/14/06 only.

*Did You Know...? The fall season  
brings to Wilbur crisp starry nights, cool gentle  
evenings, and warm autumn days*

**OCTOBER 13, 14, 15**

## Annual Wilbur Fall Yoga Retreat with Sarana Miller

*Beginners and experts are invited to this annual Yoga retreat*

☞ Join Sarana Miller (Dr. Richard Miller's daughter) for a weekend of breathing, chanting, asana and soaking in the soothing mineral waters of Wilbur. ☞ Sarana will delve into different yogic practices and "ways of being" to strengthen our bodies, calm our minds, and connect to the deep peace of the earth. ☞ The weekend includes 6 organic, vegetarian meals, 6 yoga lessons beginning Friday evening, and two nights accommodations with full use of facilities and baths. ☞ Enrollment for this event is limited, so please sign up as soon as possible to reserve your space. Call Sarana for additional information and reservations 510-502-9642 ☞ [sarana@mac.com](mailto:sarana@mac.com).





OCTOBER 20, 21, 22

## “Writing & Powerful Experience”

### Writer’s Workshop with author/poet Clive Matson

☞ Clive Matson has published seven books of poems, and several manuscripts in process.

☞ Why poetry? ☞ Is there, within the writer, a sense of what is important for the culture at large? ☞ My writing feels complete when it connects my conscious mind with my core, with the external world, and with the human community. Poetry is an act of connecting. ☞ In these workshops we call the creative source the "crazy child" and avoid the usual editorial judgments. We let that Child write! No matter if it is stories, poems, a play, songs, or an ecstatic essay, our Child's word will likely contain our most vivid writing. ☞ For beginners, intermediate writers, and professionals who want to expand their horizons. ☞ [www.matson-ford.com](http://www.matson-ford.com)

# Guest Chef Weekend

OCTOBER 27, 28, 29

## Featuring Debra Chase for a return engagement

☞ Debra Chase thrills and delights our palette with her gastronomic sensations. An adventurous and enthusiastic chef, her creative meals feature organic fresh fruits and vegetables from local farms in the near-by Capay Valley. Her goal is to teach us how to incorporate more raw vegan food as part of our everyday lifestyle. ☞ You will find Debra’s passion and enthusiasm for vegetarian cooking and lifestyle contagious. ☞ Five gourmet meals are just \$125 per person extra, plus tax. ☞ [www.wilburhotsprings.com](http://www.wilburhotsprings.com)



**Make your reservations early to assure your place at the table!**

Please forward this Wilbur newsletter to a friend who may enjoy it.

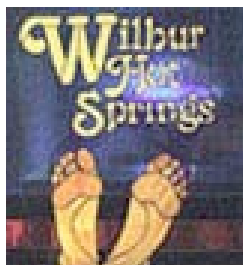
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Tuesdays, 9 am (Pacific time) for

## Mind Body Health



with your host...  
**Dr. Richard L. Miller**

Call during the program  
with questions: 707-937-5103,  
or email questions:

[DrRichardLMiller@aol.com](mailto:DrRichardLMiller@aol.com)

## TidBits...

**Yoga at Wilbur:** Every weekend spring through fall Wilbur offers complimentary yoga classes on weekends from professional yoga instructors.

**Help Wanted:** Wilbur is seeking a public relations/ marketing person. Please contact Wilbur for more information.

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