

FEBRUARY 2009

Telephone: 530-473-2306
Email: info@wilburhotsprings.com
Website: <http://wilburhotsprings.com>
Address: Wilbur Springs, California 95987-9709



“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



F E B R U A R Y S P E C I A L

Half-off Wednesdays Continues! This offer continues through February 26th ... Stay two nights mid-week 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.



February Guest Chef Weekend

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.

message, message, message

Our bodies benefit from a relaxing, rejuvenating massage, especially in winter. Make an appointment with one of our exceptionally experienced therapists while you are here. ☞ 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**



Wilbur staff position available

Wilbur Hot Springs is seeking a qualified person for Front Desk/Housekeeping. ☞ This live-in position includes salary, room, board, laundry services, utilities, internet access, and full use of the facilities and grounds. Benefits are provided after six months. Hospitality experience preferred. ☞ Send resume and cover letter to: info@wilburhotsprings.com. For more information about this position please call Ezzie or Meg, between 10am and 5pm only, at 530-473-2306.

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.



Dear Friends of Wilbur...

- ☞ Those of you who have used a transdermal patch as a way of taking medication are aware that our skin is a semipermeable membrane which allows material of various kinds to go through it in both directions. Have you ever wondered if the minerals in Wilbur's water enter your body through your skin?
- ☞ People have been sitting in Wilbur's waters for hundreds of years, 37 of which have been during my watch. I wonder what attracts us to these waters – Is it the heat alone, or are there other factors involved?
- ☞ 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.
- ☞ Some people also drink Wilbur's hot mineral waters. I am one of them.
- ☞ Do you have a story to tell about your experience with Wilbur's water? Please send it to me. Any story selected for inclusion in a future newsletter will win the author two complimentary nights at Wilbur.
- ☞ 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 ...

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

YOGA WITH SARANA IN 2009

I invite you to join me in supporting your health and strengthening your practice by coming on retreat with me.
–Sarana

- ☞ Yelapa, Mexico
February 7-14
Co-lead with Thomas Fortel
To sign up go to: www.yogawiththomas.com
- ☞ Esalen Institute
February 22-27, Yoga and Anatomy
Co-lead with Harvey Deutch
To sign up go to: www.esalen.org

- ☞ **WILBUR HOT SPRINGS**
April 24-25
June 25-28: Co-led with Charu Rachlis
October 16-18
To sign up go to: www.saranayoga.com

- ☞ Green Gulch Zen Center
April 10
May 15
September 18
November 20
To sign up go to: www.saranayoga.com

“In all the world, no waters like these”

WILBUR'S BIRTHDAY PROGRAM

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

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 drichardlmiller@aol.com

Weekend Yoga at Wilbur

Complimentary Weekend Yoga will 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.

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



To unsubscribe, using your subscribed email address, send message to: letter-off@wilburhotsprings.com?subject=Unsubscribe%20me!