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Narapoia

Psychology has a word called paranoia which describes a condition in which one feels suspicious and mistrustful of others, feels persecuted and thinks people are conspiring to do them harm.

Wilbur presents a new condition ... Narapoia

With this condition people find themselves thinking that other human beings are conspiring to do them good. Those with Narapoia may suddenly hear a supportive voice, empathetic and generative.

Those with a severe case of Narapoia at Wilbur experience feeling as though they carry within them a personal coach who cheers them on to have a wonderful healthy life.

Narapoia has a distinct tendency to be self-generating so that once contracted it may last a life time... even when away from Wilbur.

If at any time, your Narapoia lasts more then 4 consecutive hours you can just relax and enjoy yourself.



THROUGH THE MONTH OF MARCH, WILBUR IS OFFERING A

NARAPOIA SPECIAL:

Come to Wilbur for two nights mid-week, Sunday-Thursday, and receive a Narapoia discount of \$150 when you stay in one of the Narapoia rooms.

Yes, you are reading correctly! You will receive an immediate \$150.00 discount.

Call right now and reserve your Narapoia room.

Your rate, after the discount, will be the same as 1997... about \$125/night for 2 persons.

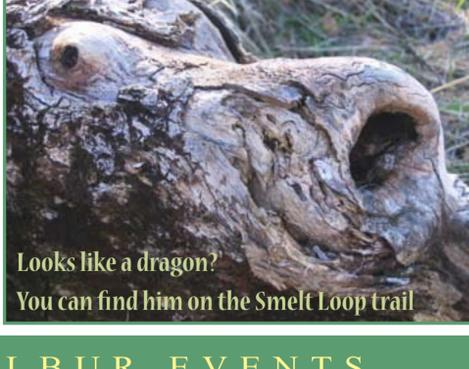
Please take note: Wilbur continues to purposefully and carefully restrict the number of people on its 1800 acres to less than 60 (one person per 30 acres). Therefore, the number of Narapoia rooms is limited. In order to take advantage of this opportunity, and receive the discount, you must mention this offer when making your reservation, and, equally important, you must present a printed copy of this email, when registering.

Alas, the Narapoia special cannot be used with any other Wilbur discount and does not apply on holidays and holiday periods.

We at Wilbur are looking forward to conspiring with you. Pay it forward and act with beneficence.



Spring and the newts come out to play



Looks like a dragon? You can find him on the Smelt Loop trail

UPCOMING WILBUR EVENTS

Guest Chef Weekend

March 28th-30th

This Guest Chef Weekend will feature **Chef Rachel Fann**, formerly of the Esalen Institute.

Don't wait to the last minute, make your reservations today.

For more information and reservations call 530/473-2306.



... and the pond overices (Joni Mitchell)

WILBUR WILDFLOWER SEASON IS COMING!

Wilbur has one of the most extensive collections of wildflowers on the entire planet, right in our own back yard ... and spring is just around the corner! So, for those of you who are advance planners now is the time to consult your calendar and make reservations.

Don't miss the coming wildflower explosion!

Coming Soon: Guest Chef Weekend and Yoga with Sarana.

April 18th-20th, 2008

Join us as **Chefs Charlie and Marion Cascio** share their favorite recipes with us.

For more information on Guest Chef, contact Wilbur Hot Springs at 530-473-2306.

For yoga workshop registration, please contact Sarana at: sarana@mac.com or call 510-502-9642

Join Sarana for a weekend of breath, chanting, asana and soaking in the healing mineral waters of Wilbur. Come strengthen your practice while relaxing and rejuvenating your body and mind.

Delve into different Yoga practices and ways of being and learn how these can support us in in strengthening our bodies, calming our minds and connecting to the deep peace and silence echoed through the beautiful land. A restful time and a time of discovery is the goal.

Weekend includes:

6 yoga sessions: beginning Friday at 5:30pm

6 organic meals

2 nights accommodation, which include use of baths, sauna and grounds



Enrollment is limited – please sign up as soon as possible to reserve your space. Cost is \$485 private room, double occupancy, \$465 bunkroom, & \$415 camping double occupancy.

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



THE FIRST BUTTERCUPS ARE BLOOMING.



MASSAGE MASSAGE MASSAGE

Enhance your stay at Wilbur with massage by one of our talented certified massage therapists. Make your massage appointment when making your reservation.

Wilbur's Special Birthday Program

Happy birthday to you, happy birthday to you!

Wilbur would like to gift you a Special Birthday Discount

During the month of your birthday, returning guests presenting ID showing the date of their birth will receive 25% off the cost of their stay between Sunday and Thursday during their birthday month, holiday periods excluded.

This gift is for the birthday person plus one guest occupying the same room.

STAFF POSITIONS

Wilbur is seeking a full-time, live-in, front desk receptionist.

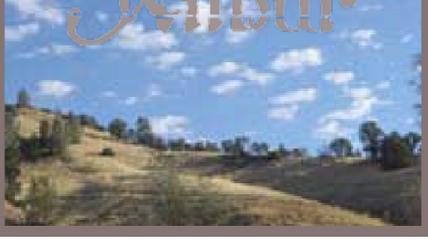
Hospitality experience and/or office/reception skills preferred.

Great benefits include full use of Wilbur amenities,

all at your front door.

For information about this position,

contact Meg Solaegui at 530-473-2306



Dear Friends of Wilbur,

After a full week of satisfying work at my Bay Area practice I arrived at Wilbur on Friday the 29th of February in time to luxuriate in Wilbur's healing waters before dinner. Looking out at the sky to the east the clouds were a patriotic blaze of pink and white with the sky blue. On the west side the clouds appeared as cotton candy dipped in golden honey and the sky was azure. Being alone in the flume I floated on my back and allowed the mineral water to support me. With each out breath my body sank and with each in breath I rose. Time to slow down!

Charlie and Marian, formerly of Esalen fame, were the guest chefs for the weekend. The center piece for Friday night's dinner was petrale sole which they bought that very day in Monterey -- for vegans there was marinated Tempeh -- with organic broccoli they purchased on their way up on highway 16 at Full Belly Farms.

Saturday, my sweetie Dr. June May Ruse, who drove over from Fort Bragg, Wilbur's co-GM Richard Davis, and I took a 4-hour, 6-mile hike through Wilbur's Nature preserve. Dr. Bovar and his girlfriend Athena came along. Saturday night dinner is a secret which I cannot divulge.

Sunday brunch consisted of many delights including Fresh English Peas, Butternut Squash, Carmelized Onion Clafouti (aka organic vegetables baked in a crepe batter). Of course, there was oatmeal sconettes, fresh fruit, and a selection of fine cheeses including Charlie and Marian's homemade goat cheese.

The weekend was best summed up by the feedback from one of the guests who in response to survey question #10, "What would have made the weekend better for you?" responded by writing: "My husband says more sex and nookie, but we were too busy eating."

C'est dommage!

Spring is coming. See you in the flumes!

Richard

Richard Louis Miller, M.A., Ph.D.

Wilbur Caretaker in Chief since 1972



MINDBODYHEALTH & POLITICS

YOUR HOST: DR. RICHARD L. MILLER

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Call in and share with others what has worked for you in enhancing your health and healing and equally important, what has not worked. (707) 937 5103. Or email to DrRichardLMiller@aol.com

HEALTH MUST BE OUR NUMBER ONE PRIORITY FOR WHEN WE ENJOY GOOD HEALTH ALMOST ANYTHING IS POSSIBLE.

"In all the world, no waters like these"

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

From all of us at Wilbur

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