

MAY 2008

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☞ Birds are singing sweet spring songs everywhere at Wilbur ☞ An interesting variety can be spied along the paths and trails as they ritually prepare for mating and nest building ☞

WILBUR EVENTS

Energy Yoga Retreat with Thomas Fortel MAY 1ST - 4TH

DON'T MISS IT! JUST A FEW SPOTS LEFT! CALL TODAY!

☞ This 8th annual Mayday Wilbur Yoga retreat is accompanied by great food from Charlie and Marion Cascio. ☞ Food, yoga and mineral water is a great combination for relaxation and contemplation.

☞ Registration and cost information call Kathleen de Wilbur 510-525-3447, email mbedex@aol.com, and/or call Wilbur 530-423-2306. LATE REGISTRATION & DROP-INS ARE ALWAYS WELCOME!

Guest Chef with Charlie & Marion MAY 2ND - 4TH

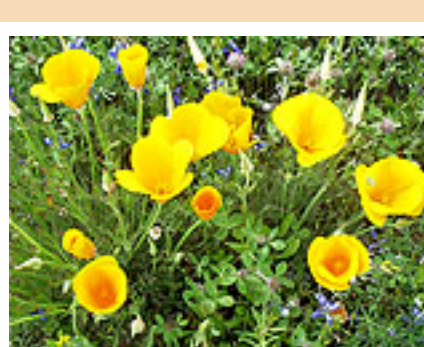
☞ To complete the yoga experience, or just relaxing at Wilbur on your own schedule, enjoy great food with Guest Chefs Charlie and Mario Cascio. ☞ If you haven't experienced a Guest Chef Weekend with Charlie and Marion you are missing one of life's great culinary treats, AND all the more wonderful at Wilbur. ☞

Bon appetit! ☞ CALL TODAY FOR RESERVATIONS!



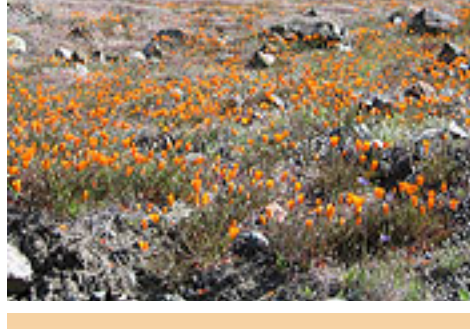
Wilbur Spring Wildflower Special ...thru MAY 29TH

☞ Stay 2 nights in a private room (double occupancy) and receive \$50 off on your 2nd night ☞ Sunday through Thursday, non-holiday periods ☞ Not combinable with other discounts.



Writing Seminars with poet/author Clive Matson MAY 16TH, 17TH, 18TH

☞ *Writing and Spiritual Awakening...* Clive Matson, author of *Let the Crazy Child Write!* (New World Library, 1998) is a poet, story writer, essayist, and playwright has led more than 3000 workshops nationwide. His new book, *Chalcedony's First Ten Songs* is a vibrant call to body, spirit and earth through the sensory world. ☞ Discussion begins at 8pm the first evening ☞ Main workshop at 11am the next day ☞ Participants' reading at 8pm that evening ☞ A closing session at 10am the final day. ☞ Writing takes place in large chunks of time woven between mineral soaks and massages. ☞ Average contribution for the workshop is \$150. ☞ Call Wilbur for reservations 530-473-2306. Email clivematsonpoet.com, or call 510-654-6495 for more details about workshop.



MEDITATIONS & SOUND HEALINGS WITH TIBETAN BOWLS WITH JACQUELINE LASAHN

MAY 12TH & 13TH • 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.

MEDITATION WITH TIBETAN BOWLS

Offered daily at 10:30 am as a gift to Wilbur Guests in the quiet sanctuary of the Wilbur Library.

SOUND HEALING WITH TIBETAN BOWLS

Sounds, vocalization, aroma therapy and gentle touch are a nurturing guide into one's own inner landscape. This is a transformative experience that can access altered states of consciousness.

TAROT CONSULTATION

Each card offers new possibilities and perspectives, and a greater understanding of your life situation. Inquire at the Wilbur desk for appointments and rates. Visit her website at www.astrospirit.com.

Dear Friends of Wilbur,

☞ We are all quite aware of the recent dramatic increases in the cost of certain critical items that most, if not all, of us use. What you may not be aware of is that there is an economic stratification going on which is of historic proportions. In not only are the rich getting richer and the poor getting poorer, but the actual life expectancy of those in the lower economic classes is decreasing for the first time in modern history. ☞ While we constantly seek creative solutions to social problems, we can also enjoy the moment, and presently that moment is spring at Wilbur, the trees are leafing and our varied wildflowers are here for enjoying. ☞ I look forward to this Wilbur weekend of Yoga with Thomas Fortel and dining with Charlie and Marian Cascio.

Wishing each and every one of you excellent health,

Richard

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



"In all the world, no waters like these"

WILBUR 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 their birth will receive 25% off the cost of their stay between Sunday and Thursday during their 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.

massage, massage, massage

☞ Enhance your stay at Wilbur with a relaxing massage by one of our talented certified therapists. ☞ Check for availability when making your reservation. Or, appointments can be made at the front desk.

COMING IN JUNE...

WILBUR WELCOMES ALL YOGIS & OFFERS SPECIAL YOGA EVENTS TO HELP 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 will 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 workshop inquiries and reservations call Rebecca 707-829-1583

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

Yoga with Charu & Sarana Plus, Guest Chef Weekend

JUNE 27TH - 29TH

☞ Join us for a week of breath, chanting, asana and soaking in the healing mineral waters of Wilbur.

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

☞ Contact Sarana directly at 510-502-9642, and at sarana@mac.com, for registration, fees and more information. ☞ Visit her website at www.SaranaYoga.com for biography and other yoga opportunities.



Complimentary Yoga Returns May 10th

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

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 dr-richardmiller@aol.com

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.

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