

May 2009

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ESTABLISHED: 1865

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*May Guest Chef Weekend
May 29th & 30th • Marion Cascio and Britt Galler*

Chefs Marion Cascio and Britt Galler will be our May Guest Chefs. Many of you already know Marion from her many years of work at Wilbur with husband, Charlie Cascio. Marion has been cooking since she was a girl in her parents' German restaurant. After completing a three-year culinary school in fine French cuisine, she was a chef at Buchinger Klinik, a world-class health spa.



Then Marion came to California and cooked at the Esalen Institute. Now she and her husband run Sweet Water Farm Catering and travel the globe, offering their expertise and cuisine. Marion lives in the beautiful Big Sur Mountains with her goats, chickens and bees. She makes her own goat-cheese and shares the bounty of her garden with her catering clients.

Britt Galler has been a chef for over 20 years. She has worn many hats, cooking around the world as well as in her own restaurant kitchen. Her passions include cooking locally "with the seasons", and working with ingredients that grace the closest farms. She is currently a partner in a Bay Area company, Acre Gourmet, where she focuses her energy on their successful "Real Lunch" program, providing organic school lunches in private schools. Britt also loves spending time in nature and at hot springs.



Our Philosophy 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.



In all the world, no waters like these...

Special Events for May at Wilbur

May Special: Half-off Wednesdays!

It's back! Half-off Wednesday returns. Stay two consecutive nights midweek in the same room (including Wednesday) and receive 50% off Wednesday night! Not combinable with other discounts. Offer good through May 28th, 2009.



Artist's Workshops with Martha Esch, May 22nd - 24th



Where better to find artistic inspiration than amongst the natural beauty and serenity of Wilbur Hot Springs?

The next Wilbur Artist Workshop is scheduled for Friday through Sunday, May 22 – 24 2009. Host, Martha Esch would love to have your participation whether you are an experienced artist or haven't picked up a paintbrush in years – or ever, for that matter. Visit Martha's blog at www.marthaesch.blogspot.com to see her report from the first workshop that took place last month. There are eight more artist Workshops scheduled between now and October 2009. Please consider attending one or more. Advance sign-ups are encouraged, but not required. Drop-ins welcome!

Martha, a lifelong artist, art teacher, and gallery owner will host exciting, fun, and soulful *Artist Workshops* at Wilbur—for artists of all skill levels.

Friday-through-Sunday workshops include two painting demonstrations and a friendly Plein Air (open air) Painting Competition for cash prizes!

The Plein Air Painting Competition entries are displayed and judged by all Wilbur guests, staff members and artists who are present. One voting ballot per person, and yes, artists may vote for their own painting. The painting judged 1st place wins 50% of the cash pot! 2nd place wins 25% of the pot; 3rd place wins 10%. Paintings done by novice artists will be judged separately with their own cash prize pot for 1st, 2nd and 3rd place. The cash prizes are then ceremoniously awarded to the winners.

Sunday –through-Tuesday workshops skip the competition to focus on a particular technique, medium, or subject. They include a step-by-step novice painting lesson and a second demonstration for artists of more-advanced skill levels that all may attend.

If you'll be traveling through the scenic Sacramento Delta, stop in to see Martha Esch at her Artworks In Progress Studio & Gallery, located in the historic town of Locke, California. Visit her website at: www.artworksinprogress.com or Call Martha at (916) 776-1000.

You can also email her at aeroplane88@hotmail.com with any questions you may have about the workshops

For a complete schedule and more information, visit our website at www.wilburhotsprings.com.

Wilbur Birthday Program

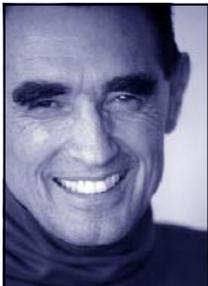


Returning guests presenting ID showing your date of birth will receive 25% off the cost of your stay between Sunday and Thursday during your birth month (holiday periods excluded).

Our gift is for the birthday person plus one guest in the same room. Please let us know your birthday date when you make your reservation.

Coming Soon. Make Your Plans for June!

Writing workshop with Clive Matson, June 5th-7th



Join us for a writing workshop with Clive Matson, entitled "Writing and Spiritual Awakening", June 5th-7th. Matson, author, poet, story writer, essayist, and playwright has lead more than 3,000 workshops nationwide. Originally from an avocado farm in Southern California, Matson traveled to New York City to join poets celebrating the Beats. His writing received recognition after 911, earning The 2003 PEN Oakland Josephine Miles National Literary Award

For more information on this workshop, contact Peggy Fisher at (510) 505 0885, or visit Clive's website at www.matsonpoet.com .



Tibetan Bowl Meditations with Jacqueline Lasahn, June 8th & 9th

Jacqueline Lasahn will lead two meditation sessions in the Wilbur Library with her unique bowl soundings, June 8 and 9. Jacqueline is an intuitive astrologer, compassionate healer and dynamic ritualist. Her insightful, articulate perspective and depth of experience both touch and transform many lives.

Jacqueline's pathway of service continues to produce an amazing and helpful body of work, including sound journeys here at Wilbur. For more information, visit Wilbur's website at www.wilburhotsprings.com or visit Jacqueline's website at www.astrospirit.com.



Solstice Yoga and Healing Workshop, June 20, 2009

Come and celebrate the Summer Solstice in the quiet beauty of Wilbur Hot Springs. Beginning with a Solstice meditation, this workshop led by Elise Collins and Rebecca Webb will take you on a journey through active poses invoking fire and life-force energy followed by self-nurturing restorative yoga poses. Participants will receive energy healings and engage visualization to further enhance their experience of vital healing energy. It is extremely likely that you will feel a deep sense of equilibrium and wellness after this workshop! All who attend will receive an energy healing, similar to Reiki. Yogis of all levels welcome.

Cost: \$40.00, workshop begins on June 20 from 10 am to 1 pm.

Workshop Inquiries/Sign Up: call Rebecca at (707) 829-1583, or email her at beccaweb@yahoo.com.

Accommodations: Participants must arrange their own accommodations by contacting Wilbur Hot Springs Resort. Plan to stay Friday evening June 19.

Compliment your experience: massage appointments can be made by contacting Wilbur directly at (530) 473-2306.



Chiropractic and Massage: *an Alternative Health commentary from Dr. Shalamah Yahchove*

Reasons to Book a Massage & Chiropractic Treatments at Wilbur Hot springs ~ (Especially Right Now)

The Wilbur Hot Springs May newsletter issue lands at a time when there are plenty of reasons not to schedule a session or two of alternative medicine, but it's a wise investment in your overall health care. For one thing, our body may reflect the state of the economy but we can choose health over ill-health. Another reason: the payoff for remaining healthy regardless of what the Dow does on any given day is high. It is my belief that eventually everyone will schedule a massage and chiropractic session, or visit a hot spring, and not necessarily in that order.

The major hospitals practicing allopathic medicine understand that millions of Americans spend millions of dollars per year for Complementary Alternative Medicine (CAM). To name a few examples of CAM: Massage, Chiropractic, Acupuncture, Supplements, and Homeopathy. Your choice for health is a wise choice!



When you combine Wilbur's mineral-laden hot water with massage and chiropractic treatments you are choosing health and optimal function, and you are also saying to your family and friends that wellness is the center of care and the goal of that care is to achieve a more effective life, to restore and maintain full function and well-being.

The continuum of health begins with you! Schedule your treatment when reserving your room.

Sarana Yoga, with Co-leader Charu Rachlis *June 25th - 28th*



Please join us for a long weekend (Thursday – Sunday with an option to stay Friday - Sunday) of breath, chanting, asana and soaking in the healing mineral waters of Wilbur. Treat yourself to Sarana Yoga with co-leader Charu Rachlis. We will begin each day with chanting and pranayama, followed by breakfast and then an active morning session. In the afternoon there will be time for bathing, hiking, massage and personal reflection. We will gather in the late afternoon for a restorative session followed by a delicious dinner.

Sarana Miller 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.

Weekend Includes: 6 organic meals, 6 yoga sessions, 3 nights accommodations (*including use of baths, sauna and grounds.*)

Cost: \$660 private room double occupancy/\$605 bunk room (Thursday – Sunday), \$515 private room double occupancy/\$475 bunk room (Friday – Sunday).

For more information about this workshop, Sarana Miller at sarana@mac.com, www.saranayoga.com, or (510) 502-9642.

Weekend Yoga

Weekend yoga continues on May 16 and 17 with yoga instructor, Parmatma.

Bring your mats and join us on the yoga deck Saturday and Sunday morning as we kick off the season of complementary classes offered twice on Saturdays and again on Sunday morning throughout most of the summer.

Wilbur Hot Springs is a free-form retreat, unobstructed by structure or dogma, self-directed by mutual respect and the creation of everyone who comes here. In short, it's organic.

From Richard Miller, Wilbur Caretaker

Dear Friends of Wilbur:

I am writing this from the 100-year-old Red House which is next to the Hotel at Wilbur Hot Springs. This week-end is a trifecta combination of a yoga health seminar led by my wise and beautiful daughter, Sarana; a Guest Chef delight created by gourmet chefs, Charlie and Marian Casio; and, of course, the magic of Wilbur. As a result of my knee-replacement surgery, I arrived at Wilbur with a pain level of 8.5 on a 0-10 scale and within one day and three sessions in the waters I was between 1 and 2.

What an interesting turn of events to have been at the top-of-the-class in nutritional intake and exercise only to suffer the slings and arrows of having been a bit of a daredevil, skiing too hard and motorcycling too recklessly.

I am lean with a strong heart, legs full of metal and muscles that cry for more time in the healing waters, which is the only place I am pain free. And how fortunate to have a



place where I am pain free, for I know fully well that there are those who are always in pain and must resort to depressing, constipating drugs to get a bit of relief. Beware of vicodin and oxycontin and their cousins.

And how are you experiencing the passing of the days of your life? What are the challenges you are dealing with? What are your joys? Are you creating the life you want, or are you being buffeted around as if on the huge waves of an ocean which seems relentless? Are you taking time to reflect on your existence, or are your days whizzing by in an almost out-of-focus haze?

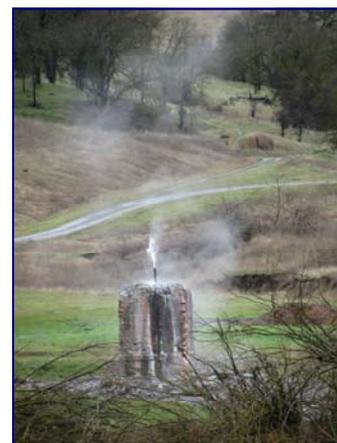
Some believe that everything we need to know to live a life of grace is within us, and we need only take the time to look within to access the information.

Wilbur was created as a place to look within. I refer to looking within as inner-space travel, and I think of the Wilbur staff as your travel agents. Give us a call when you are ready to take a trip.

Wishing you a life of interesting experiences with many of them being at Wilbur,

Richard

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



The Fountain of Life is a unique, geothermal geyser located in the Nature Preserve at Wilbur Hot Springs. The hot mineral water spouts into the air every 45 minutes

Positions Available at Wilbur

Late Night Position: Wilbur is looking for just the right person to fill our Late Night position. We are seeking a responsible, friendly, service-oriented person for 20-25 hours per week for evening and housekeeping work. This position lasts three months in duration and includes board and full use of the facilities in lieu of salary.

Creative Services Wanted: Wilbur is looking for assistance with the design and production of our monthly newsletter. Writing and graphics skills a plus. Please call Ezzie or Meg for more information, (530) 473-2306 .

Mind Body Health & Politics

Your Host: Dr. Richard L. Miller • Tuesday, 9am (pst)

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(707) 937-5103

eMail Dr. Miller at:

drrichardlmiller@aol.com

Stay in Touch with Wilbur...and Yourself!

When you stay in touch with us, you honor and renew your commitment to self-healing and relaxation!

We invite you to sign up your friends or family for our new monthly email newsletters – now the best source for special offers and Wilbur's latest news. To receive our periodic emails with Wilbur's latest news and great special offers, please sign up via email at:

info@wilburhotsprings.com

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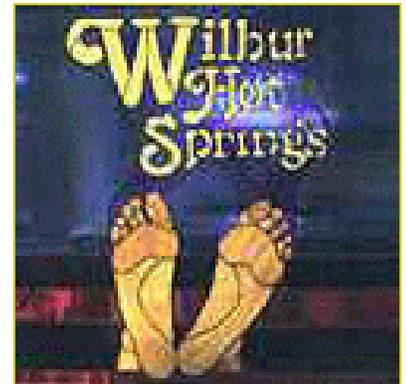
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In all the world, no waters like these...