

AUGUST 2008

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SUMMER NEWSLETTER PRICING SPECIAL

## WILBUR'S \$75 GAS REBATE

### Leave the Stress of the City Behind ... and get away to Wilbur Springs ...

And you'll receive a \$75.00 gas rebate!

Stay Sunday through Thursday, two or more nights in a private room, double occupancy, and you'll receive \$75 off your bill.

Enjoy Wilbur's summertime magic ... slow, easy, lazy days spent by the refreshing pool, and quiet, comfortable, stargazing evenings listening to the crickets sing.

Just mention "gas rebate" when booking your reservation.

### 530-473-2306

This offer is available for a limited time only and is not combinable with other discounts.



## WILBUR EVENTS

### Wilbur Guest Chef Weekend

September 19th-21st

Charlie and Marion Cascio survived the Big Sur fires and will be back in September to cook for us. The theme for this special event will be *Gratitude* ...

for the wonderful food, for good friends, and for the firefighters everywhere who save the day!

### Music at Wilbur ... "Marimba Pulse"

August 23rd

Join us for a *Concert in the Great Room* with musical duo Julia Harrell and Jennifer Wilsey on marimba and percussion. Enjoy an engaging, joyful blend of world and classical music featuring music of the Caribbean, Europe and the Americas.

Check at the front desk for performance time.



## massage, massage, massage

Enhance your healthful Wilbur experience with massage or bodywork. Several styles of massage and chiropractic services are offered at Wilbur by appointment, for an added fee.

Book a 1 1/2 hour massage in August with Dr. Shalahmah Yahchove & receive \$5 off!

Call ahead to assure the time and therapist of your choosing 530-473-2306

## August Complimentary Weekend Yoga

AUM AUM AUM

Deepen your weekend relaxation experience by nourishing body and spirit. Join us for complimentary yoga led by professionally trained instructors. Taught with loving kindness and compassion, each class is individually tailored for students at all levels. Mats, blankets and props are available. Classes are offered Saturday and Sunday mornings, and Saturday evenings.

**August 2 & 3** Edward Barr leads breath-oriented, restorative yoga with gentle chanting and meditation. Trained by some of the world's most renowned yoga practitioners, Edward bases his teaching on his 12 years of breath research, and a desire to assist others in their healing journeys.

**August 9 & 10** No Yoga -- Wilbur's Annual Closedown

**August 16 & 17** Laura Ciapponi will lead mixed-level Hatha Yoga.

**August 23 & 24** Former teacher-trainer at the Integral Yoga Institute of San Francisco, Madhuri Flynn focuses on smoothing and harmonizing the body's energy flow allowing each student to rest in the peace of their true nature.

**August 30, 31 & September 1 (Labor Day Weekend)** In all the world, Johanna Svedberg's favorite place to teach yoga is at Wilbur. Her classes include gentle Vinyasa flow, with longer-held, breath-centered poses, and guided self-reflection.

## WILBUR IN THE NEWS

Contra Costa Times, July 8th, 2008

### Marie Simmons beats the dinner rush with a simple beet-potato salad

By Marie Simmons

I've discovered that recuperating from a book tour can be fun. Suddenly I have time to return telephone calls and write long e-mails, clean off my desk and reorganize closets, go to lunch and take long hikes with friends, and get back to my yoga practice.

This weekend I went one step further and treated myself to a yoga retreat at Wilbur Hot Springs, a lovely old-fashioned resort located far, far off the beaten track in Colusa County. The setting was bucolic, the yoga healing, the mineral baths — they call them flumes — soothing, and the food fabulous.

The guest chefs for the weekend shopped at the many organic farms along the road on the way to Wilbur. The produce was picture-perfect and the flavors transcendent. Among the many excellent dishes served was a heavenly beet salad. I know that yoga is supposed to encourage "being in the moment," but after one bite, I had beet salad — not downward facing dog (for the uninitiated, that's a basic yoga pose) — on the brain.

Fueled by the taste of that luscious beet salad (it was made with crinkly spinach leaves and crumbled goat cheese), first thing the morning after my return I went to the market seeking fresh-pulled beets. I scored. The beets I found were so round, plump and weighty that when steamed, the skins slipped off like silk gloves. Cooked in a large steamer insert that fits snugly into a matching 8-quart pot, they cooked in less than 35 minutes. (Tip: Steam large potatoes along with the beets or add smaller potatoes later so both vegetables are done at the same time.) Because beets and potatoes both have a fairly soft texture, I decided my beet salad needed a little crunch. Not excited by the thought of adding good old reliable chopped celery, I reached for a crisp juicy Fuji apple. Perfect. It added just the right texture, plus a pleasant hit of sweetness.

I topped this trio with diced sweet white onion (I crisp diced onion by soaking in cold water for about 30 minutes), a small handful of parsley, and mint leaves, finely chopped, then finished the salad with a simple vinaigrette of good olive oil and fruit-flavored vinegar.

Who knew that a yoga retreat would both restore my energy and inspire me to make beet salad? Life is good.



## dr. miller's health smart tips

Dear Dr. Miller,

Can you please give me a program for starting the day with a healthy breakfast and beginning exercise program. I am a senior, overweight and this is all new to me. Thank you. Cupcake

Dear Ms. Cupcake,

In response to your email above I offer the following, and if you follow the directions carefully I am confident you will succeed.

Dr. Richard L. Miller

### Dr. Miller's Health Smart Attitude Adjustment

Upon waking and before getting out of bed take 5 minutes to set your attitude. Decide what kind of attitude you are going to have for the day. You are in control of cognitive functioning and executive control. The attitude you set is yours to maintain. Eat breakfast.

### Dr. Miller's Health Smart Egg White Omelet

Pan fry 6 egg whites in your favorite healthy oil, add chopped onion, fresh chopped garlic, always a bit of spinach or kale, and sometimes mushrooms. Mix it up. Add last night's leftover stringbeans. Zucchini. Tomatoes. Variations will keep it interesting. (Egg whites have all the protein, yolks have the fat and calories.)

After cooking to your preferred texture and desired consistency, fold as you would a taco, sprinkle on your favorite hot sauce when in the mood, or fresh herbs. Enjoy!

### Dr. Miller's Health Smart Senior Starters Exercise Program

After you finish your Health Smart Omelet, clean up, put on comfortable clothes, include running shoes (I wear Z Coils) a great deal of cushion (I wear Z Coils). Then go outside and walk. Head away from your house for 8 minutes. Stroll. Do not attempt to speed. (Accelerating and even speeding will be discussed in future issues.) Then return home, taking about 8 minutes, shower and go about your day. Do this every day for a month.

Next month's Newsletter will have progress instructions and more tips.

I began designing the Senior Exerciser program while planning my first step after being in a wheel chair for 6 months. Literally one step was the most I could take after severely braking both of my legs in a motorcycle accident. 17 years later I am able to swim for two hours non-stop and easily stay on an elliptical aerobic trainer for 60 minutes.

### Dr. Miller's Health Smart Hot Tip

Your probability of developing a fitness program and sticking with it are enhanced if you keep daily records especially for the first few years. Get a calendar and keep track including the number of minutes walked and your mood while doing so.

I hope you allow your consciousness to enjoy the program. The benefits I have received are far-reaching and immeasurable.

Richard

PS: I feed the yolks to our animals (4 cats, three dogs), I think the fat is healthy for them.

## Mind Body Health & Politics

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

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

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

## The Wilbur Annual August Close Down & Spruce Up

Wilbur will be closed for repairs and maintenance beginning August 3rd and will re-open on the 15th at 3 pm. See you all then!



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

P 530-473-2306 • F 530-473-2497 • [www.wilburhotsprings.com](http://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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