

Wilbur HOT SPRINGS

A SANCTUARY FOR THE SELF

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

NEWSLETTER

AUGUST 2009



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SUMMER CLOSEDOWN

Remember when making your summer reservations, Wilbur will be closed for annual repairs and maintenance from August 5th to August 12th, re-opening on August 13th.

AUGUST SPECIAL

Stay two nights in a room of equal value, and receive 50% off your second night. Offer good until August 31st, 2009.

STARRY NIGHT DRAWING!

Stay one or more nights between August 13th and the 31st, and you will automatically be entered into our August Starry Night Drawing for a free night's stay at Wilbur Hot Springs. The free night is valid Sunday through Thursday, excludes holidays and holiday periods and can be used until December 15th, 2009.



NOTES FROM THE CARETAKER:

DEAR FRIENDS OF WILBUR:

I invite each of you to become a Wilbur Ambassador. Please accept this invitation by forwarding this newsletter to your family, friends and business associates, including a brief note telling them about your experience of Wilbur.

Wilbur Ambassadors make it possible for us to continue to spend money on improvements and amenities, rather than spending money on

HAPPY BIRTHDAY!

Wilbur's Birthday Gift to
Your Returning guests

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 when you make your reservation.

advertising and public relations.

Become a Wilbur Ambassador and assist us in maintaining the special atmosphere that you all love about Wilbur.

Become a Wilbur Ambassador, spread the word, be part of preserving this Sanctuary.

With appreciation,

Richard

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



BECOME A WILBUR GOOD WILL AMBASSADOR

Wilbur Ambassadors and their first-time Wilbur guests will receive a 50% discount both weekdays and weekends from now until the 16th of September (Labor Day weekend excluded) for a two-night stay. This offer is good for two couples in two different private rooms. Both couples will receive 50% off their rooms. Two-night minimum.

We look forward to welcoming our Wilbur Ambassadors and their guests.



THE WILBUR PHILOSOPHY

To sustain Wilbur Hot Springs, a sanctuary, for healing and personal reflection communing with others reuniting with nature laughing, loving and basking in the quiet awe of it all.



"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."*
- RD



Visit Wilbur's Fountain of Life geyser, located on the Wilbur Nature Preserve.

Past Newsletter Issues

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 monthly email newsletters - now the best source for special offers and Wilbur's latest news. To receive our periodic emails, please sign up via email at info@wilburhotsprings.com

Phone 530-473-2306
Fax 530-473-2497

www.wilburhotsprings.com



COMPLEMENTARY ALTERNATIVE MEDICINE

REBECCA WEBB, MASSAGE THERAPIST

I have journeyed to geothermal springs in far-flung places on the planet. These sacred sites, like Wilbur Springs, are Mother Nature's healing balm for anyone who seeks to slow down and reconnect with themselves and the wild beauty of the planet. Wilbur Hot Springs offers a healing sanctuary that extends far beyond a soothing soak. Here you will find kindred spirits, the solitude of wide-open spaces and abundant opportunities to take a step on your path of wellness.



From the desert warm springs of Death Valley to the hidden crystalline pools of the Himalayas, there are no waters in the world quite like Wilbur Hot Springs. Wilbur offers a potent blend of healing properties unique to its location and energetic qualities. A ten-minute soak will re-mineralize your body, purify through the release of toxins and sedate your nervous system ... and that's just the beginning. Enhance your renewal with a healing massage followed by a sit in the sauna.

Thanks for scheduling your massage when you reserve your room.

WEEKEND YOGA AT WILBUR

Free weekend yoga all summer long. Bring your mats and join us on the yoga deck as we continue our season of complimentary classes, offered twice on Saturdays and again on Sunday morning throughout

You can follow us online on [Twitter](#), [Facebook](#), [Flickr](#), [YouTube](#) and [Yelp](#). Also, please visit our [blog](#) and take a look at our [Wikipedia](#) entries.



**MIND BODY HEALTH
AND POLITICS**

**YOUR HOST:
DR. RICHARD L. MILLER
TUESDAY, 9AM PST**

**NPR Affiliates
KZYY 88.1FM Fort Bragg
KZYZ 90.7FM Philo
KZYZ 91.5FM Willits and
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

drrichardlmiller@aol.com.

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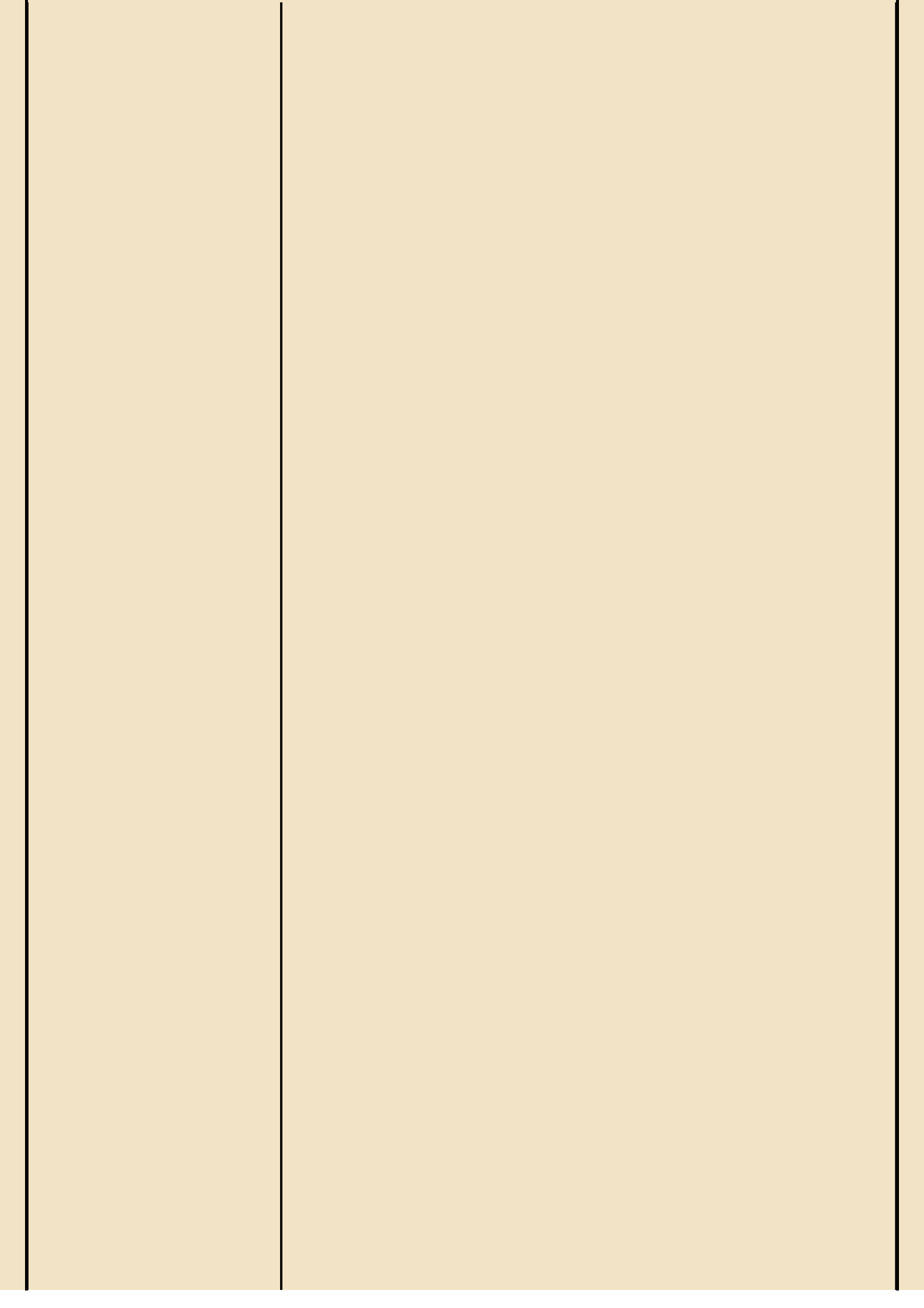


GUEST CHEF WEEKEND WITH CHARLIE AND MARION CASCIO

SEPTEMBER 25-27



Wilbur's popular Guest Chef Weekend takes the balance of the summer off, but resumes again in September with some great chefs and delicious food. Join us September 25th through the 27th with chefs Charlie and Marion Cascio for the fall kick off of Guest Chef Weekend. Meet some new friends, or catch up with some old friends ... For more information, please contact our reservation line 530-473-2306, or visit our website's Dining page ([click here](#)).



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