

SEPTEMBER 2008

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ESTABLISHED 1865

SEPTEMBER NEWSLETTER SPECIAL

WILBUR'S \$75 GAS REBATE
... extended through the end of September!

Get away to Wilbur and 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.

Just mention "gas rebate" when booking your reservation.

530-473-2306

This offer is not combinable with other discounts.



Wilbur Guest Chef Weekend Schedule for Fall

September 19th-21st

Charlie and Marion Cascio will be back to cook for us in September, AND October and November Guest Chef Weekends. Hooray!

We are grateful for this opportunity to share wonderful food and good friends with all of you!

Make your reservations today for your place at the table 530-473-2306



Sarana Yoga Workshop

October 3rd - 5th

Please join us for a weekend of breath, chanting, asana and soaking in the healing mineral waters of Wilbur. Strengthen your practice while relaxing and rejuvenating your body and mind. Step back from your daily routines and retreat to this sacred land, home to healing waters that have been used for renewal for centuries. We will delve into different yogic practices and ways of being and see how these can support us in strengthening our bodies, calming our minds and connecting to the deep peace and silence echoed through this beautiful land.

Sarana Yoga Workshop participants will enjoy healthful gourmet meals prepared by Charlie and Marian Cascio.

Enrollment is limited, sign up as soon as possible to reserve your space \$495 private room, double occupancy, \$475 bunk room Send check to: Sarana Miller, 3017 Wheeler, Berkeley, CA 94705. Email: sarana@mac.com or call: 510-502-9642.

Massage reservations can be made by contacting Wilbur Hot Springs directly at 530-473-2306.

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.

The Weekend Includes:
• 5 organic meals
• 5 yoga sessions
• 2 nights accommodations and full use of baths, sauna, all facilities and grounds.
www.saranayoga.com

"In all the world, no waters like these"

Complimentary Yoga thru October

Expand your weekend relaxation experience with complimentary yoga Saturday and Sunday mornings, and Saturday evenings. Led by professionally trained instructors, and taught with loving kindness and compassion, each session is tailored for students of all levels. Mats, blankets and props are available. Offered only when there are no scheduled yoga workshops.

Sept 6 & 7 - Amy Cranch was certified at Chicago's Moksha Yoga Center and studied under Sianna Sherman, Shiva Rea, and Ana Forrest. Her classes incorporate a blend of vinyasa flow, anasara, Forrest, and yin. Students appreciate her clear instructions, steady pacing, warmth, accessibility, and willingness to try new things.

Sept 13 & 14 - Andrea Warkulwiz is certified in Hatha and Anusara Yoga and serves as manager and primary instructor of Yoga Tree San Francisco. She teaches students with gentleness and clarity.

Sept 20 & 21 - Parmatma Simone was certified in Hatha Yoga at the Mount Madonna Center and Kundalini Yoga from the KRI Institute. Owner and Director of Evolution Yoga in Santa Rosa from 2002 to 2007, she combines breath, movement, mantra and meditation into a playful and explorative mixed-level practice.

Sept 27 & 28 - Jnana Gowan is the founder and director of Powerhouse Education & Seminars; a company dedicated to the health & well-being of all individual. A certified Hatha yoga instructor specializing in prenatal, preschool and corporate yoga, her classes are Iyengar influenced.

The Wilbur Annual August Close Down & Spruce Up

Wilbur's Annual August Close Down is over and was a complete success! A team of dedicated volunteer workers - some "professionals", some laborers, some regulars, and some new-comers, scrubbed, polished, repaired and refurbished Wilbur, sharing long, hard hours over a two-week period. Fun was to be shared as well, along with hearty food, heart-felt comraderie, and friendship. The Wilbur Staff salutes our teams!



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

All Americans can walk a little taller in the world as a result of one of our political parties nominating a black person as their presidential candidate, and the other party nominating a woman as their vice presidential candidate.

Regardless of who wins, we will make history.

We are telling the world, we can and we do.

We are healing our wounds and clearing out two of the great stains on our national character.

Perhaps we are moving from a republic to a democracy. I am proud and grateful for

being here to witness this momentous event for

in my life time blacks were lynched, women

demeaned, and I was jailed for dating a black

co-ed while we were both undergruators at

the University of Illinois.

Wilbur Hot Springs is the place I retreat to,

to quietly consider and reflect on these issues and

others. Wilbur is a place of utmost dignity

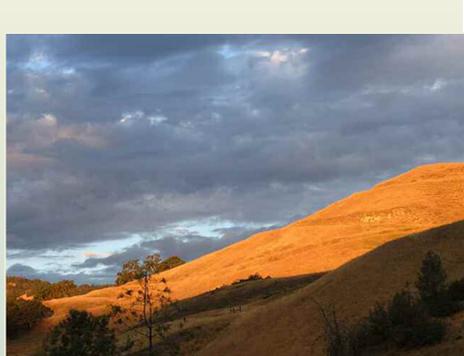
and respect for all, and I look forward to seeing

you there.

Richard

Dr. Richard L. Miller, MA, Ph.D.

Wilbur Caretaker since 1972



Email Dr. Miller drrichardmiller@aol.com with your questions on "Mind Body Health & Politics" issues for possible future discussion in the Wilbur newsletter or on his radio program.



Mind Body Health & Politics

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

National Public Radio Affiliates

KZYX 88.1FM Fort Bragg • KZYZ 90.7FM Philo • KZYZ 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 drrichardmiller@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

massage, massage, massage

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

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

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

P 530-473-2306 • F 530-473-2497 • www.wilburhot springs.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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