



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

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**NEWSLETTER**

SEPTEMBER 2009



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**GUEST CHEF WEEKEND  
WITH CHARLIE AND MARION CASCIO**

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SEPTEMBER 25-27



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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**SEPTEMBER SPECIAL**

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Stay two or more nights, Sunday through Thursday, in a room of equal value and receive 25% off your entire stay. Offer good through September 30th, 2009, holidays and holiday periods excluded; not combinable with other discounts.

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**2009 CLOSEDOWN**

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Once again, we wish to thank all of our dedicated crew of carpenters, organizers and cleaners . . . for the extraordinary jobs we accomplished at our annual Closedown! We managed to clean, repair and create some new spaces for our guests including our two new tent sites.



**WEEKEND YOGA**

Free weekend yoga continues through September. Bring your mats and join us on the yoga deck for complimentary classes, offered twice on Saturdays and again on Sunday morning.

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**TRADE/BARTER**

Looking for a

design/construction person to convert an existing metal building into a public-use space. If interested, please contact Richard Davis at 530-473-2306.

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### HAPPY BIRTHDAY!

Wilbur's Birthday Gift to You: 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 when you make your reservation.

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Wilbur Hot Springs is a place to enjoy slowing down. Maximum driving speed is 10 miles per hour while on the property. Thanks for your cooperation.

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Landscape artist Ron Bertolucci, along with his assistant, Colin Williams, continued to transform the rock wall that borders our temporary parking. This project, which uses an age-old practice of dry stack masonry, artfully pieces together carefully selected rocks from local quarries. Watch for more changes to come...

Each year Closedown is a mix of hard work and celebration - from hand-carrying materials for new campsites to delicious meals shared after a long day's work, from rigorous cleaning under the sun to impromptu jam sessions in the Great Room. The 2009 Closedown Crew helped us stage the hotel for all of our guests who will be joining us over the next year. We are so grateful for the talent, insight, and elbow grease that everyone has contributed to make 2009 Closedown a success!

### PLEIN AIR PAINT OUT!

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WITH ARTIST MARTHA ESCH

Martha Esch, a lifelong artist, art teacher and gallery owner hosts exciting, fun paint-outs with optional guided drawing and painting exercises at Wilbur for artists of all skill levels. If you would like to join us for a weekend of painting the beautiful scenery and soaking in Wilbur's waters then jumping in the cool pool, sign up in advance or on-the-spot during your visit. For more information, please see our [website](#).



### YOGA WITH SARANA

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OCTOBER 16-18



### 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*



Please join us for a weekend of breath, chanting, asana and soaking in the healing mineral waters of Wilbur. Come strengthen your practice while relaxing and rejuvenating your body and mind. We'll step back from our 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.

Students will practice yoga on Wilbur's beautiful yoga deck, cradled in nature with the sound of birds and the Wilbur creek. 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 time. We will gather in the late afternoon for a restorative session followed by a delicious dinner.

Come and join us for a retreat that will invigorate your body, renew your spirits, and quiet your mind.

Weekend includes: • 5 organic meals • yoga sessions • 2 nights accommodations (including use of baths, sauna and grounds.)

Cost: Private room \$515.00 per person

Bunk \$475.00 per person

Camping \$415.00 per person

For questions, or to sign up, contact Sarana Miller at 510-502-9642, or email her at [sarana@mac.com](mailto:sarana@mac.com). Payment can be sent directly to Sarana at: Sarana Miller, 3017 Wheeler, Berkeley, CA 94705. Visit her website at [www.saranayoga.com](http://www.saranayoga.com).

About the instructor: 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.



### 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.

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

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Past Newsletter Issues

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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](mailto:info@wilburhotsprings.com)

Phone 530-473-2306

Fax 530-473-2497

[www.wilburhotsprings.com](http://www.wilburhotsprings.com)

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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  
KZYX 88.1FM Fort Bragg

## COMPLEMENTARY ALTERNATIVE MEDICINE

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BY ROBERT DE NIES

About six years ago when I applied to do bodywork at Wilbur Hot Springs, I wrote in my resume: "My goal is to do some of my best work at Wilbur." While it may have sounded good at the time, it has actually come true. This is through not only my own dedication to the craft, but from an unusual synergy of circumstance.



Karen Kingston, a well known feng shui expert, talks a lot about providing a healing space. She writes, and I paraphrase: "Ninety percent of your work as a healer should already be done when the client enters the space." At Wilbur, we have that space! By the time I see a client, they have soaked in the mineral-laden springs, gotten quiet, their cell phones are turned off, and they do not have to get back in their cars. This way, they can be fully present for our session. Similarly, I as a massage provider have done my work; a soak, some breathing practices, a little yoga. Now we are ready to do something special together! During your next visit to Wilbur, I encourage you to connect with a massage provider you feel drawn to and let the waters, the environment, and the bodywork touch you on a deep level.

*Robert de Nies practices Thai Yoga Massage at Wilbur Hot Springs. Visit him at [BodyMindWork.com](http://BodyMindWork.com), where you can read more and get his Wilbur schedule.*

*Thanks for scheduling your massage when you reserve your room.*

## SEPTEMBER HEALING MASSAGE SPECIAL

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HONOR YOUR SANCTUARY OF THE SELF

Reserve two regularly-priced, one-hour massage sessions and receive each massage at a special rate of \$75.00 per session. This offer is good through the end of September, 2009.

Wilbur is pleased to now offer the following healing modalities beginning in October 2009; look for more information in our October issue of the Wilbur newsletter:

Shiatsu  
Didgeridoo Sound Healing  
Facial Treatments  
Active Isolated Stretch (AIS)  
Breathwork

**KZYZ 90.7FM Philo  
KZYZ 91.5FM Willits and  
Ukiah**

On your computer at  
[www.KZYX.org](http://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](mailto:drrichardmiller@aol.com).



### **NOTES FROM THE CARETAKER:**

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**DEAR FRIENDS OF WILBUR:**

Since our media is full of "news" on what they are calling "health insurance" I thought I would take this opportunity to weigh in.

What is being called health insurance is really sickness and injury insurance. The "health insurance" programs which are being brought before the public are programs designed to pay, after the fact, for sickness and injury care. Health care is designed to keep people healthy so that they will not require sickness care. There are hardly any insurance programs which include payment for treatment designed to maintain our health. Therefore, when it comes to health maintenance we are on our own.

A hospital is a professionally designed facility for treating illness and injury. In March of this year I spent two nights at Stanford University Hospital. During my stay I was confined to a double occupancy room of about 150 square feet. The bill for my stay was \$112,537.

Wilbur Hot Springs is a professionally designed environment for healing mind, body and soul and preventing future illness. The fee for two nights at Wilbur, which includes use of all facilities and 1800 private acres to roam, is about \$400. There are no hidden fees, though massage and purchases at the Country Store are, of course, additional.

A stay in the hospital is an after-the-fact treatment for something that has already gone wrong ... illness or injury.

A stay at Wilbur is a combination of healing and prevention.

Both facilities have their place in our culture.

I look forward to meeting you at Wilbur and hope we will never have to meet in a hospital,

**Richard**

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



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