

# Chefs with experience at Esalen featured at Wilbur Hot Springs

Charlie Cascio and Angela Karegeannes will be the featured chefs at Wilbur Hot Springs Nov. 13-15.

Cascio has cooked throughout Europe. He has worked as a personal private chef and has been head chef for numerous restaurants. He has taught natural food cooking seminars to individuals, restaurants, and health professionals throughout Europe and the United States. Cascio worked as the head chef and kitchen manager for the Esalen Institute in Big Sur from 1998-2004 and continues to work for Esalen as a consultant and instructor.

Karegeannes became a chef while living and working at the Esalen Institute in 2001. She now resides in San Rafael and has her own catering business. She also works at the Marin Academy as a full time chef, sourcing food from local farms for the menus. Evenings and weekends are spent doing catering events and participating as a guest chef at the Occidental Arts and Ecology Center .

For reservations, call (530) 473.2306. For more information, visit [www.wilburhotsprings.com](http://www.wilburhotsprings.com).