



Join our

Day Wellness Workshop for Educators



**Participants
will get this
special treat!**

A **Wellness CD** to include notes from the workshop, daily exercises you can do at home, audio materials (daily affirmations, 7 minute guided meditation, healing chant) and video materials.
PLUS an **Organic Gift Pack**

Greetings from Loving Abundance!

In the Philippines, the DepEd's Essential Health Care Program (EHCP) was recognized internationally last 2009 as one of the best practices in primary health care among children (www.deped.gov.ph). As the education sector is now bringing health into focus, it is time we complete the picture and include the very people nurturing our children in school—the teachers.

We do know that teachers are one of the school's valuable assets but too often they easily fall prey to stress. Handling classes day in and day out may sometimes take its toll thereby affecting their health and well-being and consequently their performance and productivity.

We invite administrators, principals, teachers, guidance counselors to join our wellness training. This is a unique workshop that will assist the participants in the following areas: Increase their mental and physical health; increase their productivity and reduce absenteeism; increase job satisfaction and loyalty as well as strengthen the organization's values and culture. The training includes

- Relaxation Techniques
- Throat & Voice Care
- Finding Ease with Your Eyes
- Soothing Self-Massage
- Sound Healing
- Laughter Yoga
- Mindful Eating
- Motivational Talks
- Inspirational Talks

WORKSHOP DETAILS:

WHERE: Don Bosco Retreat House

**WHEN: May 21, 2010 (9:00–6:00 pm) OR
May 29, 2010 (9:00–6:00 pm)**

- Choose which day you are available and reserve a slot now! We only accept a limited number of participants per schedule.

WORKSHOP FEE: P3,000 only (lunch, snacks, certificates, wellness CD are included)

Early Bird Discount: P2,500 only if you pay on or before May 15, 2010

For more information:

**Call 254-3780; 254-0761; 0923-8357007
Look for Wilma/Michelle
www.lovingabundance.com**

Health impacts every aspect of life. Wellness programs are now gaining popularity in the workplace. Let us join the wellness campaign as we empower our educators to create positive changes, find balance within and feel the joy of nurturing themselves so they in turn can also nurture happy and healthy students.



Loving Abundance

**Your wellness is your greatest wealth.
Develop your natural capacity for
well-being and happiness.
Get a professional edge by being an educator
who is well in mind, body and spirit.**