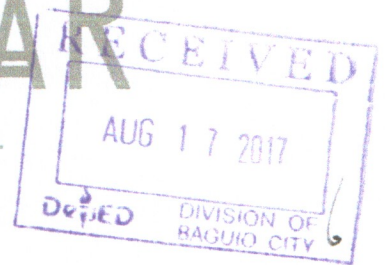




# NAMASKAR

YOGA & HEALING ARTS FESTIVAL



16 AUGUST 2017

**SORAYA T. FACULO**  
Asst. SCHOOLS DIVISION SUPERINTENDENT  
DEPARTMENT OF EDUCATION  
BAGUIO CITY, CAR

Dear Ms. Faculo,

It is with great pleasure that we write to invite the **Department of Education in Cordilleras** to participate in our upcoming event, the **Namaskar Yoga and Healing Arts Festival on September 16, and 17, 2017**. The festival is an avenue to promote health and wellness through **proper diet, exercise, and alternative healing**. We work in consonance with the **City Government of Baguio, Department of Health and Department of Tourism in Cordillera's REV-BLOOM** campaign that is poised to make **METRO-BLISTT** a haven for health and wellness and a health tourism center.




In light of this, I would like to request additional support from your kind office to promote the festival through the participation of the teachers and students. We would be honored to have the Department of Education and all of the Cordillera students to be part of the festival.

Attached is the DOT endorsement letter and a brief description of the festival.

Thank you and I look forward to your favorable response.

Sincerely,

  
Cynthia Tabora-Tuason  
Executive Director  
Heaven's Touch Events

	Republic of the Philippines DEPARTMENT OF EDUCATION CORDILLERA ADMINISTRATIVE REGION DIVISION OF BAGUIO CITY #82 Military Cut-off Road, Baguio City, 2600	
<b>ADVISORY</b>		August 23, 2017
TO: ALL SCHOOL HEADS		
For information and dissemination. Subject to DepEd Order No. 9, S. 2005 entitled "Instituting measures to increase engaged time-on-task and ensuring compliance therewith."		
 <b>FEDERICO P. MARTIN, EdD, CESO VI</b> Schools Division Superintendent		
<small>OSDG/stf/efb</small>		



*Republic of the Philippines*  
**DEPARTMENT OF TOURISM**  
Cordillera Administrative Region

## **ENDORSEMENT**

The Philippine Department of Tourism – Cordillera Administrative Region through its REV BLOOM Campaign is endorsing this project of the Heaven's Touch Planners & Coordinators. They are organizing the very first annual Yoga and Wellness Festival set for April 29 & 30, 2017. This endeavor is very much attuned to the DOT-CAR's thrust to make Baguio City and the BLISTT (Benguet, La Trinidad, Itogon, Sablan, Tuba, and Tublay) Area a haven for health and wellness.

The event's aim is to inspire one's awareness and perception to connect to nature and harmonize with the self through the practice of yoga, wushu, and other forms of related arts. Moreover, the organizers want to support the city's reputation as the vacation capital of the North by revitalizing various heritage products and the arts and revisiting its famed past as a rest and recreational city. Organic farm to table food, workshops, homegrown musicians and performers, and native handicrafts among others will be highly promoted during the event. The festivities are designed to offer a new delightful experience and create moments for all tourists and locals alike.

We ensure that this event will be done in the most qualitative way adhering to the values of excellence and passion.

Attached herewith is a document that contains more information about the Yoga and Wellness Festival. We thank you in advance in giving this proposal consideration. The organizers can be reached anytime for discussion and clarifications. Moreover, allow the organizers to initiate contact with you at your most convenient time.

Thank you very much.

**MARIE VENUS Q. TAN**  
Regional Director



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**PHILIPPINES**  
www.tourism.gov.ph

Baguio Tourism Complex, Governor Pack Road, Baguio City 2600  
PO Box # 820 Telefax No: (+6374) 442-8848; Tel. Nos: (+6374) 442-7014/ 424-8667  
Email Add: [dotregioncar@gmail.com](mailto:dotregioncar@gmail.com) Website: [www.visitmyphilippines.com](http://www.visitmyphilippines.com)



# SCHEDULE

## SATURDAY

TIME	ACTIVITY	SPEAKER	VENUE
7:30 AM	<b>REGISTRATION</b> A. IED ASHTANGA B. GENTLE THERAPEUTIC YOGA AND PROPER BODY MECHANICS	LALAH DE DIOS MARIA GUADALYN	CORDILLERA BALLROOM
9:00 AM	<b>OPENING CEREMONY</b>		
10:30 AM	A. ORISSA HOLISTIC YOGA B. YOGA AND VEGANISM C. KIDS YOGA	RIZA LIM NANCY SIY WINGKEY SANCHEZ	CORDILLERA BALLROOM ROOFDECK
12:00 NN	<b>LUNCH</b>		
2:00 PM	A. NADA YOGA B. MINDFULNESS C. STORYTELLING	KAMALA DAX CORARRUBIAS KAWHAT STORYTELLING INITIATIVE	CORDILLERA BALLROOM ROOFDECK
3:30 PM	A. KUNDALINI YOGA B. YIN YOGA C. POI	MARISA YANCE DAX CABARRUBIAS LUIISA RIMENEZ	CORDILLERA BALLROOM ROOFDECK
5:00 PM	A. POWER OF PRANAYAMA AND THE IMPORTANCE OF SAZHANA B. VINYASA MASTER CLASS C. SOUND MEDITATION	SIRI SHIVA PIO BAQUIRAN ALI MAHATMA DEVA	CORDILLERA BALLROOM ROOFDECK
6:30 PM	A. KIRTAN AND MUSIC MEDICINE B. BRAHMA KLIMARIS	KAMALA MA BRAHMA KLIMARIS	CORDILLERA BALLROOM

## SUNDAY

TIME	ACTIVITY	SPEAKER	VENUE
7:30 AM	<b>REGISTRATION</b> A. ASHTANGA PRIMARY SERIES B. MANTRA MEDITATION	KREZEL MINA-ADJAD JAMUNA DOYLE	CORDILLERA ROOFDECK
9:00 AM	A. ANUSARA-INSPIRED YOGA B. JIVAMUKTI	FRANCESCA REGALA NANCY SIY	CORDILLERA ROOFDECK
10:30 AM	A. "HAVE YOU HAD A SPIRITUAL EXPERIENCE?" (ECKANKAR) B. VIN YANG	MAGGIE DE LA RIVA KREZEL MINA-ADJAD	CORDILLERA ROOFDECK
12:00 NN	A. CORE FLOW YOGA B. VEGAN COOKING	VIEL OLEGARIO PIO BAQUIRAN	CORDILLERA ROOFDECK
1:30 PM	A. GENTLE SOUND HEALING YOGA FLOW B. ORISSA RHYTHM & NATURE YOGA THERAPY	MARIA GUADALYN RIZA LIM	CORDILLERA ROOFDECK
3:00 PM	A. MEDITATION ON TWIN HEARTS B. GARDENING WORKSHOP	DONNA FRANCISCO BAGUIO COUNTRY CLUB	CORDILLERA ROOFDECK

# TICKET PRICE



### FESTIVAL PASS

PhP 2500

- Full day pass
- Buffet Lunch and Snacks (Saturday only)
- Access to all yoga classes and workshops



### SUNDAY PASS

PhP 1000

- Access to all yoga classes and workshops



### ONE DAY PASS

PhP 1700

- Saturday pass
- Buffet Lunch and Snacks
- Access to all yoga classes and workshops



### STUDENT PASS

PhP 250

- Access to all yoga classes and workshops

\* Note: For the Cordillera Students Pass, To avail students must present VALID ID.

September 16(Saturday) & 17(Sunday), 2017

7:30 am onwards

Baguio Country Club

For further information, Please contact the ff number:

Baguio: 09387728910

Manila: 09166644828

09176318360

OR visit us at:

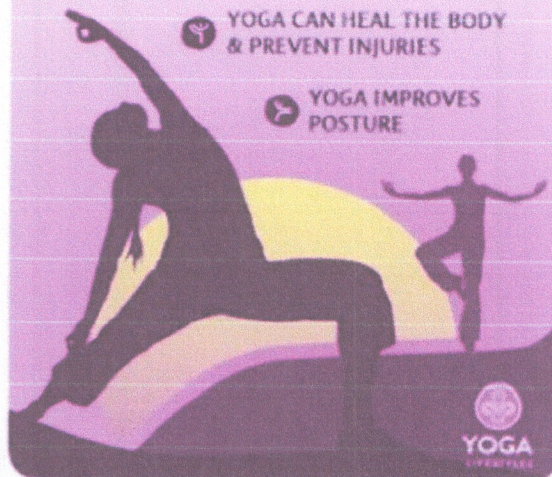
[www.namaskarfestival.com](http://www.namaskarfestival.com)

f namaskaryogafestival



# BENEFITS OF DOING YOGA


- YOGA CAN REDUCE MENOPAUSAL HOT FLASHES
- YOGA IMPROVES BALANCE
- YOGA CAN MAKE YOU MORE GRACEFUL
- YOGA CAN HELP PREVENT MIGRAINES
- YOGA DELAYS AGING BY STIMULATING DETOXIFICATION IN THE BODY
- YOGA CAN RELIEVE CONSTIPATION
- YOGA CAN ALLEVIATE ALLERGY SYMPTOMS
- YOGA INCREASES PAIN TOLERANCE
- YOGA REDUCES BLOOD PRESSURE & PULSE RATE
- YOGA HELPS PREVENT DISEASE BY MASSAGING INTERNAL ORGANS
- YOGA CAN HELP IMPROVE YOUR IMMUNE SYSTEM
- YOGA CAN HEAL THE BODY & PREVENT INJURIES
- YOGA IMPROVES POSTURE





The Benefits of

# Yoga in the Classroom



Increases self-esteem

Improves behavior, less discipline problems

Invites a calm atmosphere

Increases physical and mental awareness

Provides opportunity for discovery and fun

Improves motor development on both sides of the body

Relieves stress, anxiety and anger

Improves self control