



Republic of the Philippines  
**Department of Education**  
REGION VII - CENTRAL VISAYAS  
DIVISION OF CITY SCHOOLS - TAGBILARAN CITY

**Office of the Schools Division  
Superintendent**

DIVISION MEMORANDUM  
No. 289 , s. 2025

**May 19, 2025**

**12TH EXPRESSIVE ARTS WORKSHOP**

To: OIC, Assistant Schools Division Superintendent  
OIC-Chief, CID  
Chief, SGOD  
Public Elementary and Secondary School Heads  
Public Elementary and Secondary Teachers  
All Others Concerned

1. This Office, through the School Governance and Operations Division (SGOD), disseminates the communication received from **Dr. Marylendra A. Penetrante, CLC, CMHA, MAEd-SPED**, Conference Chair and Executive Director of **CYWTAC, Inc.**, inviting participants to the **12th Expressive Arts Workshop**. The activity is scheduled to take place on **October 22-23, 2025**, at **Grand Palace Hotel Sanur-Bali**, Jalan By Pass Ngurah Rai No. 165, Sanur 80228, Bali, Indonesia.
2. Participation in this activity is **voluntary**.
3. For further details, please refer to the attached communication.
4. Immediate dissemination of this Memorandum is desired.

  
**WILFREDA D. BONGALOS PhD CESO V**  
Schools Division Superintendent 

WDB/JAAL/SGOD/MCC/rdo



Address: H. Zamora St., Dampas, Tagbilaran City, Bohol  
Telephone Nos.: (038)427-1702; (038)427-2506; (038)422-8177  
(038)427-6718; (038)544-2147  
Email Address: tagbilarancity.division@deped.gov.ph



received SGROD: (001)  
05/15/25 @ 1:16 pm



Dear Colleagues in the Psychosocial Profession:

Greetings from CYWTAC!

We are delighted to extend an invitation to you for the **12th Expressive Arts Workshop**, scheduled to take place from **October 22 to 23, 2025** in the beautiful surroundings of **GRAND PALACE HOTEL SANUR – BALI, Jalan By Pass Ngurah Rai No. 165, Sanur 80228 Bali, Indonesia**. This year's workshop is themed **“Artful Wellbeing: Embracing Creative Rituals for Wellness, Balance, and Connection.”** It promises to be an enriching experience, designed for individuals who are committed to enhancing their personal and professional well-being through creative expression.

This workshop is open to **helpers, social workers, teachers, guidance counselors, parents, caregivers, and other individuals** interested in exploring how creative rituals can foster wellness, balance, and deeper connections. It will provide practical tools and strategies for integrating expressive arts into daily life, with a focus on mental and emotional wellness.

We believe your participation would greatly contribute to the collective energy of the workshop, and we look forward to welcoming you to this transformative experience.

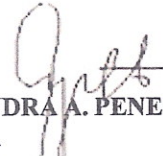
Since this will be an in-depth walk-through on the topic, the organizer will **limit the number of participants** for the total interactive climate. Thus, we encourage the first payment, first reservation scheme.

A **Registration Fee of ₱12,000.00** (Early Bird Deal – January to August 2025) and **₱12,500.00** (September to October 2025/onsite) will be collected to cover the cost of meals (4 snacks & 2 lunches), workshop materials, and certificates. Please note that **participants who opt for onsite payment** are required to settle the fee in **US Dollars**. This conference is a **live-out** event, and accommodation will be at the participant's own expense. We kindly request that you confirm your attendance on or before **October 3, 2025**.

We are pleased to inform you that, in addition to the workshop, we will be facilitating an **optional Cultural Bali Tour** on **October 24th, 2025**. This tour is designed to provide participants with a unique opportunity to explore the cultural and natural beauty of Bali, complementing the themes of wellness and relaxation. The **fee for the tour** will range from **₱3,000.00 to ₱3,500.00** (approximately **\$50.00 - \$60.00 USD**) per participant. To **secure a spot**, all interested participants are required to deposit **₱3,000.00 (\$50.00 USD)**. For those paying onsite, payments must be made in **US Dollars**.

If you are interested to join this event and/or tour kindly message us your confirmation via (telefax at 052- 201-9889 or (text) 09228670940 / 09228670941 (Sun) or email at: [cywtac\\_legazpi@yahoo.com.ph](mailto:cywtac_legazpi@yahoo.com.ph) or sent via private message at CYWTAC Legazpi Facebook account so that we may send you the **registration form and bank details**.

Sincerely yours,

  
**DR. MARYLENDRA A. PENETRANTE, CLC, CMHA, MAED SPED**  
Conference Chair  
Executive Director-CYWTAC, Inc.

CHILDREN AND YOUTH WELLNESS, TECHNICAL  
& ADVOCACY CENTER (CYWTAC), INC.



12TH

# EXPRESSIVE ARTS WORKSHOP

OCTOBER 22-24, 2025

BALI, INDONESIA

**12TH EXPRESSIVE ARTS WORKSHOPS**  
OCTOBER 22-24, 2025

**THEME: "ARTFUL WELLBEING: EMBRACING CREATIVE RITUALS FOR WELLNESS, BALANCE AND CONNECTION"**

**DAY 1 CREATIVE FREE MOVEMENT RITUALS**

9:00 AM - 9:30 AM: WELCOME AND OPENING CIRCLE  
INTRODUCTION OF FACILITATORS AND PARTICIPANTS.  
OVERVIEW OF THE WORKSHOP GOALS AND SCHEDULE.  
GROUNDING EXERCISE TO SET INTENTIONS.

9:30 AM - 10:00 AM: INTRODUCTION TO EXPRESSIVE ARTS  
PRESENTATION ON THE PRINCIPLES OF EXPRESSIVE ARTS AND THEIR BENEFITS FOR WELLNESS.  
DISCUSSION ON THE IMPORTANCE OF RITUALS IN DAILY LIFE FOR BALANCE AND CONNECTION.

10:30 AM - 10:45 AM: BREAK

10:45 AM - 12:00 PM: CREATIVE RITUALS EXPLORATION  
CREATIVE FREE MOVEMENT RITUALS ON SELF-LOVE, LIFE APPRECIATION, CONNECTING WITH GOD, COMMUNITY  
APPRECIATION

12:00 PM - 1:00 PM: LUNCH BREAK

1:00 PM - 4:00 PM: CONTINUATION OF SESSION

4:00 PM - 4:30 PM: SHARING CIRCLES  
REFLECTION ON PERSONAL EXPERIENCES AND INSIGHTS GAINED.

**DAY 2: DEEPENING CONNECTIONS AND WELLNESS PRACTICES**

9:00 AM - 9:30 AM: MORNING GROUNDING PRACTICE  
MINDFUL BREATHING AND MOVEMENT TO START THE DAY.  
SETTING INTENTIONS FOR DEEPER EXPLORATION.

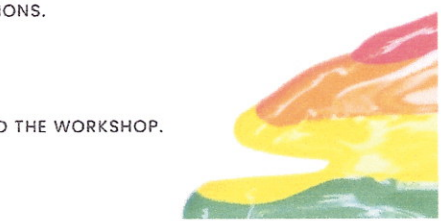
9:30 AM - 12:00 AM: CREATIVE RITUALS EXPLORATION  
CREATIVE ART RITUALS ON APPRECIATION OF SUPPORT, LETTING-GO AND FORGIVENESS

12:00 AM - 1:00 PM: LUNCH BREAK

1:00 AM - 3:00 PM: EXPRESSIVE WRITING AND REFLECTION  
GUIDED WRITING PROMPTS FOCUSING ON PERSONAL WELLNESS AND CONNECTIONS.  
SHARING REFLECTIONS IN PAIRS OR SMALL GROUPS.

3:00 PM - 4:00 PM: CLOSING CIRCLE  
REFLECTION ON EXPERIENCES AND LEARNINGS.  
PARTICIPANTS SHARE HOW THEY PLAN TO MAINTAIN WELLNESS RITUALS BEYOND THE WORKSHOP.

**DAY 3: CULTURAL IMMERSION VIA BALI TOUR (OPTIONAL)**





**"It promises to be an enriching experience, designed for individuals who are committed to enhancing their personal and professional well-being through creative expression."**



**Registration Fee**

- **₱12,000.00 (Early Bird Deal - January to August 2025)**
  - **₱12,500.00 - (September to October 2025/onsite)**
- will be collected to cover the cost of meals (4 snacks & 2 lunches), workshop materials, and certificates.

**Optional Cultural Bali Tour on October 24th, 2025**

- the tour will range from **₱3,000.00 to ₱3,500.00** (approximately \$50.00 - \$60.00 USD) per participant.
- To secure a spot, all interested participants are required to deposit **₱3,000.00** (\$50.00 USD).
- For those paying onsite, payments must be made in US Dollars.



**Workshops is Open to:**

- **Helpers**
  - **Social workers**
  - **Teachers**
  - **Guidance counselors**
  - **Parents**
  - **Caregivers**
- and other individuals interested in exploring how creative rituals can foster wellness, balance, and deeper connections*

**Contact Us**

Telefax : 052- 201-9889 or  
Text: 09228670940 / 09228670941  
(Sun)

Email at:  
cywtac\_legazpi@yahoo.com.ph  
or sent via private message at  
Cywtac Legazpi Facebook account

**12th Expressive Arts Workshop**



**October 22 to 23, 2025**  
**GRAND PALACE HOTEL SANUR -**  
**BALI, Jalan By Pass Ngurah Rai No. 165,**  
**Sanur 80228 Bali, Indonesia.**