



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

**Office of the Schools  
Division Superintendent**

October 3, 2025

DIVISION MEMORANDUM  
No. 712 s. 2025

**12<sup>TH</sup> EXPRESSIVE ARTS WORKSHOP IN BALI**

To: Assistant Schools Division Superintendent  
Chief CID and SGOD  
Public Elementary and Secondary School Principals  
Public Elementary and Secondary School MAPEH Coordinators  
All Others Concerned

1. This has reference to the communication received from Dr. Marylyndra A. Penetrante, CLC., CMHA, MAED., SPEDINC Conference Chair, Executive Director-CYWTAC, Inc. inviting interested participants to the 12<sup>th</sup> Expressive Arts Workshop on October 22-23, 2025 in the beautiful surroundings of Grand Palace Hotel Sanur-Bali, Jalen Bypass Ngurah Rai No 165, Sanur 80228 Bali, Indonesia.
2. This year's workshop is themed Artful Wellbeing Embracing Creative Rituals for Wellness, Balance and Connection.
3. The 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.
4. Interested participants are allowed on official time only and subject to the compliance with the No Disruption of classes Policies outlined in DepEd Order No. 9, s. 2005 titled Instituting Measures to Increase Engaged Time-On-Task".
5. Immediate dissemination of, and compliance with this Memorandum are directed.

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

WDB/JAAL/CID/JTB/aal



H. Zamora St., Dampas, Tagbilaran City, Bohol  
(038)427-1702; (038)427-2506  
tagbilarancity.division@deped.gov.ph

Final Call: Join Us in Bali for a Transformative Arts Workshop! 🌸

From cywtac\_legazpi@yahoo.com.ph <cywtac\_legazpi@yahoo.com.ph>

Date Wed 10/1/2025 11:06 AM

📎 1 attachment (943 KB)

Letter of Invitation-12th Expressive Arts - Bali, Indonesia -Schools.pdf;

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

**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*

**Registration Fee**

- P12,000.00 (Early Bird Deal - January to August 2025)
- P12,500.00 -(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 P3,000.00 to P3,500.00 (approximately \$50.00 - \$60.00 USD) per participant.
- To secure a spot, all interested participants are required to deposit P3,000.00 (\$50.00 USD).
- For those paying onsite, payments must be made in US Dollars.

**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.

🌸 **FINAL REMINDER!** 🌸

**12th Expressive Arts Workshop in Bali**

📅 **October 22–23, 2025** | 📍 **Grand Palace Hotel Sanur – Bali, Indonesia**

🌟 **Theme: Artful Wellbeing – Embracing Creative Rituals for Wellness, Balance, and Connection**

Are you ready to restore your spirit, reconnect with your creativity, and join a vibrant community of healers, educators, and wellness advocates? ❤️ This is your *last chance* to reserve a spot for an unforgettable journey into healing through the arts—set in the heart of beautiful Bali.

 **Open to:**

**Social workers, counselors, teachers, caregivers, therapists, and all who believe in the power of creative expression for healing and connection.**

 **Workshop Fees:**

 **Regular Rate: ₱12,500**

 ***Includes meals, materials & certificate | Live-out event***

 **Optional Cultural Bali Tour:**


 **October 24 | ₱3,000–₱3,500 (\$50–\$60 USD)**

**Discover the soul of Bali through guided cultural immersion!**

 **Deadline to Confirm: October 3, 2025**

 ***Slots are limited – First-paid, first-reserved!***

 **Email: [cywtac\\_legazpi@yahoo.com.ph](mailto:cywtac_legazpi@yahoo.com.ph)**

 **Text: 09228670940 / 09228670941**

 **Tel/Fax: (052) 201-9889**

 **Give yourself the gift of creativity, clarity, and connection. Join us in Bali for a truly transformative experience. Your journey to artful wellbeing begins here. 🌿**

**Sincerely,**

**DR. MARYLENDRA A. PENETRANTE, CLC, CMHA, MAED SPED**

Conference Chair, Executive Director-CYWTAC, Inc.

**Children and Youth Wellness Technical and Advocacy Center (CYWTAC) Inc.**

*Caño Bldg. Unit 14, 3rd Floor, Brgy. Baño, Legazpi City, Albay*

**(052) 201 9889**



## SCHOOLS DIVISION SUPERINTENDENT

Thru: SCHOOL PRINCIPAL

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** 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)**

