



CIVIL  
SERVICE  
INSTITUTE



**YOU ARE INVITED TO EVOLVE A CULTURE OF  
WELLNESS**

**THROUGH A CONSCIOUSNESS OF PROSPERITY & INTEGRITY  
Kampana ng Kamalayan Kasaganaan at Kabuonan**

With Philippine cultural icon Joey Ayala and values educator-home economist Pauline Salvaña-Bautista, the CIVIL SERVICE INSTITUTE will walk you through

- The tools to self-design a 4-month program for wellness and life balance.
- A notation system for stress-free organizing of thoughts and plans.
- A system for evaluating the balance and wellness of one's own life.
- A system of goal-setting.
- An experience of healthy meals using local ingredients.
- An experience of mind-body harmony through breathing and gentle movement.
- An interactive goal-oriented discussion on family life and child development
- Mentoring on lifestyle and leisure

**You will experience successfully- piloted capacity-building processes: *SiningBayan*** to generate practical life-improving habits that sustain wellness in various dimensions, ***Bayanihan***, competent and harmonious group activity, towards developing and drilling the skills required for successful communal undertakings in a culture of wellness and ***SariLikha***, native creativity, to exercise your creative muscle for expressing, playing and working with complex, self-determined life-improving ideas.

**KKKK is a four-month Wellness Workshop.** The 3-day workshop in February is a sensory-stimulating experience in wellness that will evolve a Wellness Plan for you to sustain throughout a trimester. It commences in a 1-day Wellness Progress-Sharing Workshop in June. Please come to the KKKK Wellness Workshop in comfortable clothing. Bring a recipe to share, an item to trade, and a photo of a space you want to improve.



**Joey Ayala and Pauline Salvaña-Bautista**, have been collaboratively responding to requests by various sectors to design and facilitate life-improving workshops since 2003. He is a singer-songwriter much-awarded through three decades for his songs' relevance of subject matter – environment, society, values- his ground-breaking use of indigenous instruments and influences in his recordings and performances as well as his thought-provoking and action-stimulating music, known to evolve a consciousness of native creativity. She is known for hosting a TV segment which featured interactive storytelling, singing and visual art activities to teach values, and her paradigm-shifting talks to parents while teaching graduate studies in Education and undergraduate

courses in the Humanities. They published Siningbayan Art of Nation Building Fieldbook in 2009 and most recently PalayBigasKanin (PBK) CoreBook in 2011, a resource book and training program for building a culture of health consciousness, wellness and prosperity in the grassroots. The KKKK Wellness Workshop for the CSC is implemented in partnership with Dr. Dinah Nadera and Dr. Susan Balingit, medical practitioners engaged in healing advocacies, and artist-educators.

**Registration Fee of P7,500 includes materials and meals for a 4-day workshop and a 4-month Wellness Journal with CD.**

**To register, please contact the Office of CSI Director Agnes D. Padilla at 931-4182 or 931-7935 local 303, and 931-8019 (telefax)**