

## WELLNESS

### ENERGY AWARENESS AND LIFE MANAGEMENT

2 ½ hours (9 – 11:30 am)

This workshop builds awareness of energy among the participants and how it influences all aspects of our life. It also presents and explains a healing meditation – “Meditation on Twin Hearts”, and how it can help participants manage stress, achieve peace, illumination, and manage life’s challenging situations. The meditation is one technique taught in Pranic (energy) healing.

### HEALING MEDITATION

Every Monday, 4pm  
Meditation on Twin Hearts

### STUDY GROUP ON ACUPUNCTURE AND TRADITIONAL CHINESE MEDICINE

Every Thursday, 9 am to 12 noon.

Lyn Ramo, certified acupuncture practitioner, leads the weekly wellness study sessions on Traditional Chinese Medicine, with focus on acupuncture.

## ARTS

### ART LESSONS

Our resident artist, Clemente Delim, handles one-on-one or group art lessons in eco art, painting, mixed media, bamboo craft, and sculpture.

### SUMMER ART WORKSHOPS

These workshops

- Instill the values of caring, respect, and responsibility for the earth;
- Develop practical and creative skills in recycling, earth art, and dance and music;
- And build team work, listening skills, and active participation.

Schedules to be announced.

**For inquiries and reservations,  
contact MES secretary at:**

**074-424-5745**

**0915 655 5745**

**[mesbaquioseca@gmail.com](mailto:mesbaquioseca@gmail.com)**



## 2017 Learning Programs

### OUR MISSION

*The Sanctuary promotes a holistic understanding of the Earth. This is gleaned through scientific data, ancient traditions, and indigenous cultures and guided by the world’s religious and modern spiritualities that reconnect all of creation with the Eternal Spirit.*

### OUR VISION

*The Sanctuary envisions a mutually enriching Earth-human relationship that will enable future generations to care for a beautiful and thriving planet capable of supporting life with justice and peace for all.*

**No. 25 North Santo Tomas Road  
Campo Sioco, Baguio City  
+63 74 424 5745; 0915 655 5745  
[mesbaquio@gmail.com](mailto:mesbaquio@gmail.com)  
[www.maryknollecosanctuary.org](http://www.maryknollecosanctuary.org)**

---

## CARE FOR THE EARTH

### COSMIC JOURNEY

Is a two-hour nature trek through fourteen stations, to experience different moments in the unfolding of the universe. Guided tours and reflections help us make wise decisions in the use of the earth's resources so that future generations inherit a planet capable of sustaining life.

(Closed on Mondays)

### EARTH RECOLLECTION

Earth Recollection offers learning activities designed to reacquaint us with the Earth and its bounty. This one-day activity starts with the Cosmic Journey, and ends with a meditative walk in the Labyrinth. It imparts basic lessons on ecology, fosters a reverence for nature, and inspires personal action and commitment.

### NATURE CAMP

24 hours (2pm to 2pm the following day, overnight at the campsite)

Through the nature camp, young people learn to respect and appreciate nature and build their environmental awareness. It aims to provide experiential learning on self-reliance and healthy living. Participants learn composting and how to grow food the natural way, through hands-on activities. The youth are inspired to take action to address ecological issues affecting their home, school, and community.

Participants will bring their own food to cook at the campsite. Good for 25-35 participants.

### GROW YOUR OWN FOOD THE NATURAL WAY

1 day (9 am – 4 pm)

This course teaches participants to grow their own food the natural way, in order to have a supply of fresh, safe and healthy food for the family. Topics covered are preparation of a home garden, soil and water management, seeds and seedlings management, pest management, harvest and thanksgiving. Learning is done through lecture/ discussion and hands-on work in the garden.

### BASIC VERMICULTURE COURSE

2 hours (9 – 11 am)

In this course, participants will:

- Learn to manage their biodegradable wastes
- Learn to produce premium organic fertilisers
- Learn the basic knowledge and skills needed to set up and maintain a vermicomposting system
- Get to know and interact with Eugene, the composting worm, also known as the African night crawler

## INDIGENOUS WISDOM

### LEARNING FROM INDIGENOUS EARTH WISDOM OF THE CORDILLERA PEOPLES

1 day (9am – 4pm)

This workshop presents valuable lessons and ways of looking at the world in a holistic way, in the indigenous tradition of the Cordillera peoples. The workshop aims to:

1. Build an appreciation for indigenous knowledge and its contributions to the sustaining of life of Planet Earth
2. Reflect on the indigenous ways of being rooted in the land, connected to the unseen, and belonging to community
3. Provide a venue for mutual learning and sharing among participants on the indigenous knowledge of the Cordillera people

\*Facilitators may be invited to conduct this workshop outside of Baguio.

### REFLECTIONS ON SHARED FAITH AND INDIGENOUS SPIRITUALITY

Once a month, schedule to be announced

### PUBLICATIONS

#### Indigenous Earth Wisdom

A documentation of the cosmologies of the indigenous peoples of the Cordillera. Winner of the "Best book in Ministry" of the Cardinal Sin Catholic Book Awards, 2016.

#### From Elders to Children

Stories of wisdom from the Cordillera, Philippines. A collection of stories for children.

---