



Balay Program

AY 2022- 2023, Term 1-3

LCIDWell Activities

BALAY	Monday Meditations	Points	Friday Spiritual Fitness	Points	WEBINAR: MINDING OUR WELL-BEING	Points	MHWELL 101: Minding Your Well-Being Course on Animospace	Points	MALAYANG LIKHAAN	Points	YogaPlus: Power of the Breath	Points	YogaPlus: Mindful and Intentional Communication	Points	YogaPlus: Mindful Conflict Resolution	Points	Total Points
BENILDE	2	10	4	10	4	10	7	10	2	10	6	10	3	10	2	10	80
JAIME	4	10	9	10	9	10	11	10	2	10	4	10	1	10	3	10	80
MIGUEL	0	0	0	0	6	10	7	10	1	10	5	10	3	10	5	10	60
MUTIEN	2	10	6	10	11	10	9	10	17	10	1	10	1	10	1	10	80
SOLOMON	0	0	1	10	14	10	9	10	5	10	3	10	4	10	1	10	70