



PLANTING ROOTS FOR THE FUTURE
LIKHA GLOBAL WELLNESS RETREAT
MARCH 4-13, 2026

LETTER FROM THE CEO



Dear Valued Partners and Stakeholders,

Thank you for the continued support in making the **Likha Global Wellness Retreat** a meaningful and successful gathering. This retreat brought together participants from diverse backgrounds and countries, creating a vibrant space for **wellness, creativity, learning, and cultural exchange**.

One of the most rewarding aspects of the program was its positive impact on the **younger generation**, who actively participated in reflective activities, creative workshops, and dialogue sessions. Their engagement demonstrated the value of creating spaces where young leaders can grow, reflect, and envision their future with **confidence and purpose**.

The retreat also helped strengthen **international connections**. Through shared experiences and meaningful conversations, we were able to build bridges across cultures and expand our growing global network dedicated to wellness, creativity, and community development.

The retreat was the celebration of **Philippine culture**, cuisine, and values. Participants experienced the richness of Filipino heritage through curated culinary and cultural experiences, including traditional Filipino cuisines and cultural performances at Barbara's Heritage Restaurant in Intramuros, the heritage-inspired dining experience at Pamana, and artisanal Filipino chocolate traditions showcased at Tsokolateria. These experiences offered our international guests a deeper appreciation of the Philippines' diverse **culinary traditions, artistry, and warm hospitality**.

Most importantly, the retreat proudly highlighted Ang Pulo, the rich culture, natural beauty, and welcoming spirit of the community of Quilitisan, Calatagan, Batangas. The people, traditions, and environment of Quilitisan played an essential role in making the retreat a truly **authentic and memorable experience** for our guests.

We remain deeply grateful for your partnership and support in helping us bring programs like the Likha Global Wellness Retreat to life. Together, we continue to advance our shared mission of promoting wellness, cultural appreciation, and **meaningful community engagement**.

With sincere appreciation,
Cecilia Ramirez
President & CEO

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LIKHA GLOBAL WELLNESS RETREAT

The LIKHA Goal Setting and Vision Board Making Retreat officially began with the participation of local attendees, international guests, and student leaders from various colleges and high schools. The retreat opened with a warm briefing and introduction of the St. Michael team led by Admin and Operations Manager, Marie Mungcal, who shared the vision and purpose of the gathering.

Designed as a space for reflection, creativity, and personal growth, the retreat brought together participants from diverse backgrounds to explore their goals, dreams, and aspirations. Through guided activities and meaningful dialogue, attendees began a meaningful journey of inspiration, leadership, and self-discovery.

The first day concluded with a healthy and intimate dinner where the ladies gathered in a relaxed and welcoming setting. The evening created a warm space for participants to connect, share stories, and begin forming friendships that would continue throughout the retreat.





WEAR YOUR CROWN

The first activity of the retreat begins with a simple yet meaningful creative exercise—decorating a hat. Participants design their own hats using ribbons, flowers, and other decorative elements. More than just a craft activity, it becomes a beautiful way to express individuality and creativity. Each design reflects the personality, mood, and imagination of the person creating it.

When participants place their finished hats on their heads, the moment becomes symbolic—like wearing their own crown. It sets a joyful and empowering tone for the retreat, reminding everyone to celebrate their uniqueness as they begin this wellness journey together.



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PLANTING ROOTS FOR THE FUTURE

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As part of the LIKHA Retreat, our participants visited the mangrove plantation of Ang Pulo, where they had the opportunity to learn more about the vital role mangroves play in protecting our coastal communities and ecosystems. Through a guided tour, they discovered how these natural barriers help prevent coastal erosion, support marine life, and sustain the livelihood of local communities.

More than just learning, the group also took action. As promised, we joined the women of Ang Pulo in planting mangroves, contributing in our own small way to the ongoing effort to preserve and protect these important forests.

It was a meaningful experience—standing together in the mud and water, planting seedlings that will one day grow into strong protectors of the shoreline. Moments like this remind us that caring for the environment is not only a responsibility, but also a shared commitment to future generations.

A heartfelt thank you to the women of Ang Pulo for welcoming us and for inspiring us with the work that you do for the community and for nature.



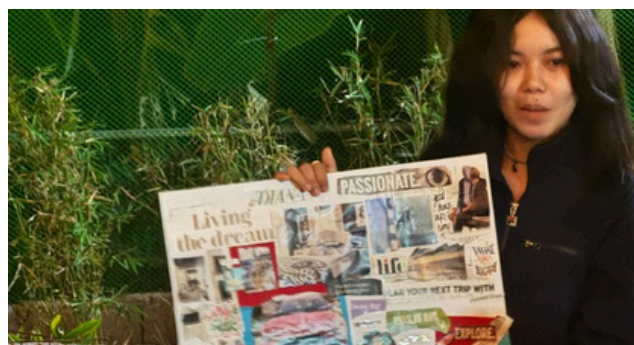
Visualizing Dreams, Sharing Purpose

One of the meaningful activities during the LIKHA Retreat was the creation of personal vision boards. Through images, words, and creativity, participants reflected on their dreams, intentions, and the kind of life they want to manifest.

Vision board making is a powerful practice that helps bring clarity, focus, and direction. When goals are visualized, they become more tangible and remind us to stay aligned with our purpose and aspirations.

In the evening, the space became even more inspiring as everyone had the opportunity to share the story behind their vision boards. It was a beautiful exchange of dreams, experiences, and hopes for the future. Each story carried a unique journey—some spoke about personal growth, others about healing, service, and making a difference.

What made the experience special was the sense of connection and encouragement within the group. Listening to each other's visions reminded everyone that dreams are powerful, and sharing them creates a community that uplifts and supports one another.



Indian Culture and Values Highlighted at the Likha Global Wellness Retreat

The Likha Global Wellness Retreat at St. Michael Health & Wellness Center in Quilitisan, Calatagan, Batangas was honored to welcome guests from India, Ms. Abirami Jayaraman and Mr. Narayanan Ganesan, who shared meaningful insights into Indian culture, traditions, and values.

One of the highlights of their visit was a presentation on the cultural tradition of wearing the saree, one of India's most iconic garments. Ms. Jayaraman explained how the saree reflects the grace, beauty, and dignity of women, symbolizing heritage and tradition passed down through generations.



The couple also shared insights into the important role of women in Indian family life, emphasizing values of care, leadership, and cultural preservation within the home and community.

In addition, Ms. Jayaraman and Mr. Ganesan spoke about the values and principles behind their successful business, highlighting the importance of integrity, discipline, and strong family support.

Their visit enriched the retreat by offering participants a deeper appreciation of Indian culture while strengthening the international connections and cultural exchange that define the spirit of the Likha Global Wellness Retreat.

"Building relationships across cultures is much more than just a business necessity; it is an art form that demands sensitivity, patience, and an open mind." —

— CRAIG
MAGINNESSARSHAD



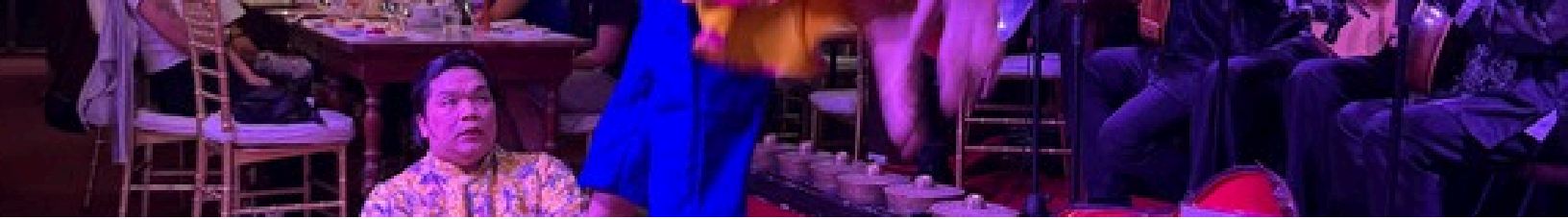
PHILIPPINE CUISINE - A Fusion of Cultures and Influences

The Philippines has long been a crossroads of cultures. Indigenous traditions blended with influences from Spain, China, Malaysia, Mexico, and the United States have created a cuisine that is uniquely Filipino.

Spanish colonization introduced dishes like adobo and festive traditions centered around large family meals. Chinese traders brought noodles and dumplings, which evolved into Filipino favorites such as pancit and siopao. Meanwhile, indigenous cooking methods—grilling, stewing, fermenting, and using tropical ingredients—remain at the heart of Filipino cooking.

The result is a cuisine that balances savory, sour, sweet, and salty flavors, often in a single dish.





PHILIPPINE CULTURAL DANCES

Philippine cultural dances are a vibrant expression of the country's rich history, traditions, and diverse cultural influences. Shaped by indigenous roots and centuries of interaction with Malay, Spanish, Chinese, and Muslim cultures, these dances reflect the values, stories, and daily lives of Filipino communities across the archipelago.


Many traditional dances celebrate important aspects of Filipino life such as courtship, harvest, festivals, and spirituality. Folk dances like the Tinikling, inspired by the graceful movement of birds through bamboo poles, showcase agility and rhythm, while the Cariñosa highlights romance and elegance influenced by Spanish culture. In the southern Philippines, dances from Muslim communities such as Singkil demonstrate royal grace and storytelling through intricate movements and the use of fans, scarves, and bamboo.



UPCOMING EVENT - TEA, TIARA, MOTHER & ME - MOTHER AND DAUGHTER



Tea, Tiaras & Mommy-Me Magic!

 **17** Mother & Daughter's Day Weekend
By reservation only | Limited slots available

May 1 - 3:00 p.m. - Check in
May 2 - 5:00 p.m. - Check out
Tea, Sweets and Tiaras, Mother and
Daughter shared room -Php: 5,000

St. Michael & Company Health & Wellness
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<https://stmichaelwellness.com/mother-daughter-weekend-2023>



Sacred India: Ayurveda, Meditation & Cultural Immersion Journey

Feb 17 - March 1, 2027

A St. Michael Health & Wellness Signature International Retreat
Discover the vibrant colors and rich culture of India.
Plan ahead for this amazing adventure!

Visit our website for more information:
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Contact us:

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SAVE THE DATE



