

MIND & BODY WELLNESS WEEK CALENDAR

DECEMBER 26, - JAN 3



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ST. MICHAEL
& COMPANY 

MIND & BODY WELLNESS WEEK

DECEMBER 26, 2026 - JANUARY 3, 2027

	25FRI FRESH EATS, LOCAL VIBES RESTAURANT WEEK (DEC 26 - JAN3) LParticipating restaurants, cafés, and food establishments will feature wellness-inspired meals using local ingredients, healthy choices, nourishing flavors, and creative dining experiences.	26SAT STUDENT ART EXHIBIT <i>Katawan, Isip, at Kalikasan: Sining ng Kabataan</i> The art exhibit will feature artworks from Quilitisan Elementary School students, Grades 1–7, centered on mind and body wellness, healthy living, nature, family, community, and the beauty of Calatagan. TIME: TBA VENUE: TBA COMMUNITY AND WELLNESS TALKS a day of meaningful conversations and learning sessions focused on health, family wellness, emotional well- being, community care, and mindful living. 9:00 AM- 3:00 PM HIKING AND BEACH EXPERIENCE AT CALUMBUYAN POINT This proposed activity will highlight the scenic beauty of Calumbayan Point as a possible nature-based wellness destination. 7:00- AM 1:30PM	27SUN STUDENT ART EXHIBIT <i>Katawan, Isip, at Kalikasan: Sining ng Kabataan</i> The art exhibit will feature artworks from Quilitisan Elementary School students, Grades 1–7, centered on mind and body wellness, healthy living, nature, family, community, and the beauty of Calatagan. TIME: TBA VENUE: TBA AROMATHERAPY AND ESSENTIAL OILS WORKSHOP a hands-on wellness session introducing the therapeutic use of natural scents and essential oils for relaxation, stress relief, and mindful self- care. 9:00 AM- 12:00 PM
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For more info visit:
STMICHAELWELLNESS.COM

For more info contact:
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MIND & BODY WELLNESS WEEK

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28 MON

FISHING TRIP TOURS

Fishing trip tours will introduce guests and visitors to Calatagan's fishing culture and coastal livelihood. and sea-based

EVENING CONCERT CALATAGAN CHORALE

A oulful community performance celebrating music, reflection, and local talent by the sea.

5:00 - 6:00 PM

VISIT TO THE CAPE SANTIAGO LIGHTHOUSE

a heritage and coastal wellness stop where guests can experience Calatagan's scenic history, ocean views, and peaceful reflection by the sea.

MUSEUM VISIT AT ZOBEL MUSEUM

A cultural wellness experience connecting guests to Calatagan's history, heritage, art, and local identity.

29 TUES

FISHING TRIP TOURS

Fishing trip tours will introduce guests and visitors to Calatagan's fishing culture and coastal livelihood. and sea-based

CHALK ART AT THE BOARDWALK

The Chalk Art at the Boardwalk may invite students, local artists, families, visitors, and community members to create temporary chalk artworks inspired by wellness,

04:00 - 5:00 PM.

SUNRISE MEDITATION SESSION @BOARDWALK

A guided meditation session as part of the afternoon wellness activities. This will support emotional balance, mindfulness, breathing, relaxation, and inner calm.

05:00 AM - 7:00 AM.

30 WED

SUNSET BOAT RIDE AND DINNER

A special sunset boat ride and dinner experience may be offered to guests, couples, families, and visitors who want to enjoy Calatagan's coastal beauty in a relaxed and memorable way.

4:00 PM -7:00 PM

GOAL SETTING AND VISION BOARD WORKSHOP

a guided creative session to help participants reflect, set meaningful intentions, and visualize their personal wellness goals for the new year.

08:00 AM- 4:00PM.

WELLNESS RETREAT AT NAWA

A wellness retreat experience that may include rest, relaxation, mindful movement, spa or wellness activities, healthy meals, meditation, sound healing, and guided reflection.

31 THURS

FRESH EATS, LOCAL VIBES RESTAURANT WEEK (DEC 26 - JAN3)

SUNSET MEDITATION SESSION @BOARDWALK

A guided meditation session as part of the afternoon wellness activities. This will support emotional balance, mindfulness, breathing, relaxation, and inner calm.

04:00 - 5:00 PM.

WELLNESS RETREAT AT NAWA

A wellness retreat experience that may include rest, relaxation, mindful movement, spa or wellness activities, healthy meals, meditation, sound healing, and guided reflection.

For more info visit:

10:00 AM-3:00PM
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	1FRI	2SAT	3SUN
	FRESH EATS, LOCAL VIBES RESTAURANT WEEK (DEC 26 - JAN3) FAMILY WEEK WADE BOARDING EVENT (JAN 1- 3) A family-friendly water activity designed to encourage recreation, bonding, outdoor movement, and enjoyment of Calatagan’s coastal environment.	LOCAL ARTISANS ARTS AND CRAFTS BAZAAR A vibrant showcase of handmade crafts, wellness products, and Calatagan-made creations celebrating local talent, culture, and community livelihood. 9:00 A.M.-5:00 PM WEAVING WELLNESS @MAHALINA A hands-on cultural wellness experience celebrating traditional weaving, creativity, mindfulness, and Calatagan’s local heritage. 10:00 AM-12:00PM PLANTING MANGROVES AT ANG PULO A hands-on environmental wellness activity that invites participants to help restore coastal ecosystems while honoring Calatagan’s natural beauty and community stewardship. 9:00 AM-1:00PM	LOCAL ARTISANS ARTS AND CRAFTS BAZAAR A vibrant showcase of handmade crafts, wellness products, and Calatagan-made creations celebrating local talent, culture, and community livelihood. 9:00 A.M.-5:00 PM

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