



Kabalita

No. 3705, July 27, 2017

GUEST OF HONOR AND SPEAKER



ATTY. DANTE A. GIERRAN, CPA

Director
National Bureau of Investigation
Republic of the Philippines



KABALITA

Let the Philippine government's version of Sherlock Holmes show Asia's First Rotary Club the key to unlocking the mysteries behind the high profile cases hugging the limelight through the initiatives of his office.

What's Inside

Program	2
Presidential Timeline	3
Guest of Honor and Speaker's Profile	4-5
The Week that Was/ RCM Centennial Meeting	6-14
RCM Weekly Birthday Celebrants/FCP	
Birthday Fellowship	15
Testimonial Fellowship	16
Birthday Fellowship of PDG Obet	17-19
Interclub Fora and Activities	20-24
Sunshine Committee	25
In Memoriam/ Cogs in the Wheel	26
News Release	27-29
Public Health Nutrition and Child Care	29
Advertisement	30-32

THE ROTARY CLUB OF MANILA BOARD OF DIRECTORS and Executive Officers 2017-2018

JIMMIE POLICARPIO
President

TEDDY OCAMPO
Immediate Past President

BABE ROMUALDEZ
CHITO ZALDARRIAGA
Vice President

BOBBY JOSEPH
ISSAM ELDEBS
LANCE MASTERS
CALOY REYES
SUSING PINEDA
Directors

ALVIN LACAMBACAL
Secretary

NICKY VILLASEÑOR
Treasurer

DAVE REYNOLDS
Sergeant-At-Arms

AMADING VALDEZ
Board Legal Adviser

RENE POLICARPIO
Assistant Secretary

NER LONZAGA
Assistant Treasurer

Secretariat
ANNA KUN TOLEDO

PROGRAM

RCM's 4th for Rotary Year 2017-2018

July 27, 2017, Thursday, 12Noon, New World Makati Hotel Ballroom

OIC/Moderator: PD "John" Cenica

P R O G R A M T I M E T A B L E

11:30 AM	Registration & Cocktails	
12:25 PM	Bell to be Rung: Members and Guests are requested to be seated by OIC/Moderator :	PD "John" Cenica
12:30 PM	Call to Order	VP "Babe" Romualdez Presiding Officer
	Singing of Republic of the Philippines National Anthem Doxology A moment of silent prayer for the eternal repose of the soul of former member "AC" G. Te, who passed-away recently in the grace of the Lord RCM Hymn The 4-Way Test Credo	RCM WF Music Chorale Rtn. "Caloy" Buendia Rtn. "Ric" Tiongson & RAC De La Salle RCM WF Music Chorale All Rotarians
12:35 PM	Introduction of Guests, Visiting Rotarians & Personalities at the Head Table , Welcome Song	Rtn. "Jack" Bautista RCM WF Music Chorale
12:40 PM	Happy Birthday (Birthday Celebrant) Aug. 1.....Rtn. "Mike" Sicat Happy Birthday Song	RCM WF Music Chorale
12:45 PM	Formal Induction of new member to RCM Brief introduction of Inductee by Proposer Mr. Naoto Tago (Japanese) President and CEO, Marubeni Philippines Corporation Classification : Machinery Equipment – International Trading Proposer : PDG "Vince" Carlos Welcome Baby Rotarian Song	VP "Babe" Romualdez Presiding/Inducting Officer RCM WF Music Chorale
12:50 PM	Introduction of the Guest of Honor & Speaker Address: Atty. Dante A. Gierran, CPA Director, National Bureau of Investigation Public Forum Presentation of plaque of appreciation to Director Dante A. Gierran	PSAA "Fred" Lim VP "Babe" Romualdez Presiding Officer
2:00 PM	Response and Adjournment	VP "Babe" Romualdez Presiding Officer

PRESIDENTIAL TIMELINE



July 18, 2017 - DGE Rudy Bediones and PDG Obet Pagdanganan attended the 34th Charter Anniversary Induction Ceremonies of our daughter club, the Rotary Club of Manila San Miguel, at the Sofitel Philippine Plaza Manila in Pasay City where my classmate, Great President Linda Cristobal, took her oath

July 19, 2017 - Birthday Celebration of PDG Obet Pagdanganan at the Club Filipino in Greenhills, San Juan graced by DGE Rudy Bediones, IPP Teddy Ocampo and his friends from District 3810 which include his World Class Presidents

July 20, 2017 - DGE Rudy Bediones and IPSDG/IPDCoS/IPD Albert Alday attended the 37th Induction and Handover Ceremonies of our daughter club, the Rotary Club of Intramuros, at the Champagne Room of the Manila Hotel in Manila

- DGE Rudy Bediones, PDG Vince Carlos, PDG Obet Pagdanganan, IPCoS/PP Cesar Ubaldo, IPSDG/IPDCoS/IPD Albert Alday, PD Oscar del Rosario, AS Rene Policarpio and I attended the 25th Handover and Induction Ceremonies of the Rotary Club of Chinatown Manila at the Golden Bay Seafood Restaurant in Pasay City where All Star President William Uy transferred the mantle of leadership to my classmate, Great President Ma. Theresa "Tess" Tie.

- Manila Rotarians give testimonial to IPP Teddy Ocampo at the 12 Monkees in El Pueblo, Pasig City

July 21, 2017 - DGE Rudy Bediones and PDG Obet Pagdanganan attended the 38th Induction and Handover Ceremonies of the Rotary Club of Bagumbayan Manila at the New World Manila Bay Hotel in Manila where All Star President Manny Inserto transferred the mantle of leadership to my classmate, Great President Edison Ayroso

July 22, 2017 - DGE Rudy Bediones attended the First Class Birthday Fellowship at the After All Bar & Grill in Makati City as it was the birthday of his classmate, former GMA Deputy Presidential Spokesperson and presently Home Development Mutual Fund Trustee IPSDG Relly Fajardo

July 27, 2017 - NBI Director Atty. Dante Gierran is our Guest of Honor and Speaker who will talk about the Mission and Vision of his office under the Duterte Administration as well as special high profile cases under the watch of his office

GUEST OF HONOR AND SPEAKER'S PROFILE



Atty. DANTE A. GIERRAN, CPA

PRESENT POSITION:

DIRECTOR, National Bureau of Investigation

WORK EXPERIENCE:

- Acting Regional Director, NBI – Davao City (2013-2016)
- Training Director, NBI Academy/Training Division (2011-2013)
- Chief of Staff, Office of the Director, Atty. NONNATUS CAESAR R. ROJAS (2012-2013)
- Chief, Internal Affairs Division (2010-2011)
- Executive Officer, Office of the Assistant Director PEDRO E. BULAONG
- Chief Investigator, Environmental Law Enforcement Task Force (ELETf), DENR (2009)
- Executive Officer, NBI – Davao City (1999-2002)
- Line Agent, NBI – Vigan City (2002-2003)
- Line Agent, NBI – Davao City (1992-2001)
- Line Agent, NBI – SOG, Manila (1990-1991)
- Credit Investigator/Accountant – Manilabank, Davao City (1979-1990)
- Part Time Professor, Agro-Industrial Foundation of the Philippines College and International Harvadian University –
Davao City (1984- 1987)
- Security Guard, Bill Collector, Security Officer and Administrative Officer in Tardal Security Guards Service (1972-1979)

EDUCATION:

LLB -University of Mindanao, Davao City and International Harvadian University, Davao City, 1993

MBA - University of Southern Philippines (USP), Davao City, Earned Few Units, 1987

BSC -Accounting – Rizal Memorial Colleges, Davao City, 1978

RTO - Radio Telephone Operator – Rizal Memorial Colleges, Davao City, 1972

TRAINING AND SEMINARS ATTENDED:

CRIMINAL JUSTICE PROGRAM – Guam Community College, August 3 – 6, 2016, Guam;

INTERPOL – Brazil 21st Wildlife Crime Meeting of the Members of the TWG, September 22-26, 2009, Brazil;

ILEA – International Law Enforcement Academy, Advanced Management Course, April 26 – May 20, 2004, Roswell New Mexico, USA;

ILEA – International Law Enforcement Academy, Supervisory Criminal Investigation Course Class X, August 20 – September 28, 2001, Bangkok, Thailand;

FBI – Pacific Training Initiative – Investigative Concerns for the New Millennium, Development Academy of the Philippines, April 30 to May 13, 2000, Tagaytay City;

AFP – Australian Federal Police – Narcotics and Money Laundering Seminar Workshop, April 3-7, 2000, Davao City;

AFP – Australian Federal Police – 3rd Sexual Offenses Investigation Course, June 29 to July 17, 1998, Manila;

IBP – Integrated Bar of the Philippines – On Continuing Professional Education Program, Various Topics;

NBI – 3rd Command and Staff Course, August 10 – 21, 1998, NBI Manila;

NBI – 26TH Batch NBI Agents Basic Investigation Course, July 23 to September 9, 1990;

MANILABANK – Credit Investigation Seminar – July 2, 1982 to January 17, 1983.

AWARDS, COMMENDATION RECEIVED:

- **JCI Manila, HOPE** (Honorable Outstanding Patriotic Exemplary) Awards – in recognition of Excellence in Service, November 14, 2011;
- **Certificate of Recognition from PAOCC**, Malacañang, Manila – for exemplary performance in the investigation leading to the arrest of DATU BLAH SINSUAT MAMA JR., misrepresenting himself as close to the former President Gloria Arroyo and the First Gentleman, for illegal possession of firearms, July 30, 2017;
- **From the Director, NBI** – for the recovery of 158 young women victims of large-scale Illegal Recruitment and Exploitation of Minors, and the immediate arrest of perpetrators and employees of the Marconi Dance Studio of Paranaque, Metro Manila;
- **From the Director, NBI** – for the speedy and early solution of the cases of Qualified Theft of Php 100 Million Treasury Bills of the Development Bank of the Philippines Manila, December 28, 1990;

THE WEEK THAT WAS...



The RCM Loyalty Service Awards Medallions proudly displayed before the start of the meeting.



Pres. "Jimmie" Policarpio calls the Rotary Club of Manila's 3rd meeting for the Rotary Year 2017-2018 to order.



Rtn. "Pepe" Rodriguez as OIC/Moderator directs the program of activities.



Rtn. "Ray" Davis delivers an ecumenical invocation.



STAR Rtn. "Ray" Rysbergen leads fellow Rotarians in renewing its commitment to the Rotary Credo by reciting the four (4) Way Test.



Rtn. "Vee" David introduces the guests, visiting Rotarians and personalities seated at the presidential table.



Pres. "Jimmie" Policarpio, IPP "Teddy" Ocampo, Dir.-in-charge "Susing" Pineda and Club Awards Committee Chairman, RY 2016-2017 PAT "Hermie" Esguerra present the *RCM Loyalty Service Awardees for RY 2016-2017* : RCM Loyalty Silver Service Awards: PT "Jun" Follosco, 25 Years; PS "Butch" Marking, 26 Years; PDG "Obet" Pagdanganan, 26 Years; IPCoS/PP "Cesar" Ubaldo, 26 Years; Dir. "Lance" Masters, 28 Years. RCM Loyalty Pearl Service Awards: PD "Jun" Hallare, 30 Years(not in photo); PSAA "Fred" Lim, 30 Years.



Pres. "Jimmie" Policarpio, IPP "Teddy" Ocampo, Dir.-in-charge "Susing" Pineda and Club Awards Committee Chairman, RY 2016-2017 PAT "Hermie" Esguerra present the RCM Loyalty Pearl Service Awards to PD "Ralf" Gonzales, 31 Years; PAUD "Ric" Roqueza, 39 Years, (mid-photo) L-R: PD "Rob" Sears, 36 Years; PVP "Roy" Golez, 38 Years; Rtn. "Doming" Chua, 35 Years; PSAA "Gunter" Matschuck, 37 Years; (lower photo) PDSAA "Tony" Lopa, 35 Years; Rtn. "Philip" Recto, 34 Years; PD "Pepo" Nuñez, 32 Years; PT "Chito" Tagaysay, 33 Years; Rtn. "Jing" Lapus, 35 Years; Rtn. "Ave" Cruz, 36 Years; PD "Rod" Valencia, 36 Years;



Pres. "Jimmie" Policarpio, IPP "Teddy" Ocampo, Dir.-in-charge "Susing" Pineda and Club Awards Committee Chairman, RY 2016-2017 PAT "Hermie" Esguerra present the RCM Loyalty Ruby Service Awards to PP "Boy" Guevara, 41 Years; PT "Jim" Chua, 41 Years; Rtn. "Albert" Siy, 47 Years; (lower photo) Rtn. "Henry" Sy, 45 Years, represented by Mr. Jose Sio, Chairman of SM Investments. RCM Loyalty Diamond Service Award: PP "Toting" del Rosario, 62 Years; PD "Joey" Yujuico, 42 Years; Rtn. "Claver" Ramos, 43 Years(not in photo); PP "Ed" Reyes, 45 Years;



Pres. "Jimmie" Policarpio during the "President's Time."

VP "Babe" Romualdez does the honour and pleasure of introducing **Mr. Ramon T. Tulfo, Jr.**, Television Host, Radio Broadcaster and Columnist, Philippine Daily Inquirer, Investigative Columnist of the Year, RCM Journalism Awards 2017, as guest of honor and speaker.



RCM Journalism Awards 2017 Investigative Columnist of the Year Mon Tulfo gives Manila Rotarians, Visiting Rotarians and guests his take on the burning issues of the day.



A pro-active public forum immediately followed right after the speech of **Mr. "Mon" Tulfo**. Among RCM Members who participated in the public forum were: **Dir. "Susing" Pineda, PDG "Obet" Pagdanganan, PD "Abe" Pascual, PD "Rod" Valencia, PD "Beda" Fajardo and PD Art Lopez, Dir. "Lance" Masters and PP "Frank" Evaristo.**



President “Jimmie” Policarpio presents to **Mr. Ramon T. Tulfo, Jr.**, a glass plaque as a token of appreciation for being the guest of honor and speaker.



President “Jimmie” Policarpio delivers his response and meeting adjournment.



Mr. Ramon T. Tulfo, Jr., Television Host, Radio Broadcaster and Columnist, Philippine Daily Inquirer, Investigative Columnist of the Year, RCM Journalism Awards 2017 in a posterity photo post his speaking engagement, with IPSDG/PP **“Frank” Evaristo**, PDG **“Obet” Pagdanganan**, Rtn. **“Jackie” Rodriguez**, Chairman, Program Committee, **Mr. Hans Palacio** and **Dir. “Lance” Masters**, .

RCM CENTENNIAL CELEBRATION COMMITTEE



PDG “Obet” Pagdanganan and **DGE “Rudy” Bediones**, Chairman and Co-Chairman respectively of the RCM Centennial Celebration Committee met anew last Thursday, at the New World Makati Hotel, to discuss its plans and program for the milestone RCM Centennial Celebration in 2019. Others present were: **Dir. “Susing” Pineda**, **Dir. “Caloy” Reyes**, **PD “Nick” Locsin**, **IPAT “Hermie” Esguerra**. Also present is RI District 3810 Governor-elect and RCM Centennial Celebration Service Committee Coordinator **Ms. Devann Abayon**.

RCM WEEKLY BIRTHDAY CELEBRANTS



President "Jimmie" Policarpio presents the week's birthday celebrants: Dir. "Lance" Masters, Rtn. "Teying" Arcilla and Rtn. "Philip" Recto for the traditional blowing of candles on the birthday cake and personalized pillows as gifts courtesy of PAT "Muhammad" Aslam.

FCP BIRTHDAY FELLOWSHIP



DGE Rudy Bediones joined his classmates, the First Class Presidents, at the Birthday Fellowship of IPSDG Relly Fajardo (Rotary Club of Chinatown Circle) last July 22, 2017 at the After All Bar & Grill in Makati City.

TESTIMONIAL FELLOWSHIP



TESTIMONIAL FELLOWSHIP FOR ALL STAR PRESIDENT TEDDY OCAMPO. Manila Rotarians led by Great President Jimmie Policarpio and the young blood of the Rotary Club of Manila held a Testimonial Fellowship for IPP Teddy Ocampo last July 20, 2017 at the 12 Monkees in El Pueblo, Ortigas Center, Pasig City.

BIRTHDAY FELLOWSHIP



DGE Rudy Bediones and **IPP Teddy Ocampo** attended the birthday bash of **PDG Obet Pagdanganan** last July 19, 2017 at the Club Filipino in Greenhills, San Juan.



DGE Rudy Bediones and **IPP Teddy Ocampo** attended the birthday bash of **PDG Obet Pagdanganan** last July 19, 2017 at the Club Filipino in Greenhills, San Juan.



DGE Rudy Bediones and **IPP Teddy Ocampo** attended the birthday bash of **PDG Obet Pagdanganan** last July 19, 2017 at the Club Filipino in Greenhills, San Juan.

INTERCLUB FORA AND ACTIVITIES



DGE Rudy Bediones and IPSDG/IPDCoS/IPD Albert Alday attended the 37th Induction and Handover Ceremonies of the Rotary Club of Intramuros last July 20, 2017 at the Champagne Room of the Manila Hotel in Manila where All Star President Angelina Mauricio transferred the mantle of leadership to Great President Aries Balanay.



DGE Rudy Bediones and **PDG Obet Pagdanganan** attended the 38th Induction and Handover Ceremonies of the Rotary Club of Bagumbayan Manila last July 21, 2017 at the New World Manila Bay Hotel in Manila where All Star President Manny Inserto transferred the mantle of leadership to Great President Edison Ayroso



DGE Rudy Bediones and **PDG Obet Pagdanganan** attended the 34th Charter Anniversary and Induction Ceremonies of the Rotary Club of Manila San Miguel last July 18, 2017 at the Sofitel Philippine Plaza Manila in Pasay City where Great President Linda Cristobal was inducted.



DGE Rudy Bediones, PDG Vince Carlos, PDG Obet Pagdanganan, IPCoS/PP Cesar Ubaldo, IPSDG/IPDCoS/IPDG Albert Alday, Great President Jimmie Policarpio, PD Oscar del Rosario and AS Rene Policarpio attended the 25th Handover and Induction Ceremonies of the Rotary Club of Chinatown Manila last July 20, 2017 at the Golden Bay Seafood Restaurant in Pasay City where All Star President William Uy transferred the mantle of leadership to Great President Ma. Theresa "Tess" Tie.



DGE Rudy Bediones, PDG Vince Carlos, PDG Obet Pagdanganan, IPCoS/PP Cesar Ubaldo, IPSDG/IPDCoS/IPD Albert Alday, Great President Jimmie Policarpio, PD Oscar del Rosario and AS Rene Policarpio attended the 25th Handover and Induction Ceremonies of the Rotary Club of Chinatown Manila last July 20, 2017 at the Golden Bay Seafood Restaurant in Pasay City where All Star President William Uy transferred the mantle of leadership to Great President Ma. Theresa "Tess" Tie.



MANILA ROTARIANS AT WAKE OF FORMER RTN. RIC TIONGSON. PP Boy Guevara and spouse Monette, Rtn. Tong Payumo, Dir. Lance Masters, PP Benny Laguesma, PT Jim Chua, PP Babes Reyes, Rtn. Nilo Aventura, Rtn. Jackie Rodriguez and Rtn. Jack Bautista visited the wake of former Manila Rtn. Ricardo "Ric" Tiongson last July 24, 2017 at the Santuario de San Jose, Greenhills East, Mandaluyong City.

**S
u
n
s
h
i
n
e
c
o
m
m
i
t
t
e**

IN MEMORIAM

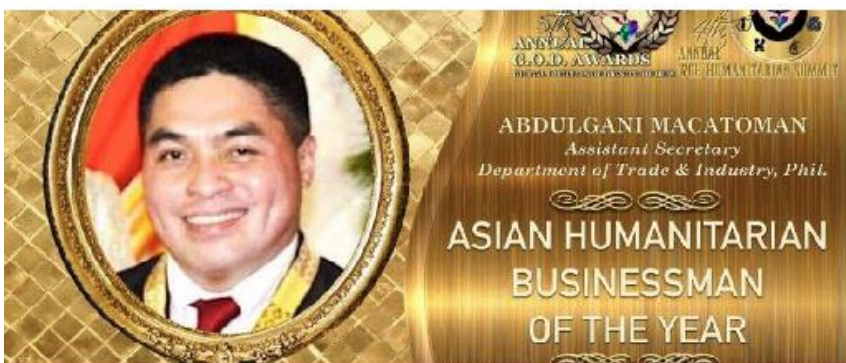


FORMER DLSU ROTARACTOR PASSES AWAY. Alvin Chino "AC" G. Te, a former member of the Rotaract Club of De La Salle University Manila, one of the Rotaract clubs sponsored by the Rotary Club of Manila, passed away last July 23, 2017 at the young age of 25.

COGS IN THE WHEEL



PVP Roy Golez was Guest Panelist at the SONA 2017 coverage of CNN Philippines last July 24, 2017.



Rtn. Abdulgani "Gani" Macatoman, DTI Assistant Secretary, was named **Asian Humanitarian Businessman of the Year** during the 5th Annual Global Officials of Dignity Awards.

NEWS RELEASE

Quill power

The Philippine Star

16 Jul 2017

By PINKY S. ICAMEN



PeopleAsia managing editor Jose Paolo dela Cruz, editor-in-chief Joanne Rae Ramirez and publisher Babe Romualdez.



Quill Award of Excellence winners: PeopleAsia June 2016 special issue with President Rodrigo Duterte on the cover and PeopleAsia February-March 2016 issue with Miss Universe 2015 Pia Wurtzbach on the cover.



Enclaves, the Rotary Club of Manila's Journalism Awards 2016-2017 'Glossy Magazine of the Year.'



The Philippine STAR-Allure editor and PeopleAsia editor-in-chief Joanne Rae Ramirez (center) accepts the Outstanding Media Personality award from Rotary Club of Manila president Teodoro Ocampo and director-elect Robert Lim Joseph Jr.

It's not just a view to a Quill. There's a Rotary Club of Manila Journalism Award, too!

Leading glossy magazine PeopleAsia bagged two Awards of Excellence during the recently concluded 15th Philippine Quill Awards, while Stargate Media Corp.'s newly launched architecture and design magazine,

Enclaves, was named as the "Glossy Magazine of the Year" at the Rotary Club Manila's Journalism Awards.

Given by the International Association of Business Communicators in the Philippines, the Philippine Quill Awards recognize the best work in business communications nationwide. PeopleAsia bested some of the country's top publications with two award-winning entries.

The first Award of Excellence was given to PeopleAsia's February-March 2016 issue, which featured Miss Universe 2015 Pia Wurtzbach on the cover. Shot on location at the Royal Suite of the Waldorf Astoria in New York, the cover marked Pia's first magazine shoot as the reigning Miss Universe, and was very well received by Pia's fans both in the Philippines and around the world.

Another Award of Excellence was given to PeopleAsia's special June 2016 issue, a commemoration of the inaugural of President Rodrigo Duterte. The magazine was one of the first comprehensive published works on the then newly elected President, and came out just a week after his inauguration on June 30, 2016.

Meanwhile, Enclaves, a magazine that trains the spotlight on some of the most stylish homes and spaces in the country, was named as the "Glossy Magazine of the Year" during The Rotary Club of Manila's Journalism Awards 2016-2017. According to the organizers, the magazine was recognized for "celebrating the human capacity to hammer out beauty — and in such a pursuit, produce a beautiful magazine that touches the longing of the human soul for beauty hinged on the needful."

Earlier this year, PeopleAsia and Enclaves editor-in-chief Joanne Rae Ramirez was also recognized as an “Outstanding Media Personality” during the Rotary Club of Manila’s Tourism Awards, alongside other notable tourism personalities from the government, business sector and diplomatic corps, among others.

(PeopleAsia and Enclaves are available in leading bookstores and newsstands nationwide. For more information, visit PeopleAsia.ph or call 892-1854 to subscribe.)



(From left) PeopleAsia’s Ramon Ruiz, Jose Paolo dela Cruz and Joy Avila, RCM’s Teodoro Ocampo and Art Lopez with PeopleAsia’s Gregggy Vera Cruz.

PUBLIC HEALTH NUTRITION AND CHILD CARE

HATHA YOGA

Elias D. Adamos, M.D.



Yoga has been around for thousands of years in India. It became steadily popular in the western countries over the last 100 years. Yoga, in the U.S. and other countries in west, are stress-relieving exercises. The poses, which are sometimes named after mammals, fish, and reptiles, along with breathing exercises became popular for stress reduction. Today, it is considered as alternative or supportive treatment to many conditions, including anxiety and stress.

The clinical use of yoga

Yoga helps the heart to work more efficiently. It can even lower blood pressure. Yoga is an alternative treatment for stress disorders, anxiety disorders, depression, osteoarthritis, and asthma. Well-designed yoga sessions can help in the treatment of back pains. In other studies, yoga was found to be effective in controlling diet (among binge eaters), headaches, rheumatoid arthritis, and diabetes.

What is hatha yoga?

Hatha yoga is a form of yoga that focuses on physical poses and controlled breathing. Several variants and versions of hatha yoga exist. But all the versions and variants include two basic components – poses and breathing.

Hatha yoga poses

In an actual hatha yoga class, you may learn anywhere from 10 to 30 poses. More-advanced students are given advanced stretching and twisting poses. The easiest would be the corpse pose that involves lying on the floor, completely relaxed. The most difficult requires years of practice to master. Point of advice: You don’t have to do all the poses that your instructor demonstrates. If you feel uncomfortable with a pose demonstrated by your instructor, or if you can’t hold it, as long a time, as the instructor could, don’t do it. Just sit down quietly and deeply breath until your instructor moves on to another pose.

Breathing

Controlling your breathing is an important part of yoga. In yoga, breathing signifies your vital energy. Yoga principles claim that controlling your breathing can help you control your body and gain control of your mind. Concentrate on your breathing.

Yoga cautions

Yoga is safe if you are generally healthy. In unhealthy individuals, yoga can put strain on your lower back and on your joints. Some may have neck pains after a yoga session. See your doctor first if you have any problem with your back and with your joints. In the following conditions, yoga positions may result to clinical problems: Uncontrolled high blood pressure, blood clotting problems, eye problems (like glaucoma), and osteoporosis.

ADVERTISEMENT



AVESCO

SINCE 1948 www.avesco.com.ph

  NO. 1 WIRING DEVICES	 JAPAN BEST VENTILATING FANS SINCE 1909 JAPAN 
  TOP ENTRY PHONE SYSTEM	  FIRE ALARM SYSTEM
  HIGH RESOLUTION CCTV CAMERA	  RACK / TOWER ONLINE UNINTERRUPTIBLE POWER SUPPLY

**Bringing QUALITY products
you can TRUST.**

Cubao 912-8881 ♦ Manila 733-8161 ♦ Frisco 372-3594



Exquisite Wines

Excellent Pleasures

Lasting Experiences

WWW.PWM.COM.PH

2253 Aurora Blvd. Pasay City PH 1300

8322523 / 8537421

philwine@compass.com.ph



FOR MORE PRODUCTIVE MEETINGS

In business, the smallest details make the biggest impact on the bottomline.

Whether you are planning for the rest of the fiscal year, holding a meeting with partners from overseas or a training your team, you will be able to access first-class facilities and the best of Philippine hospitality within our halls.

Hold your next meeting and business conference at The Manila Hotel and seal the deal in five-star luxury. Discuss your requirements with our team by calling 5270011 local 1271 to 1274 or emailing banquet@manila-hotel.com.ph.

M

THE MANILA HOTEL