



2409-209

Republic of the Philippines
Department of Education
REGION I
SCHOOLS DIVISION OF VIGAN CITY

Division Memorandum
No. 284, 2024

Reminders on the Yoga Activity during the Division 2024 National Teachers' Month (NTM) and World Teachers' Day (WTD) Celebration

To: Assistant Schools Division Superintendent
Division Chiefs
Public Elementary School Heads
All others concerned

1. In connection with the **Division 2024 National Teachers' Month (NTM) and World Teachers' Day (WTD) Celebration**, this division will be conducting a Yoga Activity tomorrow, September 5, 2024, 5:00 AM at Ilocos Sur National High School Gymnasium.
2. All Non-Teaching and Teaching Employees are enjoined to attend the said activity except those identified to attend the National Kick-Off Program at Candon City.
3. Below are some reminders for the activity (**Chair Yoga Session**):
 - a. Arrive 15 minutes before to ensure you have a moment to settle in and we can start on time.
 - b. Wear comfortable clothes that allow you to move freely.
 - c. Bring a small towel and your own water bottle to stay refreshed.
 - d. Be open to the possibilities—relax, and most importantly, have fun!
4. This memorandum shall serve as locator slip for the participants of the activity.
5. Immediate dissemination and strict compliance on this memorandum is desired.



Vilma D. EDA
VILMA D. EDA, CESO V
Schools Division Superintendent



Address: Mena Crisologo St. corner Rivero St., Brgy. IX, Vigan City Ilocos Sur
Telephone No: (077) 722-20-23 / (077) 632-05-33
Email Address: vigan.city@deped.gov.ph
Website: www.depedvigancity.com



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Lama/09/4/2024