

# ABOUT

## ILAW IS THE FILIPINO TERM FOR "LIGHT"...

Light is largely a potent energy for transformation --- from weakness to strength from wounded-ness to whole-ness, from suffering to healing, from ignorance to wisdom, from rigidity to flexibility. It harnesses power and creates wellness all around.

# VISION

ILAW CENTER is a nationally recognized school-based wellness center that promotes holistic health.

# MISSION

To make Miriam College employees healthy and well.

**OTHER SERVICES**  
Therapy Room Rental  
Multi-purpose Room Rental  
Health Screening (for employees)  
Lectures and Seminars (for employees)



**MC ILAW**  
*Optimizing Wellness*

4F Paz Adriano Hall, Miriam College,  
Katipunan Avenue, Loyola Heights, Q.C.

+63 2 930-MCQC (6272) local 8210/1134

*Look for Val*  
0939-211-0403

ilawcenter@mc.edu.ph

**OFFICE OPERATING HOURS:**

Mondays - Fridays  
7:00am-7:00pm



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**MIRIAM COLLEGE**  
www.mc.edu.ph

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 /MiriamCollegeQC

 miriam\_college

 @MiriamCollegeQC

# SERVICES



## GYM

MONDAYS - FRIDAYS | 7:00AM - 7:00PM

Consultation hours with the Gym Instructor:  
1:00PM - 5:00PM

	DAILY	MONTHLY
EMPLOYEE (INCLUDING MC VARSITY PLAYERS)	P 50.00	P 500.00
NON-EMPLOYEE	P 80.00	P 800.00
ALUMNI (W/ALUMNI CARD)	P 70.00	P 700.00
ALUMNI-SENIOR (W/ALUMNI CARD)	P 56.00	P 560.00



## THERAPEUTIC MASSAGE

THURSDAYS & FRIDAYS | 12:30PM - 6:30PM

\* By appointment (confirmation of appointment  
must be at least 3 days prior the preferred schedule)

	FULL BODY MASSAGE (1 HR)	HALF-BODY MASSAGE (30 MIN)
REGULAR RATE	P 250.00	P 125.00
ALUMNI (W/ALUMNI CARD)	P 225.00	P 112.50
ALUMNI-SENIOR (W/ALUMNI CARD)	P 180.00	P 90.00



## PHYSICAL FITNESS ACTIVITIES

### HIGH INTENSITY INTERVAL TRAINING (HIIT)

MONDAYS & WEDNESDAYS  
5:00PM - 6:00PM  
VENUE: ILAW Center

### ZUMBA

TUESDAYS  
4:00PM - 5:00PM  
VENUE: 2F Saint Joseph Bldg., High School

MONDAYS & WEDNESDAYS  
5:30PM - 6:30PM

FRIDAYS  
5:45PM - 6:45PM  
VENUE: ILAW Center

### YOGA

TUESDAYS & THURSDAYS  
5:30PM - 6:30PM  
VENUE: ILAW Center

	PER SESSION
EMPLOYEE	FREE
STUDENT	P 50.00
ALUMNI (WITH ALUMNI CARD)	P 90.00
ALUMNI-SENIOR (WITH ALUMNI CARD)	P 72.00
NON-EMPLOYEE	P 100.00



## COUNSELING | PSYCHOTHERAPY | PSYCHOLOGICAL ASSESSMENT

\* By appointment  
Fees vary depending on the Psychologist

\* Alumni discount is not applicable



## VIDEOKE

MONDAYS - FRIDAYS | 7:00AM - 7:00PM

\* By appointment

	PER SESSION
EMPLOYEE	FREE
STUDENT	P 200.00
ALUMNI (WITH ALUMNI CARD)	P 270.00
ALUMNI-SENIOR (WITH ALUMNI CARD)	P 216.00
NON-EMPLOYEE	P 300.00

\*A 10% discount will be given to all  
alumni who will present their alumni  
privilege card