



## FARM PACKAGES

### FITNESS

FITNESS PACKAGE is created for those who can't spend a day without action. As well during the long stay of 3-4 weeks can be suggested as the last 7 days – a final touch and bridge between jungle life and city life realities.

This program is designed to push the volunteers to the limit and bring them to the next level of fitness conditions.

Optional trekking and exploration of nearby Natural highlands (with additional Fee)

Optional round of Golf at a nearby world class golf course (with additional fee)

*DIET – Alkaline Alive! Restaurant diet with protein meals (protein shakes, tofu etc.)*

- ✚ Accommodation
- ✚ Daily ALIVE! Meals
- ✚ Afternoon Tea Ritual
- ✚ Participation in Daily Movement & Fitness Activities: yoga, meditation, circuit training, aqua aerobics, boot camp training, plyometrics, calisthenics, oil of life tour, food prep class, power walks, mandala flower arrangement, Aqua aerobics, Fitness Muay Thai, Tai Chi and more!
- ✚ Use of the swimming pools, fitness centre, meditation lounge & pavilions
- ✚ Complimentary Wi-Fi access



THE FARM  
AT SAN BENITO

	7 Nights	14 Nights	21 Nights
Daily Nutritional Support	6 Sessions	12 Sessions	14 Sessions
Dental Kit	1 Set	1 Set	1 Set
Holistic Health Consultation	1 Session	1 Session	1 Session
Nutritional Microscopy (30 minutes)	1 Session	1 Session	1 Session
Nutritional Consultation (30 minutes)	1 Session	1 Session	1 Session
Harmonizing Flow/Psychoemotional Clearing (60 minutes)	1 Session	1 Session	1 Session
Colon Hydrotherapy/Colema (60 minutes)	1 Session	2 Sessions	3 Sessions
Colon Hydrotherapy/Colonics (90 minutes)	1 Session	1 Session	1 Session
Colon Hydrotherapy/Angel of Water (60 minutes)			1 Session
Hara Puri Treatment (30 minutes)	1 Session	1 Session	1Session
Sustainable Program Discussion	1 Session	1 Session	1Session
Brain Biofeedback System with Interpretation (60 minutes)		1 Session	1 Session
Body Salt Bath (30 minutes)			1 Session
AlkaRelax (90 minutes)	1 Session	3 Sessions	4 Sessions
Little Yin Yang Dry Brushing (60 minutes)	1 Session	1 Session	1 Session
Aroma Therapy Treatment (60 minutes)	1 Session	1 Session	3 Sessions
Skin Kayud (60 minutes)	1 Session	1 Session	1 Session
Thai Treatment (90 minutes)	1 Session	2 Sessions	3 Sessions
Personal Training (60 minutes/person)	1 Session	6 Sessions	9 Sessions
Bittersweet Treatment (120 minutes)		1 Session	1 Session
Therapeutic Treatment (90 minutes)		1 Session	1 Session
Hampol (90 minutes)		1 Session	2 Sessions
Hot Stone Treatment (90 minutes)		1 Session	1 Session
Hilot Treatment (90 minutes)		1 Session	1 Session
Relaxology Treatment (30 minutes)		1 Session	2 Sessions
Seasonal Delight (120 minutes)			1 Session

Resort Location: No. 119 Barangay Tipakan, 4217 Lipa City, Batangas, Philippines

Sales & Reservations Office: Shop 12, Ground Floor, The Peninsula Hotel, (corner Ayala and Makati Avenues), 1226 Makati City, Philippines

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