

The Farm at San Benito Unveils Personalised Wellness Pathways for Global Wellness Day & International Yoga Day



Dubai, United Arab Emirates Jun 11, 2025 ([IssueWire.com](https://www.issuewire.com)) - The Farm at San Benito Unveils Personalised Wellness Pathways for Global Wellness Day & International Yoga Day

Take a Breath, Return to What Matters

For press images, click here [Photos: The Farm at San Benito](#)

In celebration of **Global Wellness Day (14 June)** and the **International Day of Yoga (21 June)**, *The Farm at San Benito* - Asia's award-winning integrative wellness resort, invites guests to return to what truly matters: presence, purpose and personalized care. Nestled amidst 52 hectares of lush jungle in Batangas, Philippines, The Farm has long been a sanctuary for holistic healing. Now, with its revitalized wellness programs and deeply individualised journeys, the property has elevated the art of transformation.

The Breath as Beginning

"In a world of digital overload and relentless schedules, we often forget to simply breathe," says Dr. Ron Bardonado of The Farm's Wellness & Integrative Medicine Team. "By slowing down and reconnecting with the breath, the body begins to heal. It's that simple, and that profound."

This reconnection is the foundation of **The Farm's new wellness offering**, which includes four core pathways, each thoughtfully curated to meet guests where they are in life:

- **Pure Body Reset:** A detoxifying cleanse designed to restore the body's innate healing systems at a cellular level.
- **Resilience & Recovery:** A psycho-emotional reset that supports stress release, nervous system balance, and cognitive clarity.
- **The Sanctuary of Self:** A radiant immersion into beauty and vitality through natural therapies, aesthetic rituals, and deep relaxation.
- **Metabolic Reboot:** A science-backed, sustainable approach to weight management through metabolic recalibration and lifestyle guidance.

Every retreat integrates **medical diagnostics, traditional healing, mindful movement, and functional nutrition**, creating a truly **integrated wellness ecosystem** rooted in both science and soul.

Movement that Matters

The Farm's daily yoga and breathwork sessions draw from ancient traditions, practices that cultivate clarity, vitality and inner stillness. Though popular in today's wellness world, these practices go beyond being wellness trends; they stand firm as time-honoured tools for long-term resilience and graceful aging.

Food as Medicine

Nutrition remains a cornerstone of the wellness journey, with four distinct culinary experiences aligned to different healing goals:

- **ALIVE!** – Gourmet vegan cuisine for immune health and detoxification
- **Prana** – Indian vegetarian dishes infused with gut-healing spices
- **PESCE** – Mediterranean-pescetarian fare focused on longevity
- **The Upperdeck** – Clean protein dishes using pasture-raised meats from the resort's own organic farm

Tailored Wellness, Truly Personal

For guests seeking something bespoke, **The Signature Path** offers a customised program co-created with The Farm's team of integrative doctors, nutritionists, fitness experts, and therapists. Whether guests are managing chronic conditions, healing emotional trauma, or simply seeking reconnection, every detail is tailored to their story.

Guests traveling for leisure can get a taste of wellness with The Farm's targeted **enhancements**, such as **Immune Intelligence, Sleep Recovery** and **Pain Management**, available as either program add-ons or stand-alone experiences.

A Sanctuary to Grow

Accommodations range from rustic *sulu* terraces to opulent villas, all designed to immerse guests in nature's quiet brilliance. Every space offers a haven for self-reflection, connection, and restoration.

"At The Farm, care is at the heart of our culture," says Samantha Dunn, Director of Strategic Growth. "Every program, every ingredient, every breath is guided by intention. Apart from nurturing health, our primary goal is your sustainable well-being and transformation."

Inhale presence, exhale renewal. This Global Wellness season, **return home to yourself at The Farm.**

Follow The Farm on Facebook and Instagram, @thefarmatsanbenito.

Visit www.thefarmatsanbenito.com

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ABOUT THE FARM

A Place for Nurturing Growth

The Farm at San Benito, a proud member of CG Hospitality, is an eco-luxury wellness resort located in Lipa City, Batangas, just a scenic 90-minute drive south of Manila, Philippines. Spanning 52 hectares of lush greenery with stunning views of the majestic Malarayat mountains, offering a tranquil environment rich in life-giving positive energy radiating around the property.

Our Philosophy: Nurturing Growth

At The Farm, our promise is simple yet profound: to nurture growth. Growth in health. Growth in spirit. Growth in life. Every detail of your journey here is designed to help you evolve, reconnect, and thrive, guided by our three brand pillars:

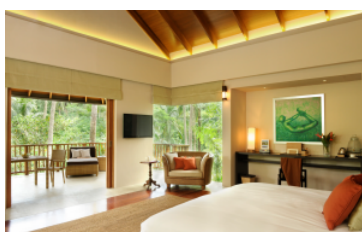
Nature's Energy - we honour the living forces of the Earth and harness their restorative power to support your healing journey, The Farm offers a space where nature itself becomes a source of strength, renewal, and clarity.

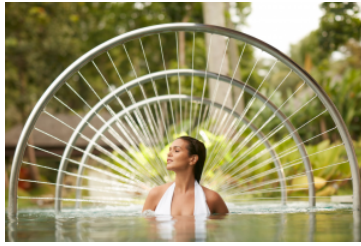
Integrated Wellness Ecosystem - our programs weave together medical science, traditional healing practices, and nature-based therapies to support the whole person on a personalized journey to wellbeing.

Care at the Heart of Our Culture - Care is more than service—it's a value deeply rooted in everything we do. Every interaction, treatment, and detail is grounded in empathy, respect, and genuine connection.

ABOUT CG HOSPITALITY

CG Hospitality, the hospitality wing of CG Corp Global, has a proud history of successful joint ventures in the hospitality sector with esteemed partners and owns some of the most iconic assets globally like Fern Hotels in India, Jetwing Hotels & Ceylon Hotels Group in Sri Lanka, Radisson in NYC, Fairmont Hotels in Kenya. CG Hospitality also has its own house of brands, such as the iconic wellness retreat, The Farm at San Benito in the Philippines, Zinc, Fern and Beacon. Today, CG Hospitality's portfolio boasts over 178 Hotels & Resorts in 12 countries and 116 destinations with over 11,000 keys. Focused on our 'Vision 2025,' its portfolio is expected to grow to over 200 hotels globally.





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