

Teresa's Farm

Activity & Experience Guide

Healing Through Nature · Lian, Batangas

■ TEAM & WELLNESS ACTIVITIES

Farmyard Treasure Hunt

■279 / pax

75–90 minutes | Minimum 20 pax

An immersive multi-station adventure across the entire 1.6-hectare property — from the flat zone to the slope and up to the hilltop. Teams follow clues, complete farm-themed challenges at each station staffed by our team, and race to the finish at the Harvest Cafe. Includes a guided debrief and Victory Pulutan for the winning team. Best suited for exclusive buyout bookings.

Teresa's Farm team facilitated · Full property traversal · Best for exclusive stays

Zumba Session

■279 / pax

60 minutes | Minimum 20 pax

High-energy dance fitness session with a certified instructor. A perfect post-arrival energizer for your team — fun, inclusive, and no experience needed. Gets everyone moving and laughing together before the rest of your program begins.

Certified instructor · All fitness levels welcome

Atchara Making Class

■279 / pax

60 minutes | Minimum 20 pax

Learn to make traditional Filipino pickled papaya using farm-fresh ingredients — no preservatives, no shortcuts. Each participant makes their own batch to take home. A hands-on, sensory experience that connects your team to our farm-to-table philosophy.

Take-home product included · Farm ingredients · No preservatives

Banana Chips Making Class

■279 / pax

60 minutes | Minimum 20 pax

A fun and flavourful workshop where your team makes fresh banana chips from farm-grown bananas. Season, fry, and pack your own batch to bring home. Simple, satisfying, and surprisingly addictive.

Take-home product included · Farm ingredients

■ PREMIUM FACILITATED ACTIVITIES

★ 10-Course Amazing Race

■449 / pax

60 minutes | Minimum 20 pax

Professionally facilitated team challenge held at our multicourt. Ten fast-paced relay games — Don't Drop the Balloon, Telepathy Game, Flour and Card Relay, Shoot that Straw, Coin Relay, Balloon Caterpillar, Egg and Spoon Race, Cups Tower Build, Dragon Tail, and Blow the Ball Race. Perfect for groups who want high energy competition without traversing the entire property. Best for both exclusive and non-exclusive stays.

Professional external facilitator · Multicourt venue · Competitive team format

★ Pasta Making Workshop

■449 / pax

90 minutes | Minimum 20 pax

A wellness session disguised as a cooking class. Working the dough by hand — kneading, resting, rolling, shaping — is genuinely calming, and teams often fall into an easy, quiet focus together that few other activities create. There's room for a little friendly rivalry too: teams can shape their pasta differently, with a light-hearted vote on whose turned out best. Once everyone's pasta is made, we cook it together and serve it with our homemade tomato sauce — slow-simmered with fresh basil from the farm, no preservatives — so your team gets to taste, side by side, the difference between handmade and store-bought.

Teresa's Farm team facilitated · Hands-on and calming · Ends with a shared meal

NEW

★ Yoga / Meditation Session

■449 / pax

60 minutes | Minimum 20 pax

A guided yoga or meditation session with a certified instructor. Available at sunrise for a grounding morning practice or in the late afternoon as a restorative close to the day. Conducted in our open-air spaces with views of the mountains and sea.

Certified instructor · Sunrise or late afternoon · Mats provided

Full Body Massage

■949 / pax

60 minutes | Minimum individual booking

In-room relaxation massage delivered by our partner therapists. The perfect end to an active day on the farm. Book in advance to secure your preferred time slot.

Pre-booking required · In-room service

■ FARM EXPERIENCES

Crop Harvesting

■100 / mini basket

Self-guided | Minimum any group size

Pick fresh produce directly from our working farm. Seasonal availability varies — our resident farmer will guide your group through the harvest and share how each crop is grown. Bring your own reusable bag or bayong (for use during the tour only — we are a plastic-free farm).

Seasonal availability · Plastic-free farm · Bayong available during tour only

Seed Planting

Complimentary · ■49/pax to take home your pot

Self-guided | Minimum any group size

Plant your own seedling and take it home as a living reminder of your time at the farm. A quiet, grounding activity perfect between sessions or as a wind-down.

Take-home option available

■ COMPLIMENTARY WITH YOUR STAY

■ Bonfire Session — Complimentary

Gather under the stars around our farm bonfire. Perfect for reflection circles, acoustic evenings, or simply unwinding as a team. Available every evening subject to weather.

■ Chicken Feeding — Complimentary

A simple, grounding activity loved by guests of all ages. Visit our resident chickens and connect with farm life at its most elemental.

■ Multi-Sport Court Access — Complimentary

Full access to our multicourt for pickleball, basketball, volleyball, and badminton. Equipment available upon request.

■ Guided Farm Walk — Complimentary

A casual walk through the 1.6-hectare property with our resident farmer Redgie, who shares the story of the land, the crops, and how Teresa's Farm came to be.

All facilitated activities require pre-booking at least 48 hours in advance.

Rates are exclusive of 12% VAT. Minimum group sizes apply.

www.teresasfarm.com · info@teresasfarm.com · Lian, Batangas · Healing Through Nature