

Seoul Wellness Week

당신의 웰니스를 찾아서
Find Your Wellness

At 'Seoul Wellness Week 2023', we offer Seoul citizens and International visitors the opportunity to experience their own wellness and propose ways to maintain a healthy life in their daily routines.

Experience your own wellness in Seoul, where you can meet every kind of wellness.



Go to the website



Visit the Instagram account



Medication & Health

1	KOREA NORDIC WALKING FEDERATION
2	Jium Psychological Counseling Center
3	poprika
4	KOREA MEDICAL TOURISM PASS
5	NU EYNE
6	Seoul K-medi Center
7	Energy Science
8	Alexander Technique & Soma Movement

Operating Booths

1	First Aid
2	Organizer Booth
3	Seoul Tourism Organization Booth
4	Event Booth
5	
6	Information Point
7	Registration

Food & Nutrition

1	Balboa Kitchen
2	vegandaum desserts
3	NEWBEST
4	BICHEDAM
5	NUTTERIOUS NUT BUTTER
6	LA CHINATA
7	DOSELAB®
8	HCBIO TECH
9	WAYO yogurt
10	Ayurveda
11	Vurtle
12	@I.ZE_COOKIE
13	NATURE-LIKE
14	Wisi Healthy
15	B:elix
16	DARLCHA

Beauty & Fashion

1	UrbanEcho
2	ardenspa skin wellness
3	Eco-friendly Cosmetics RA HONG
4	SURYA VARUNA
5	HDEX
6	YOGA COCONUT
7	AWAY
8	LESTIGE
9	BEROSO
10	K-Star Makeup Experience
11	K-Star Hair Styling Experience
12	K-Star Fashion Styling Experience

Mindfulness & Sleep

1	solmea
2	Danspace
3	YOGA MUDRA
4	Korea Singing Bowl Association
5	OSHO Meditation center Korea
6	The flying hotyoga
7	BODY FLOW@WELLFIES
8	Museum In Hand
9	EP YOGA
10	of you
11	ARIA Center yoga&pilates
12	Zentherapy Natural Healing Center
13	BOMO Meditation
14	ISHA
15	

10. 7. SAT.			10. 8. SUN.			
Main Stage 메인 스테이지 (300 people)	Body Stage 바디 스테이지 (50 people)	Soul Stage 소울 스테이지 (30 people)		Main Stage 메인 스테이지 (300 people)	Body Stage 바디 스테이지 (50 people)	Soul Stage 소울 스테이지 (30 people)
Opening Ceremony Group Yoga Flash Mob 9:50 - 11:00			10:00 - 11:00	Hatha Yoga Byron 10:00 - 11:00		
Empowerment Yoga Byron 11:30 - 12:30	Chakra Vinyasa The Flying Hot Yoga 11:45 - 12:45	HDEX Gym Class HDEX 11:30 - 12:30	11:00 - 12:00	Sports challenges with citizens Team Illusion, Noh Seong-yul 11:30 - 12:30	Active movement meditation OSHO Meditation Center 11:45 - 12:45	Isolation and Relationships Jium Psychological Counseling Research Institute 11:30 - 12:30
Running Exercise Coach Genie 13:00 - 14:00	Meditation Hatha Yoga: Step-by-step training of the 8 stages of Ashtanga Yoga Mudra 13:15 - 14:15	BOM (Brain Off Mindfulness) Meditation BOM Meditation Center 13:00 - 14:00	12:00 - 13:00	Sound Bath Concert for Peace Korea Singing Bowl Association 13:00 - 14:00		The technique of relaxation met through Alexander Technique Alexander Technique Posture and Movement Education Center 13:00 - 14:00
Kundalini Rise International Singingbowl Healing Association ISHA 14:30 - 15:30	Mindful Yoga with Karin Sunglasses Jiheun (Aywa) 14:45 - 15:45	K-Star Style Show & One Day Class Seoul Wedding Tour Culture Exchange Association 14:30 - 15:30	14:00 - 15:00	Meditation Yoga Yamira (Aywa) 14:30 - 15:30	BODYFLOW @WELLFIES WELLFIES 14:00 - 15:00	
[Music Concert] Africa Wellness Trip Harim 16:00 - 17:00	Flow Yoga Advika (Aywa) 16:00 - 17:00	Hatha, a pleasant stay Aria Yoga & Pilates 16:00 - 17:00	15:00 - 16:00		K-Star Body Figure Coaching One-day Class Seoul Wedding Tour Culture Exchange Association 15:30 - 16:30	
			16:00 - 17:00	[Music Concert] Three ways to properly love myself Kwak Jung-eun, Querencia 16:00 - 17:00		

All programs on the timetable are free of charge. / Entry may be restricted due to the limited capacity of each stage.

10. 7. SAT. - 8. SUN.	
Mind Stage 마인드 스테이지 (30명)	Seoul Forest therapy program (30명)
Creating Magical Perfume Energy Science 12:30 / 14:00 / 15:30	Mindfulness Gardening and a plant 12:30 / 14:00 / 15:30
	Nordic Walking and Forest Therapy Program Korea Nordic Walking Federation 11:00 / 14:00

WELLNESS STAMP RELAY!

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의학 & 건강

Medication & Health

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푸드 & 영양

Food & Nutrition

Seoul Wellness Week

뷰티 & 패션

Beauty & Fashion

Seoul Wellness Week

마음챙김 & 수면

Mindfulness & Sleep

<Stamp Relay Participation Instructions>

- Seoul Forest 1st Park has a total of 4 booth categories - Food & Nutrition / Medicine & Health / Beauty & Fashion / Mindfulness & Sleep
- Visit each individual booth in these categories and enjoy various programs and events!
- Receive a wellness sticker related to each category at the booths and attach them to the sheet provided.
- Once you've collected all 4 stickers, visit the Event booth! An opportunity awaits you to draw special souvenirs. (Participation allowed once per person)