WellMi Wellness Tours 2022/2023

Tour Themes

OCEAN

Combining the beautiful Busan ocean with healing modalities and wellness activties.

FOREST

Capturing the healing power of trees and green spaces, while exploring the corners of Busan.

CITY

Connecting our mind and heart to the stories of Busan, using wellness activities to deepen our experience.

Yoga Yacht Tour

Location: Suyeong Yacht Marina & Gwangan Bay
Time: Sat/Sun 9am - 11am
Cost: 40,000 WON Adult / 30,000 WON Kids 5-12 (under 5s free)
Available: Apr - Oct
Participants: Min 10, Max 16
Included: Professional Guide, Yoga, Meditation, Yacht Tour

The Yoga Yacht is unmissable if you're serious about enjoying Busan. Combining oceanside yoga & meditation, followed by the famous Busan Yacht Tour with Captain Song, join your fellow participants as you sail under the iconic diamond bridge and enjoy the sights of Dongbaek Island, Marine City, and the colorful Gwangan Beachfront.

The tour begins at pier 7 of the Suyeong Yacht Marina, where you'll be met by one of our guides, all of whom are experienced wellness coaches. Enjoy a simple Yoga & Mindfulness Meditation session with our coach, who then guides you onboard the 'Yachtweek' catamaran to sail across the beautiful Busan ocean.

Need to Know: Should bring own yoga mat. Mat rental available on request (limited). Yoga is all-levels appropriate, including children. Lifejackets provided.
Need to Prepare: Water, camera & selfie stick, comfortable & weather-appropriate clothing, sunscreen.
Covid19: All local government guidelines must be followed.

Dongbaek Island Walking & Meditation Tour

Location: Dongbaek Island & Haeundae Beach
Time: 1pm - 4pm, Check Availability
Cost: 40,000 WON
Available: All Year
Participants: Min 4, Max 30
Included: Professional Guide, Walking Tour, Barefoot Walking Meditation, Hiking, Meditation, Coffee/tea

Walk barefoot across the golden sands of world-famous Haeundae Beach, hike through camelia and pine trees to the top of Dongbaek Island to the statue of ninth-century Silla scholar and poet Choi Chi-won, who gave name to Haeundae, and trek back through the trees and along the oceanside pathways, looking out over the horizon.

The tour begins at Haeundae beach where you'll head straight to the oceanside to practice barefoot walking meditation on the sand. Get ready for gentle hiking, meditation by a traditional Korean pagoda, a tour of the Nuri Maru APEC House and coffee by the ocean. Walk back through along the coastal paths with the sound of crashing waves below.

Need to Know: Hike is gentle with 1 steep incline. Coffee/Tea is 1 per person upto 6,000won value
Need to Prepare: Water, camera & selfie stick, comfortable & weather-appropriate clothing, sunscreen.
Covid19: All local government guidelines must be followed.

Stand Up Paddleboard & Beach Yoga

Location: Gwangalli Beach
Time: By Reservation Only (4 hrs)
Cost: 60,000 WON (over 11 years / 140cm)
Available: Apr - Oct
Participants: Min 6, Max 20
Included: Professional Guides & instructors, Yoga, Breathing Techniques, SUP

Busan is famous for Marine Leisure, so together with our wellness partner Crazy Surfers we've created a special Busan-Style Ocean Leisure Program to improve your health and wellbeing by utilizing the healing properties of the ocean and combining them with FUN!

The experience begins on Gwangan beachfront with your WellMi Wellness Coach. You'll practice breathing techniques and yoga asanas specially designed to bring awareness to your balance, preparing you for your SUP experience. After yoga, join the Crazy Surfers team for a short SUP lesson, then head onto the ocean and paddle out towards the Gwangan Bridge, the perfect backdrop for that memorable Instagram shot!

Need to Know: Children must be accompanied at all times. Wetsuit rental is available at 10,000won. Showers available.
Need to Prepare: Waterproof pouch, comfortable & weather-appropriate clothing, non-toxic sunscreen – protect our oceans!
Covid19: All local government guidelines must be followed.

Geumgang Park Wellness & Cable Car Tour

Location: Geumjeong Mountain
Time: Saturday, 10am - 1pm
Cost: 45,000 WON (over 8 years)
Available: All Year
Participants: Min 6, Max 12
Included: Professional Guide, Hiking/Trekking, Yoga & Mindful Meditation, Return Cable Car Ride

Busan boasts 108 named mountains, so hiking is a must-do when you visit. This tour explores the lush, green Geumgang Park on Geumjeong Mountain, the tallest mountain in Busan at an elevation of 801m. Enjoy a gentle hike through the forest, yoga stretching & meditation, a cable car ride, and a view of the city from the observation deck at the top of Geumjeong Mountain.

The experience begins at the entrance of Geumgang Park, where your instructor will meet you and lead a short warm-up before you set off. Then hike through the forest paths, stopping to enjoy nature meditation and a gentle stretching session in the trees. Continue up the mountain, ride the ropeway cable car, then enjoy traditional Korean rice wine (optional) while gazing at the city view below.

Need to Know: Rice wine available to purchase for 2,500KRW, non-alcoholic rice beverage available. Please bring your own yoga mat where possible. Mat rental available on request (limited).
Need to Prepare: Water, comfortable & weather-appropriate clothing.
Covid19: All local government guidelines must be followed.

Jangsan Forest Nature Tour

Location: Jangsan Mountain Park
Time: By Reservation Only (3Hrs)
Cost: 35,000 WON
Available: All Year
Participants: Min 6, Max 30
Included: Professional Guide, Hiking/Trekking, Yoga & Mindful Meditation, Barefoot Walking Meditation

Jangsan Mountain is a favorite with Busan locals, all year round. This tour combines a mountain hike, utilizing the natural space to enjoy the forest, yoga stretching & meditation, and barefoot walking meditation on a special textured pathway.

The experience begins at the entrance of Jangsan Park, where our instructor will meet you and warm up with yoga & meditation. Continue through the park, dip your toes in the mountain stream, kick off your shoes for barefoot meditation and explore the lush, green forest pathways and rocky mountain areas.

Need to Know: Café available. Should bring your own yoga mat. Mat rental available on request (limited).
Need to Prepare: Water, Camera & selfie stick (if needed) comfortable & weather-appropriate clothing, small towel if needed.
Covid19: All local government guidelines must be followed.

Children's Grand Park Sublime Nature Tour

Location: Children’s Grand Park, Busanjin-gu
Time: 2pm - 5pm, Check availability
Cost: 35,000 WON
Available: All Year
Participants: Min 6, Max 30
Included: Professional Guide, Hiking/Trekking, Yoga & Mindful Meditation

Children’s Grand Park is a nature retreat in the heart of the city. This tour leads you up into the thick forest park, around the reservoir, and through the forest trail towards a large open deck where you’ll enjoy a yoga & meditation session under the sky, and savasana gazing at the clouds.

The experience begins at the entrance of Children’s Grand Park, where your instructor will meet you and lead a short warm-up before you set off on a short hike to the reservoir. Walk slowly around the water, check out the traditional pajeon restaurants in the forest, breathe in the fresh air and finish off with some mind and body healing.

Need to Know: Food/snacks available to purchase. Must bring your own yoga mat. Mat rental available on request (limited).
Need to Prepare: Water, Camera & selfie stick (if needed) comfortable & weather-appropriate clothing, small blanket.
Covid19: All local government guidelines must be followed.

Gamcheon Culture Village Visual Storytelling Tour

Location: Gamcheon Culture Village, Saha-gu
Time: By Reservation Only (3Hrs)
Cost: 40,000 WON
Available: Sep - June
Participants: Min 6, Max 16
Included: Professional Guide, Walking, Storytelling, Visualization, Photography

Named the ‘Machu Picchu of Busan’, Gamcheon Culture Village is a living art village built up the foothills of a coastal mountain in Saha-gu. Diving deep into the modern history and culture of the area, you’ll discover a side to Busan that will take a piece of your heart. Walk through the winding alleys, be guided through the tales of the past, and take snapshots of the past living in the present.

The tour begins at the entrance of Gamcheon Culture Village, where you’ll be met by one of our guides and have the chance to purchase a stamp tour book & map. Walk through the village, peeking in at the craft and art stores, close your eyes for deep visualization meditation, and take some iconic shots of the area, including the famous Little Prince and the Fox statuettes.

Need to Know: This is a living village, participants must be respectful of residents’ comfort.
Need to Prepare: Water, camera & selfie stick, comfortable & weather-appropriate clothing, sunscreen.
Covid19: All local government guidelines must be followed.

Huinyeol Culture Village Oceanside Storytelling Tour

Location: Huinyeol Culture Village, Yeongdo-gu
Time: Weekends, 2.5Hrs
Cost: 35,000 WON
Available: Apr – Nov
Participants: Min 6, Max 20
Included: Professional Guide, Walking, Storytelling, Meditation, Seated yoga

Situated on the cliffs above the Jeoryeong Coastal Trail, Huinyeoul Culture Village is a living art village that connects the past and the present of Busan. Combining a walking storytelling tour with wellness-based activities throughout the trail, you'll feel both connected to Busan and to your mind and body.

The tour begins at the entrance of the Jeoryeong Coastal Trail, where your guide will meet you and lead you up a steep staircase to get your heart pumping. From the top of the stairs, you'll walk through the village, listen to the stories of refugees, and gaze out at the sprawling views across Yeongdo. Yoga, oceanside meditation, and breathing meditation complete your wellness experience, and maybe even a visit to one of the many cafes!

Need to Know: This is a living village; participants must be respectful of residents' comfort.
Need to Prepare: Water, comfortable & weather-appropriate clothing.
Covid19: All local government guidelines must be followed.

Centum City Night Tour

Location: Centum City & Suyeong River
Time: By Reservation Only, 6pm - 9pm
Cost: 65,000 WON
Available: Mar – Dec
Participants: Min 6, Max 20
Included: Professional Guide, Haeundae River Cruise, Busan Cinema Centre, APEC Naru Park, Yoga/Stretching

The original WellMi night tour is right in the heart of Centum City. Combining a walking tour with wellness activities and the one-and-only river cruise in Busan, you'll experience a bright, new side of the city. Make sure your camera is in night mode to capture the amazing light show that is Centum City at night!

Start at WellMi Studio with some welcome tea and fruit, then head into Centum City to view the bustling business district at night. Visit the Guinness World Record holding Busan Cinema Centre, site of Busan International Film Festival, then cross over to the riverside APEC Naru Park for evening yoga, followed by a trip on the Haeundae River Cruise to marvel at the city from the water.

Need to Know: River Cruise will run according to the weather. Fruit is tangerines, please inform of allergies.
Need to Prepare: Water, camera, comfortable & weather-appropriate clothing.
Covid19: All local government guidelines must be followed.

All-in-One Package

Time: Half Day/Full Day Wellness Tour
Cost: From $210 US per person
Available: Year Round
Participants: Min 6, Max 40

Included: Hotel pick up/drop off, Private Air-conditioned Vehicle & Driver, Expert Guides & instructors, 2/3 x Wellness Activities, Lunch (& Dinner) at a traditional Korean restaurant, sightseeing, and souvenir.

Not included: Breakfast, snacks, coffee/tea etc.

Luxury VIP All-in-One Package

Time: Half Day/Full Day Luxury Wellness Tour
Cost: From $380 US per person
Available: Year Round
Participants: Maximum 5 people

Included: Hotel pick up/drop off, Private Air-conditioned Vehicle & Expert Guides & instructors
Admission/Entrance fees for 2/3 wellness activities
Sunlight/Moonlight Yacht Tour with Champagne (NA option available)
Traditional Busan Lunch, Dinner at a special Korean restaurant
Sightseeing, and souvenir.

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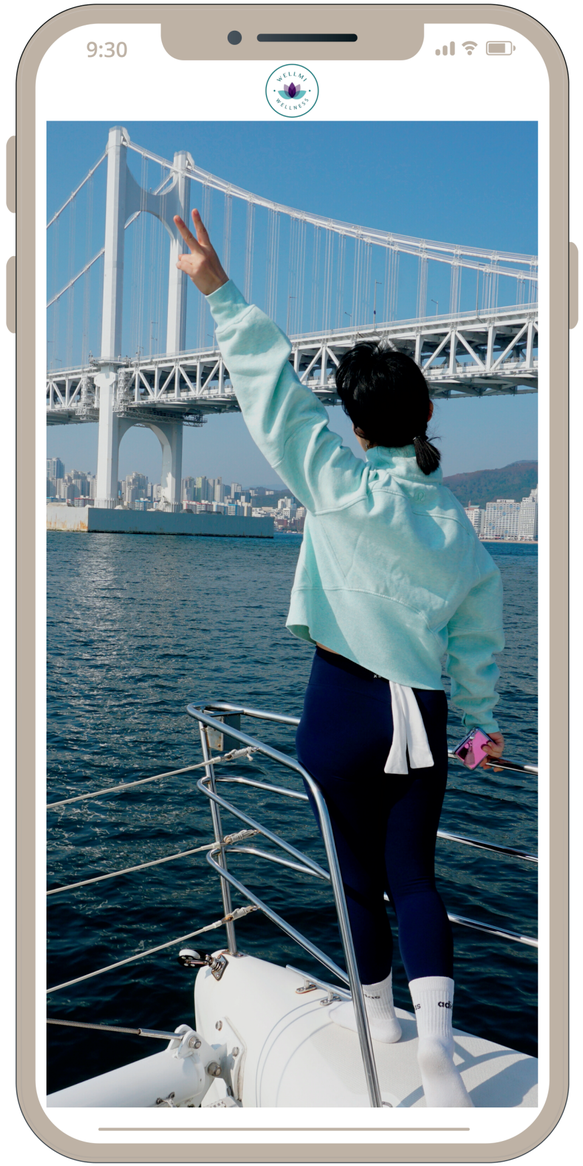

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