

Chungbuk Wellness Tourism Info

Chungju-si Tourist Information Guide

- Chungju City Hall www.chungju.go.kr
- Chungju Culture&Tourism www.chungju.go.kr/tour
- Chungju Tourist Information Center 043-842-0531
- Suanbo Tourist Information Center 043-845-7829
- Chungju Travel Facebook www.facebook.com/goodchungjoutour
- Chungju Travel Naver Blog <https://blog.naver.com/goodchungju>
- Chungju Experiential Tourism Center 043-845-0245
- Chungju Public Bus Terminal Information Center 043-856-7000
- Culture&Tourism Commentator Booking 043-857-9416

Jecheon-si Tourist Information Guide

- Jecheon City Hall www.jecheon.go.kr
- Jecheon Culture&Tourism www.tour.jecheon.go.kr
- Jecheon Tourist Information Center 043-641-6731
- Jecheon Station 1544-7788
- Jecheon Express Bus Terminal 043-648-3182
- Jecheon Bus Terminal 1688-1633
- Jecheon Transportation 043-643-8601
- Culture&Tourism Commentator Booking 043-641-6731

Chungbuk Wellness Tourism Cluster

www.healingyou.co.kr

Chungcheongbuk-do Knowledge Industry Promotion Agency

7, Gangni 1-gil, Ochang-eup, Cheongwon-gu, Cheongju-si,
Chungcheongbuk-do
Tel. 043-210-0854 Fax. 043-210-0889
www.cbkipa.net

Jecheon Korean Medicine Bio Promotion Foundation

2F, Oriental Medicine Life Science Bldg.,(Wangam-dong) 19, Hanbang Expo-ro,
Jecheon-si, Chungcheongbuk-do
Tel. 043-647-1011 Fax. 043-647-1022
www.jcbio.or.kr

Morning Letter Cultural Foundation

201-61, Useong 1-gil, Noeun-myeon, Chungju-si, Chungcheongbuk-do
Tel. 1644-8421 Fax. 043-853-6389
www.godowoncenter.com

This manual was produced with the Chungbuk Wellness Tourism Cluster project.
Main photo course: Provided by Deep Mountain Spring (Songhee Cho)

Mind&Play Program



Mind Therapy Healing Walking
Deep Mountain Spring Morning Letter
Meditation Healing Center

If you walk with all your senses focused on your feet, distracting thoughts will disappear. Heal yourself by focusing on every moment of all things in nature pervading your body and mind through your feet.



Log Meditation
Deep Mountain Spring Morning Letter
Meditation Healing Center

A meditation program to relax the whole body using a small log. Lie down on a yoga mat and roll the circular log from your head to ankle slowly as if you are massaging while following the instructions from the guide.



Sympathy Well Talk
Deep Mountain Spring Morning Letter
Meditation Healing Center

A mind healing program through self-communication of asking and answering by yourself. Couples and families can participate and have a time to understand each other better.



Healing Program
National Jecheon Healing Forest

A healing program customized for you. Depending on the program, anion yoga meditation, wild herb team therapy, five senses forest walking, and anion healing sound meditation are utilized.



Immunoactive Acupuncture Point Therapy

Jecheon Hanbang Expo Park
Oriental Medicine Life Science Bldg.

Learn about acupuncture points that lower the stress and increase our body's immunity. A play-type experience for two people to pair up and place stickers on each other's acupuncture points.



Play Meditation

Deep Mountain Spring House of Meditation

A play can also be a meditation. Once you forget about everything and focus in a play with your family, old conflicts will disappear and you will feel healed.



Singing Bowl Meditation
Deep Mountain Spring House of Meditation

A singing bowl is a traditional meditation tool of Tibet and Nepal. After hitting the singing bowl with a wooden striker and placing it on your body, you will feel the vibration, which will help the blood circulation and bowel movement to be active.



Eco Healing Program
Forest Resom

A program of walking through a forest trail with a healing mate for a walk meditation or listening to a forest commentary in the forest full of phytoncides and anion. (Closed during a winter season)

Spa&Therapy Program



Oriental Detox Lymphatic Gymnastics

Jecheon Hanbang Expo Park
Oriental Medicine Life Science Bldg.

A program of herbal aromatherapy and lymphatic gymnastics combined. Apply herbal aroma oil on lymphatic glands and massage to increase detoxification and immunity.



Have 9 Healing Spa
Forest Resom

Enjoy the outdoor spa while looking at the picturesque primeval forest of Jecheon at Have 9 Healing Spa of nine healing themes, including aqua, eco, herbal, and aroma.



Sasang Constitution Spa Zone
Forest Resom

Diagnose your sasang constitution (Tae-yang, Tae-eum, So-yang, and So-eum) through self-diagnosis system and use an appropriate spa zone. Enjoy an herbal tea that fits your constitution.



Spa Meditation
Deep Mountain Spring Green House

An autonomous meditation at a spring spa with a view of the forest through a window. Going into a cold bath and a hot bath in rotation will help you relieve fatigue and improve the meditation effect.



Healing Hop Therapy
Jecheon Hanbang Expo Park Oriental Medicine Life Science Bldg. (Lim Slow Sensibility Store)

Experience various hop therapies using organic hops, which is being firstly cultivated in Korea in Jecheon. The hop tea therapy, which is the signature experience, is making the hope tea and enjoying



Oriental Herbal Foot Bath
Cheongpung Cable Car Pharmaceutical Teahouse + Decoction

Enjoy a foot bath at 'Pharmaceutical Teahouse + Decoction' in the lower boarding area of Cheongpung Cable Car, while looking at Mt. Bibongsan. Oriental herbal foot bath preparation, herbal tea, and oriental herbal deodorizer for shoes are provided.



Forest Resom

Yoga&Martial Art Program



Body&Mind Resting Meditation Program
Deep Mountain Spring House of Meditation

Simple yoga moves following the meditation leader will relax your body and help you reach the stage of immersion. You can easily repeat at home once you learn it.



Body&Mind Relaxing
Deep Mountain Spring House of Meditation

A meditation program that relaxes the body, helps you to focus your mind, and reach body changes while following various yoga moves.



Sunmudo Experience
Jungangtap Park

Sunmudo is a martial art of Buddhism to gain spiritual enlightenment. Experience basic moves that even children can follow on a wide lawn of Jungangtap Park.



Wellness Meditation Experience
Jungangtap Park

Enjoy a time of meditation with your entire body while experiencing sunmudo or taekgyeon on a wide lawn of Jungangtap Park in the middle of the country.



Aqua Floating Yoga
Forest Resom

An aqua floating yoga program that is recently emerging. A floating yoga experienced on water helps you to develop balancing sense and recharge energy in a calm ambience.



Oriental Medicine Immunity Deep Sleep Therapy
Sanyacho Village

An oriental immunity program for improving insomnia. Yoga moves using herbal pillows help align a rigid and unbalanced body and relax the mind and body through relaxation meditation.



Sanyacho Village

Food&Trip Program



Agricultural Humanities& Healing Food Story
Deep Mountain Spring Morning Letter
Meditation Healing Center

Take a look around at the farm owned by Geunmo Ryu, where around 100 vegetables are grown with an 'organic ecological circulation farming method' for 24 years now, and listen to healing food stories.



Sanyacho Village Herbal Boiled Pork Set
Sanyacho Village

Enjoy pork carefully boiled in an herbal water and vegetables grown by the villagers at a restaurant run by the villagers.



Wellness Storytelling
Deep Mountain Spring

It is a time to get familiar with the space by looking around the places of the destination. Listen to special stories about the places or take on missions like finding a hidden place or a stamp tour.



Sanyacho Oriental Herbal Cosmetics Experience
Sanyacho Village

A program of making cosmetics good for the skin with oriental herbs cultivated at Sanyacho Village



Making Medical Herb Pocket Perfume
Jecheon Hanbang Expo Park
Medical Herb Research Bldg.

A program of experiencing aromatherapy of medical herbs. Learn about efficacies of various medical herbs of Jecheon and put them evenly in a pretty pocket.



Canoe&Kayak Experience or Platycladus Therapy
Slow City Susan

A time to enjoy the beauty of Cheongpung Lakeside on a canoe or a kayak. You can also enjoy a unique foot bath with natural oil extracted from the regional Platycladus forest.



Phytoncide Autonomous Walk
Uirimji Solbat Park

An autonomous healing walk in Solbat Park full of phytoncides. Your body will be filled with phytoncides if you take a slow walk in the forest full of pine trees.



Cheongpung Cultural Heritage Complex Walk
Cheongpung Cultural Heritage Complex

Cheongpung Cultural Heritage Complex, where the cultural assets from Chungju Dam area are relocated to avoid being submerged, is a 'small folk village' with an amazing view of Chungju (Cheongpung) Lake.



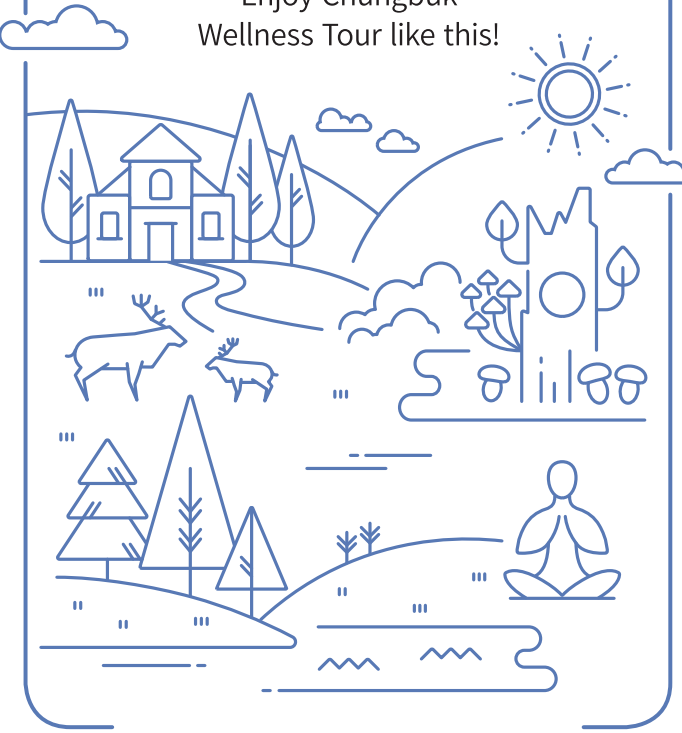
충북 웰니스관광 클러스터
Chungbuk Wellness Tourism Cluster

ENGLISH

A Natural Healing City that You Will Want to Stay

RESTING
BODY & MIND,
CHUNGBUK
WELLNESS
TRAVEL.

Enjoy Chungbuk
Wellness Tour like this!



When you are feeling spontaneous
Chungbuk Wellness DayTrip

| Jecheon Day Trip | | Wellness |
|---------------------|--|--|
| 1Day | | |
| 10:00 | Visit an exhibition | (commentary programs available at 10:00&15:00 on weekdays) Uirimji&Uirimji Museum of History |
| 11:00 | Phytoncide Autonomous Walk | Uirimji Solbat Park |
| 12:00 | Lunch | Yakcherak restaurant (downtown) |
| 13:00 | Oriental Detox Lymphatic Gymnastics | Jecheon Hanbang Expo Park Oriental Medicine Life Science Bldg. |
| 14:00 | Immunoactive Acupuncture Point Therapy | Jecheon Hanbang Expo Park Oriental Medicine Life Science Bldg. |
| 14:30 | Making Medical Herb Pocket Perfume | Jecheon Hanbang Expo Park Medical Herb Research Bldg. |
| 15:30 | Oriental Herbal Tea + Foot Bath Experience | Cheongpung Cable Car Pharmaceutical Teahouse + Decoction |
| 17:00 | Mt. Bibongsan summit observatory | (sunset view: varies depending on the season) Cheongpung Cable Car |
| 18:00 | Return home | |



Jecheon
Day Trip

Wellness

Snap! Snap! Relaxing Therapy

| | | |
|-------|---|--|
| 1Day | | |
| 10:00 | Photo taking for your social media and a walk | (seasonal flower photo zone such as pink muhy grass) Mosan Airfield (BTS <Epilogue: Young Forever> music video location) |
| 11:00 | Folk Painting&Engraving Experience | Gyodong Folk Painting Village |
| 11:00 | Lunch | Yakcherak restaurant or Yakcherak lunch box (downtown) |
| 11:00 | Oriental Detox Lymphatic Gymnastics | Jecheon Hanbang Expo Park Oriental Medicine Life Science Bldg. |
| 11:00 | Healing Hop Therapy | Lim Slow Sensibility Store at Jecheon Hanbang Expo Park Oriental Medicine Life Science Bldg. |
| 11:00 | Oriental Medicine Immunity Deep Sleep Therapy | Sanyacho Village |
| 11:00 | Return home after Wellness Autonomous Walk | Cheongpung Cultural Heritage Complex |



Chungju
Day Trip

Wellness

Healing Travel

| | | |
|-------|--|---|
| 1Day | | |
| 09:50 | Arrive and register | Deep Mountain Spring Welcome Center |
| 10:00 | Orientation | Deep Mountain Spring Dream over a Dream Library |
| 11:00 | Mind Therapy Healing Walking | Deep Mountain Spring Dream Dance Forest |
| 12:30 | Lunch | Deep Mountain Spring House of Sharing |
| 14:00 | Body&Mind Resting Meditation Program | Deep Mountain Spring House of Meditation |
| 16:00 | Wellness Storytelling or Art Healing Therapy | Deep Mountain Spring Dream over a Dream Library |
| 18:00 | Dinner and return home | Deep Mountain Spring House of Sharing |



A time to comfort your body and mind
Chungbuk Wellness Jecheon 2D/1N Trip

| Jecheon 2D/1N | | Wellness |
|------------------|--|---|
| 1Day | | |
| 10:00 | Visit an exhibition | Uirimji Museum of History |
| 11:00 | Phytoncide Autonomous Walk | Uirimji Solbat Park |
| 11:30 | Lunch | Yakcherak restaurant (downtown) |
| 12:30 | Garden Walk&Rest Café the Block, No. 1 private garden of Jecheon | |
| 14:00 | Check-in | Forest Resom |
| 15:00 | Eco Healing Program | (forest commentary+walking meditation weekends only) or Aqua Program (Aqua Floating Yoga) Forest Resom Wellness Program |
| 17:00 | Sasang Constitution Spa Zone Experience | Forest Resom Wellness Program |
| 18:00 | Dinner | Restaurant in Forest Resom |
| 19:00 | Rest | Forest Resom Shooting Star Café, etc. |
| 20:00 | Free Time&Sleep | Forest Resom Accommodation |
| 2Day | | |
| 08:00 | Breakfast | Restaurant in Forest Resom |
| 10:00 | Oriental Medicine Immunity Deep Sleep Therapy | Sanyacho Village |
| 12:00 | Lunch | Sanyacho Village (Medical Herbal Meal-Herbal Boiled Pork) or Yakcherak restaurant (downtown) |
| 13:30 | Oriental Herbal Tea + Foot Bath Experience | Cheongpung Cable Car Pharmaceutical Teahouse + Decoction |
| 14:30 | Mt. Bibongsan summit observatory | (sunset view: varies depending on the season) Cheongpung Cable Car |
| 15:30 | Oriental Detox Lymphatic Gymnastics | Jecheon Hanbang Expo Park Oriental Medicine Life Science Bldg. |
| 16:00 | Healing Hop Therapy | Lim Slow Sensibility Store at Jecheon Hanbang Expo Park Oriental Medicine Life Science Bldg. |
| 17:00 | Return home | |



Jecheon
2D/1N

Wellness

Fill&Enjoy Premium

| | | |
|-------|--|--|
| 1Day | | |
| 10:00 | Healing Forest Autonomous Walk | National Jecheon Healing Forest |
| 10:30 | Healing Program | National Jecheon Healing Forest |
| 12:00 | Lunch | Sanyacho Village (Medical Herbal Meal-Herbal Boiled Pork) |
| 13:00 | Oriental Medicine Immunity Deep Sleep Therapy | Sanyacho Village |
| 14:30 | Canoe&Kayak Experience or Platycladus Therapy | Slow City Susan |
| 16:00 | Oriental Herbal Tea+Foot Bath Experience | Cheongpung Cable Car Pharmaceutical Teahouse + Decoction |
| 17:00 | Mt. Bibongsan summit observatory | (sunset view: varies depending on the season) Cheongpung Cable Car |
| 18:00 | Free Time&Sleep | (move to accommodation in Cheongpung-myeon or downtown) Accommodation |
| 2Day | | |
| 09:00 | Breakfast&move | Accommodation or Downtown Jecheon |
| 10:00 | Folk Painting&Engraving Experience | Gyodong Folk Painting Village |
| 11:30 | Lunch | Yakcherak restaurant (downtown) |
| 13:00 | Garden Walk&Rest Café the Block, No. 1 private garden of Jecheon | |
| 14:00 | Immunoactive Acupuncture Point Therapy | Jecheon Hanbang Expo Park Oriental Medicine Life Science Bldg. |
| 14:30 | Oriental Detox Lymphatic Gymnastics | Jecheon Hanbang Expo Park Oriental Medicine Life Science Bldg. |
| 15:00 | Healing Hop Therapy | Lim Slow Sensibility Store at Jecheon Hanbang Expo Park Oriental Medicine Life Science Bldg. |
| 16:30 | Return home | |

A time to look deeper into each other
Chungbuk Wellness Chungju 1N&2N Trip

| Chungju 2D/1N | | Wellness |
|------------------|---|---|
| 1Day | | |
| 11:00 | Arrive and register | Deep Mountain Spring Welcome Center |
| 11:20 | Orientation | Deep Mountain Spring Dream over a Dream Library |
| 12:00 | Lunch | Deep Mountain Spring House of Sharing |
| 13:00 | Check-in to accommodation, change clothes&autonomous walk | Deep Mountain Spring Green House |
| 14:00 | Log Meditation | Deep Mountain Spring House of Meditation |
| 15:30 | Wellness Storytelling | Deep Mountain Spring |
| 16:30 | Singing Bowl Meditation | Deep Mountain Spring House of Meditation |
| 18:00 | Dinner | Deep Mountain Spring House of Sharing |
| 19:00 | Spring Small Concert | Deep Mountain Spring Celestial Body Room |
| 21:30 | Sleep after Spa Meditation(Autonomous) | Deep Mountain Spring Green House |
| 2Day | | |
| 06:00 | Wake up and Spa Meditation(Autonomous) | Deep Mountain Spring Green House |
| 08:00 | Breakfast&gather | Deep Mountain Spring |
| 09:00 | Art Healing Therapy | Ohdaeho Art Factory |
| 11:00 | Lunch&Farm Tour | Geunmo Ryu&10 Farmers |
| 13:30 | Sympathy Well Talk&Survey | Geunmo Ryu&10 Farmers |
| 15:00 | Move to Spring and return home | |



Chungju
3D/2N

Wellness

Happy Family Mind Travel

| | | |
|-------|---|--|
| 1Day | | |
| 15:00 | Arrive and register | Deep Mountain Spring Welcome Center |
| 15:20 | Orientation | Deep Mountain Spring Dream over a Dream Library |
| 17:00 | Body&Mind Relaxing | Deep Mountain Spring House of Meditation |
| 18:00 | Dinner | Deep Mountain Spring House of Sharing |
| 19:00 | Spring Small Concert | Deep Mountain Spring Celestial Body Room |
| 21:00 | Sleep after Spa Meditation(Autonomous) | Deep Mountain Spring Green House |
| 06:00 | Wake up and Spa Meditation(Autonomous) | Deep Mountain Spring Green House |
| 2Day | | |
| 08:00 | Breakfast&gather | Deep Mountain Spring House of Sharing |
| 09:00 | Art Healing Therapy | Ohdaeho Art Factory |
| 10:30 | Sunmudo Experience | Jungangtap Park |
| 12:00 | Lunch | Geunmo Ryu&10 Farmers |
| 13:30 | Agricultural Humanities&Healing Food Story | Geunmo Ryu&10 Farmers |
| 13:30 | Body&Mind Resting Meditation Program | Deep Mountain Spring House of Meditation |
| 16:00 | Dinner | Deep Mountain Spring House of Sharing |
| 18:00 | Play Meditation&Family Refreshment Time | Deep Mountain Spring House of Meditation |
| 21:00 | Sleep after Spa Meditation(Autonomous) | Deep Mountain Spring Green House |
| 3Day | | |
| 06:00 | Wake up and Spa Meditation (Autonomous) | Deep Mountain Spring Green House |
| 08:00 | Breakfast | Deep Mountain Spring House of Sharing |
| 09:30 | Sympathy Well Talk | Deep Mountain Spring Wellness Program |
| 10:30 | Mind Therapy Healing Walking | Deep Mountain Spring Wellness Program |
| 12:00 | Lunch | Deep Mountain Spring House of Sharing |
| 14:00 | Return home after visiting an exhibition and experience | (photo taking for your social media) Ohdaeho Art Factory |



More diverse pleasure in Chungju&Jecheon
Chungbuk Wellness Jecheon-Chungju①

| Jecheon Chungju 3D/2N | | Wellness |
|-----------------------------|---|--|
| 1Day | | |
| 10:00 | Oriental Detox Lymphatic Gymnastics | Jecheon Hanbang Expo Park Oriental Medicine Life Science Bldg. |
| 10:30 | Immunoactive Acupuncture Point Therapy | Jecheon Hanbang Expo Park Oriental Medicine Life Science Bldg. |
| 11:00 | Healing Hop Therapy | Lim Slow Sensibility Store at Jecheon Hanbang Expo Park Oriental Medicine Life Science Bldg. |
| 12:30 | Lunch | Yakcherak restaurant (downtown) |
| 14:00 | Check-in | Forest Resom |
| 15:00 | Eco Healing Program | (forest commentary+walking meditation weekends only) or Aqua Program(Aqua Floating Yoga) |
| 17:00 | Sasang Constitution Spa Zone Experience | Forest Resom Wellness Program |
| 18:30 | Dinner | Forest Resom 'Hae Meal' |
| 19:30 | Rest | Forest Resom Shooting Star Café |
| 21:00 | Free Time&Sleep | Accommodation |
| 2Day | | |
| 09:00 | Breakfast&Free Time | Forest Resom |
| 10:00 | Healing Program | National Jecheon Healing Forest |
| 11:30 | Lunch | Sanyacho Village(Medical Herbal Meal - Herbal Boiled Pork) or Yakcherak restaurant(Cheongpung-myeon) |
| 12:30 | Oriental Medicine Immunity Deep Sleep Therapy | Sanyacho Village |
| 14:00 | Oriental Herbal Tea + Foot Bath Experience | Cheongpung Cable Car Pharmaceutical Teahouse + Decoction |
| 15:00 | Mt. Bibongsan summit observatory | (sunset view: varies depending on the season) Cheongpung Cable Car |
| 16:00 | Orientation | Deep Mountain Spring |
| 16:30 | Log Meditation | Deep Mountain Spring Wellness Program |
| 17:30 | Free Time (Autonomous Walk) | Deep Mountain Spring |
| 18:00 | Dinner | Deep Mountain Spring House of Sharing |
| 20:00 | Sleep after Spa Meditation (Autonomous) | Deep Mountain Spring |
| 3Day | | |
| 08:00 | Breakfast | Deep Mountain Spring House of Sharing |
| 09:30 | Sympathy Well Talk | Deep Mountain Spring Wellness Program |
| 10:30 | Mind Therapy Healing Walking | Deep Mountain Spring Wellness Program |
| 12:00 | Lunch | Deep Mountain Spring House of Sharing |
| 14:00 | Return home after visiting an exhibition and experience | (photo taking for your social media) Ohdaeho Art Factory |



More diverse pleasure in Chungju&Jecheon
Chungbuk Wellness Chungju-Jecheon②

| Jecheon Chungju 3D/2N | | Wellness |
|-----------------------------|---|---|
| 1Day | | |
| 11:00 | Arrive and register | Deep Mountain Spring Welcome Center |
| 11:20 | Orientation | Deep Mountain Spring Dream over a Dream Library |
| 12:00 | Lunch | Deep Mountain Spring House of Sharing |
| 13:00 | Move to Jecheon | (self-introduction in the bus) |
| 14:00 | Welcome greetings&check-in | Forest Resom |
| 15:00 | Wellness Have 9 Spa Experience | Forest Resom Have 9 Healing Spa |
| 18:00 | Dinner(Hae Meal Set) | Forest Resom 'Hae Meal' |
| 19:30 | Concert in the Forest | Forest Resom Shooting Star Café |
| 21:00 | Sleep after autonomous walk | Forest Resom |
| 2Day | | |
| 06:00 | Wake up and autonomous walk | Forest Resom |
| 07:00 | Breakfast (buffet) | Forest Resom L Lounge |
| 08:00 | Autonomous walk&gathering | Forest Resom |
| 08:40 | Sanyacho Oriental Herbal Cosmetics Experience | (or Oriental Medicine Immunity Deep Sleep Therapy) Sanyacho Village |
| 11:15 | Lunch | (Herbal Grilled Short Rib Patties) Cheongpung Golden Tteok-galbi |
| 12:20 | Chungbuk Wellness Ferry Tour | Cheongpung Ferry - Chungju Ferry |
| 14:30 | Jungangtap Park Wellness Meditation Experience | Jungangtap Park |
| 16:30 | Check-in after moving to Deep Mountain Spring | Autonomous Walk or Spa Meditation(Autonomous) Deep Mountain Spring |
| 18:00 | Dinner | Deep Mountain Spring House of Sharing |
| 19:30 | Log Meditation | Deep Mountain Spring House of Meditation |
| 21:00 | Sleep after Spa Meditation(Autonomous) | Deep Mountain Spring Green House |
| 3Day | | |
| 06:00 | Wake up and Spa Meditation (Autonomous) | Deep Mountain Spring Green House |
| 08:00 | Breakfast | Deep Mountain Spring House of Sharing |
| 09:30 | Sympathy Well Talk | Deep Mountain Spring House of Meditation |
| 10:30 | Writer Dowon Goh's Mind Therapy Healing Walking | Deep Mountain Spring Dream Dance Forest |
| 12:00 | Return home after lunch | Deep Mountain Spring House of Sharing |



More diverse pleasure in Chungju&Jecheon
Chungbuk Wellness Chungju-Jecheon③

| Jecheon Chungju 3D/2N | | Wellness |
|-----------------------------|---|---|
| 1Day | | |
| 11:00 | Arrive and register | Deep Mountain Spring Welcome Center |
| 11:20 | Orientation | Deep Mountain Spring Dream over a Dream Library |
| 12:00 | Lunch | Deep Mountain Spring House of Sharing |
| 13:00 | Log Meditation | Deep Mountain Spring House of Meditation |
| 14:30 | Move to Jecheon | (self-introduction in the bus) |
| 15:00 | Arrive at ES Resort&check-in | ES Resort |
| 17:00 | Looking around Sanyacho Village | Sanyacho Village |
| 18:00 | Dinner (Herbal Boiled Pork Set) | Sanyacho Village Restaurant |
| 19:00 | Sanyacho Oriental Herbal Cosmetics Experience | (or Oriental Medicine Immunity Deep Sleep Therapy) Sanyacho Village |
| 20:30 | Move to ES Resort&rest/Sleep | ES Resort |
| 2Day | | |
| 06:00 | Wake up&autonomous walk | ES Resort |
| 08:00 | Check-out&departure | |
| 08:30 | Breakfast (Herbal Grilled Short Rib Patties) | Cheongpung Golden Tteok-galbi |
| 10:00 | Cheongpung Cultural Heritage Complex Walk | Cheongpung Cultural Heritage Complex |
| 12:30 | Lunch&Farm Tour | Geunmo Ryu&10 Farmers |
| 14:20 | Check-in after moving to Deep Mountain Spring | Spa Meditation (Autonomous) Deep Mountain Spring Green House |
| 15:30 | Wellness Storytelling | Deep Mountain Spring Dream over a Dream Library |
| 18:00 | Dinner | Deep Mountain Spring House of Sharing |
| 19:30 | Spring Small Concert | Deep Mountain Spring Celestial Body Room |
| 21:00 | Sleep after Spa Meditation (Autonomous) | Deep Mountain Spring Green House |
| 3Day | | |
| 06:00 | Wake up and Spa Meditation (Autonomous) | Deep Mountain Spring Green House |
| 08:00 | Breakfast | Deep Mountain Spring House of Sharing |
| 09:30 | Sympathy Well Talk | Deep Mountain Spring House of Meditation |
| 10:30 | Writer Dowon Goh's Mind Therapy Healing Walking | Deep Mountain Spring Dream Dance Forest |
| 12:00 | Return home after lunch | Deep Mountain Spring House of Sharing |

