

**Wellness K**

# Interweaving art and wellness at WELLNESS K

Kukje Gallery has long played a pivotal role as a cultural hub introducing works by both world-renowned international and Korean artists, along with hosting weekly academy programs that promote continuing education and appreciation of art and culture. The wellness program, newly launched in the gallery's K1 building, will extend this commitment to aesthetics and learning by providing members a third category, health. Integrating vanguard ideas regarding fitness, mindfulness, and happiness, Wellness K will feature personalized programs including strength and core training, yoga, dance, and meditation, coupled with the visionary art that Kukje Gallery has long been known for. Wellness K is the first-ever wellness center in Korea that promotes the connection between the mind and body with visual arts.



# Art + Wellness

Wellness K proposes a new approach to living well, combining “art” with innovative methods to develop the “wellness” of the mind and body. This begins with an exquisite eye for detail, curating works by internationally acclaimed contemporary artists in an environment that is designed to optimize both mental and physical wellbeing. By integrating all of your senses, Wellness K promises to maintain a healthy and engaging experience that will promote the level of care you deserve.



## Wellness Journey

Enjoy the wellness program in our state-of-the-art facilities while relishing views of Samcheong-dong, the landscape of Gyeongbok Palace and Inwang Mountain. Spend time in unparalleled luxury and repose with works by contemporary artists, followed by an exceptional fine dining experience at The Restaurant. This all-encompassing wellness journey is possible only at Kukje Gallery.



# Medical Concept Store

Wellness K plans to launch an unprecedented concept store merging art and medicine. A professional pharmacist will provide a personalized health solution tailored to each customer's physical condition.

## 1:1 Consulting

Certified personal trainers with professional medical knowledge conduct structured 1:1 consultation and check-ups, taking into account each individual member's preferences and mental/physical conditions, and create a personalized fitness and recreation program just for you.



# Program

Below is a brief introduction to Wellness K's signature programs.

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## Personal Training

A fitness program custom-tailored by your personal trainer based on initial screening and consultation. Fill your everyday life with vibrant energy through physical training with our state-of-the-art weight and cardio machines.

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## Group Activities

- **Healing Yoga**

Relieve stress and release all tension through the practice of basic yoga poses that slowly elongate the muscles and lead to meditation.

- **Zumba Dance**

Develop abdominal muscles and burn calories in a short span of time through vigorous cardio exercise to workout music.

- **Core Stretching**

Improve and maintain balance by strengthening the core, elongating muscles and joints to relieve muscle knots.

- **Mat Pilates**

Strengthen abdominal core muscles and increase flexibility in arms and legs without the use of any equipment in order to build a balanced body and better posture with ease.



# Information

- **Opening hours**

Monday – Saturday 6am – 10pm

closed on Sundays

by reservation only

- **Location**

Kukje Gallery K1 2/3F, 54 Samcheong-ro,  
Jongno-gu Seoul, 03053 Korea

- **Contact**

+82-2-735-8449

\* All programs at Wellness K are by reservation only.

\* Wellness K does not provide sportswear. Please bring your personal sportswear in order to participate in any of the programs at Wellness K.