

WFWP Korea's *Wellness Peace Journey* at Camp Greaves near the Korean DMZ

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The Wellness Peace Journey

From June 11 to 12, the Women's Federation for World Peace (WFWP - Korea chapter, led by President Kim Go-eun) hosted a "Wellness Peace Journey" at Camp Greaves and sites near the Demilitarized Zone (DMZ) in Paju, Gyeonggi Province.

The event was designed as an integrated experiential program, combining education that fosters empathy for Korean unification, site visits symbolizing Korea's division, and wellness-based meditation experiences in nature.



Visiting the exhibition hall at Camp Greaves

This "Wellness Peace Journey" marked the final phase of the "Peaceful Unification Wellness Program," a project conducted as part of the Ministry of the Interior and Safety's 2025 Public Interest Support Program for Nonprofit Civil Organizations. The curriculum - centered on "Understanding Unification Issues from the Perspective of Conflict Resolution" - was thoughtfully structured to include both foundational instruction through the "Wellness Unification School" and immersive field-based learning.

On the first day, Dr. Ra Hun-il from Dongguk University's Department of North Korean Studies led a discussion session that encouraged participants to move beyond passive learning. Themed "Pro-Unification vs. Anti-Unification," the class focused on empathetic listening and persuasive dialogue, inviting participants to explore the complexity of unification from diverse perspectives.

The division site tour was carefully designed to allow participants to reflect on the pain of the Korean War, examine current security realities, and consider the possibilities of future unification. The tour

unfolded across three meaningful sites:

The National Memorial for Korean War Abductees, honoring the sorrowful legacy of those taken during the conflict;

Camp Greaves, formerly a U.S. military base, now repurposed as the DMZ's only youth hostel and cultural exhibit hall, showcasing the historical and contemporary realities of division;

And the DMZ Forest, home to the DMZ's only glass greenhouse - transformed into a vibrant symbol of life and healing within a once-divided space.

Together, these locations guided participants through the temporal flow and emotional landscape of Korea's divided history.

Wellness experience activities were led by Oxygen Footprint Co., Ltd., a wellness education institute specializing in holistic programs. Participants took part in sound bath meditation using therapeutic instruments in the DMZ Forest, engaged in walking meditation in sync with the forest's tranquil rhythm, and practiced forest yoga under the early summer sunlight - all aimed at enhancing mental and physical well-being and deepening inner peace.

A representative from WFWP shared, "Wellness is not simply about healing - it's the starting point for expanding inner peace into social empathy." She added, "This journey has reaffirmed that unification is not a goal imposed from above, but a process built together through empathy and trust in our daily lives."

WFWP has expressed a commitment to continuing wellness-based education programs that support peace and unification in the future.