



IFLA WLIC 2026

BUSAN

**LIBRARIES
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TRANSFORMATION**

World Library and Information Congress
90th IFLA General Conference
10-13 August 2026, South Korea

Operation Plan

Well-being Activities

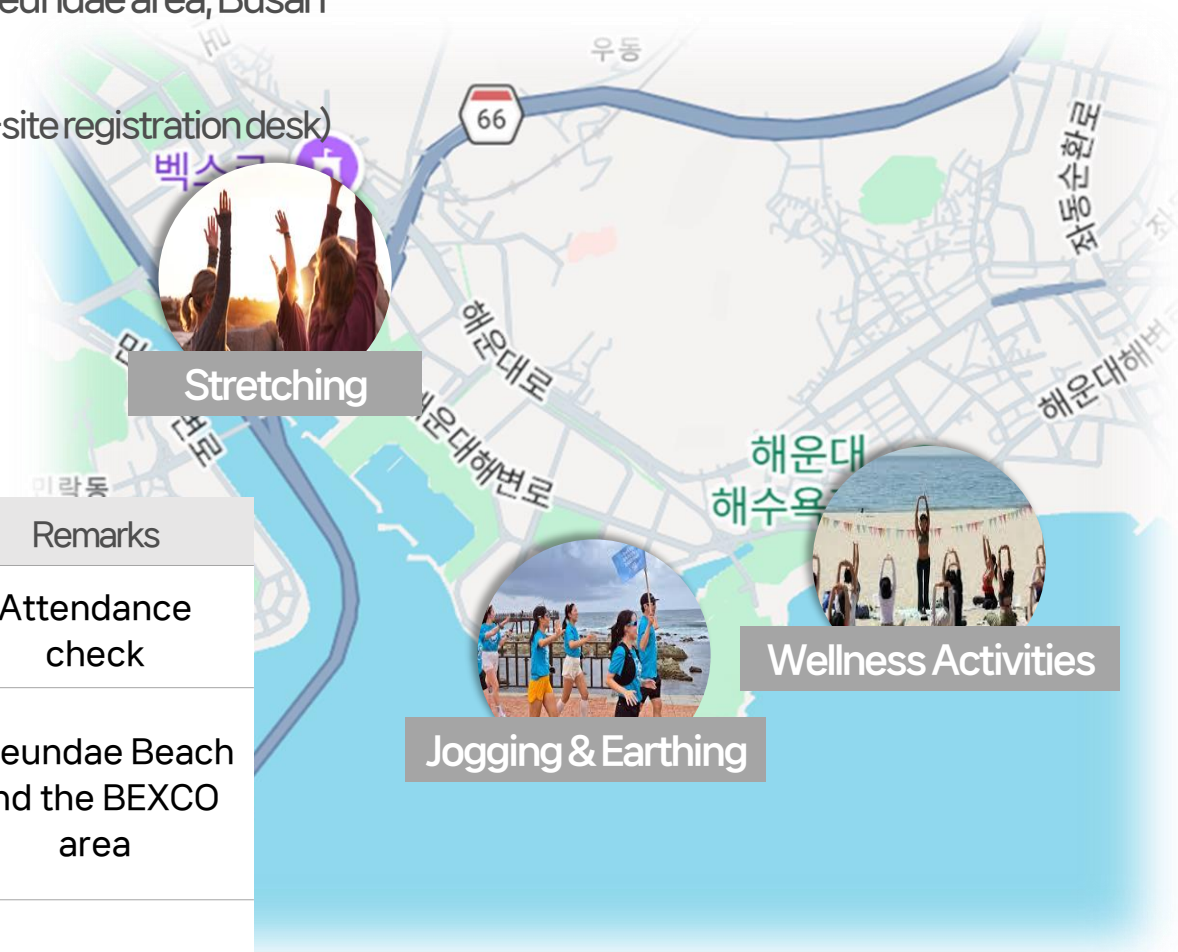


IFLA WLIC 2026
BUSAN

Well-being Activity Overview

- Date/Venue** August 10 (Mon) – 12(Wed), 2026 / BEXCO and Haeundae area, Busan
- Participants** Registered WLIC participants (first-come, first-served registration available at the on-site registration desk)
- Overview** Interactive morning wellness program designed for conference participants
- Program** Morning stretching, slow jogging, yoga & meditation, and experiential wellness activities
- Tentative Schedule**

Category	Time	Program	Remarks
Pre-program	~ 07:30	Participant gathering and briefing	Attendance check
Main Program	07:30-08:10 (40')	Wellness Activities	Haeundae Beach and the BEXCO area
	08:10-08:20 (10')	Program wrap-up and return	-



Daily Program Schedule

No.	Date	Program	Description	Capacity	Venue	Remarks
1	Aug 10 (Mon)	Stretching	Morning stretching session with K-pop music	50	BEXCO Convention Hall Corridor	Convention Hall Corridor (3F)
2		Wellness Program	Singing Bowl Relaxation Program at Haeundae Beach	30	Haeundae Beach	In case of rain: Room 311, BEXCO (*08:00-08:50)
3		Slow Jogging	Healthy slow jogging along Haeundae Beach and Dongbaek Island	50	Haeundae Beach – Dongbaek Island	Cancelled in case of rain
4	Aug 11 (Tue)	Stretching	Chair Yoga Stretching	50	BEXCO Convention Hall Corridor	Convention Hall Corridor (3F)
5		Wellness Program	Morning Healing Yoga at Suyeong Riverside	30	APEC Naru Park (Suyeong Riverside)	Room 311, BEXCO
6		Slow Jogging	Healthy slow jogging along the Suyeong River waterfront	50	Suyeong Riverside Trail	Cancelled in case of rain
7	Aug 12 (Wed)	Stretching	Aerobic	50	BEXCO Convention Hall Corridor	Convention Hall Corridor (3F)
8		Wellness Program	Aroma Healing & Relaxation Program	30	Room 311, BEXCO	-
9		Beach Earthing Experience	Barefoot earthing experience at Haeundae Beach	50	Haeundae Beach Area	Cancelled in case of rain

Daily Program Details (Monday)

Program Morning stretching session with K-pop music

Date /Time August 10 (Mon), 2026 | 07:30–08:20

Venue BEXCO Convention Hall Corridor (3F)

Overview Start your day with an energizing K-POP Morning Stretch!
Enjoy a guided full-body stretching session led by a professional instructor.
Designed for all participants, this standing program helps release tension, boost energy, and prepare you for a productive day at the Congress.

- Program Highlights**
- Full-body stretching with upbeat K-POP music
 - Instructor-led interactive stretching session
 - Warm-up exercises and cool-down stretching

Daily Program Details (Monday)

Program Singing Bowl Relaxation Program at Haeundae Beach

Date /Time August 10 (Mon), 2026 | 07:30–08:20
*In case of rain: 08:00–08:50

Venue Haeundae Beach

Overview Find your balance by the sea with the calming sounds of singing bowls.
Held on the beautiful Haeundae Beach, this wellness session combines singing bowl meditation, gentle yoga, and mindful breathing to help you relax, restore your energy, and begin the day refreshed.
Please wear comfortable clothing and enjoy a peaceful morning by the sea.

- Program Highlights**
- Singing bowl meditation with breathing and gentle yoga
 - Guided breathing and yoga practice
 - Cool-down stretching and guided meditation

Daily Program Details (Monday)

Program

Healthy slow jogging along Haeundae Beach and Dongbaek Island

Date /Time

August 10 (Mon), 2026 | 07:30–08:20

Venue

Haeundae Beach – Dongbaek Island

Overview

Start your day with a refreshing Slow Jog along Busan's beautiful coastline!

Follow the scenic route from Haeundae Beach to Dongbaekseom Island at a comfortable pace while enjoying the fresh sea breeze.

This guided wellness activity helps participants gently awaken the body, recharge their energy, and prepare for the day ahead.

Please wear comfortable clothing and running shoes.

Program Highlights

- Guided warm-up and stretching
- Slow jogging along the Haeundae–Dongbaekseom route
- Cool-down stretching and wrap-up

Daily Program Details (Tuesday)

Program

Chair Yoga Stretching

Date /Time

August 11 (Tue), 2026 | 07:30–08:20

Venue

BEXCO Convention Hall Corridor (3F)

Overview

Refresh your body and recharge your energy with Chair Yoga Stretching!
Led by a professional instructor, this easy-to-follow chair-based stretching session helps relieve tension in the neck, shoulders, and back, leaving you refreshed and ready for the day's Congress program.

Program Highlights

- Chair-based full-body stretching
- Neck, shoulder, and back muscle relaxation
- Posture correction and cool-down stretching

Daily Program Details (Tuesday)

Program Morning Healing Yoga at Suyeong Riverside

Date /Time August 11 (Tue), 2026 | 07:30–08:20

Venue APEC Naru Park (Suyeong Riverside)

Overview Enjoy a refreshing morning yoga session surrounded by the scenic waterfront of the Suyeong Riverside and APEC Naru Park.

In this open-air setting, participants will be guided through yoga poses and mindful breathing by a professional instructor to release tension, restore balance, and recharge their energy for the day ahead.

Experience Busan's unique wellness atmosphere while embracing the tranquility of nature in the heart of the city.

- Program Highlights**
- Instructor-led yoga session
 - Breathing meditation and relaxation stretching
 - Wellness experience for balance and rejuvenation

Daily Program Details (Tuesday)

Program Healthy slow jogging along the Suyeong River waterfront

Date /Time August 11 (Tue), 2026 | 07:30–08:20

Venue Suyeong Riverside Trail

Overview Start your day with a refreshing slow jog along one of Busan's most scenic waterfronts. Follow the beautiful trails of the Suyeong Riverside and APEC Naru Park while enjoying nature in the heart of the city.

This low-impact jogging session is designed for all fitness levels, helping participants recharge their energy and prepare for a productive day.

Please wear comfortable clothing and running shoes, and enjoy the experience at your own pace.

- Program Highlights**
- Guided warm-up and stretching
 - Slow jogging along the Suyeong Riverside
 - Cool-down stretching and wrap-up

Daily Program Details (Wednesday)

Program Aerobic

Date /Time August 12 (Wed), 2026 | 07:30–08:20

Venue BEXCO Convention Hall Corridor (3F)

Overview Start your day with an energizing morning workout!
Move to upbeat music in this fun and easy-to-follow aerobic session.
Designed for all participants, the program helps release tension, boost energy, and prepare you for a productive day.

- Program Highlights**
- Instructor-led aerobic session
 - Full-body cardio workout
 - Warm-up exercises to boost energy

Daily Program Details (Wednesday)

Program Aroma Healing & Relaxation Program

Date /Time August 12 (Wed), 2026 | 07:30–08:20

Venue Room 311, BEXCO

Overview Relax and recharge with the soothing scents of aroma therapy.
This wellness session combines calming aromas with guided breathing and relaxation techniques to help participants release tension, restore balance, and enjoy a peaceful start to the day.

- Program Highlights**
- Aromatherapy experience
 - Guided breathing and relaxation session
 - Stress relief and mental well-being

Daily Program Details (Wednesday)

Program Barefoot earthing experience at Haeundae Beach

Date /Time August 12 (Wed), 2026 | 07:30–08:20

Venue Haeundae Beach Area

Overview Reconnect with nature through a refreshing barefoot walk along Haeundae Beach. Experience the soothing sensation of walking barefoot on the sand while enjoying the fresh sea breeze and the beauty of Haeundae Beach. This wellness activity helps participants relax, recharge, and start the day feeling refreshed. Please wear comfortable clothing and enjoy a peaceful morning by the sea.

- Program Highlights**
- Barefoot beach walking (earthing)
 - Nature-inspired healing walk
 - Relaxation and revitalization

Well-being Activity : Stretching

Date/Venue

August 10 (Mon) – 12 (Wed), 2026 / 07:30–08:20 / 3F Convention Hall Corridor, BEXCO

Participants

Registered WLIC participants (first-come, first-served basis)

Program

Aug. 10: K-pop Morning Stretching/ Aug. 11: Chair Yoga Stretching / Aug. 12: Aerobics
* As the program will be conducted in a corridor space, activities will primarily consist of standing stretching exercises.

Tentative Schedule

Category	Time	Program	Remarks
Registration	~ 07:30	Participant Gathering & Check-in	-
Main program	07:30-08:10 (40')	Full-Body Stretching	-
	08:10-08:20 (10')	Wrap-up and Dismissal	-



Well-being Activity : Wellness Program

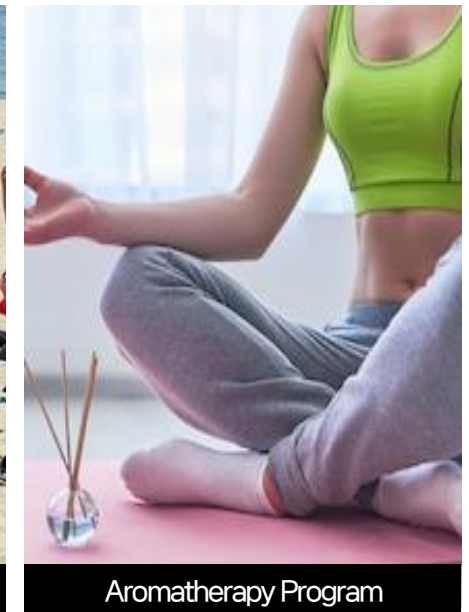
Date/Venue August 10 (Mon) – 12 (Wed), 2026 / 07:30–08:20 / BEXCO, Haeundae Beach, and surrounding areas

Participants Registered WLIC participants (advance reservation on a first-come, first-served basis)

Program Morning wellness activities held at Haeundae Beach, APEC Naru Park (Suyeong Riverside), and the conference venue

Tentative Schedule

Category	Time	Program	Remarks
Registration	~ 07:30	Participant Gathering & Check-in	Attendance Confirmation
Main program	07:30-08:10 (40')	Wellness Program	-
	08:10-08:20 (10')	Wrap-up and Dismissal	-



Well-being Activity : Slow Jogging & Beach Earthing

- Date/Venue August 10 (Mon) – 12 (Wed), 2026 / 07:30–08:20 / Haeundae Area, Busan
- Participants Registered WLIC participants (first-come, first-served basis)
- Program Guided slow jogging and beach earthing activities along the scenic Haeundae coastline and Suyeong River area
- Tentative Schedule (Course A) Haeundae Event Plaza → Dongbaek Island Loop → Return to Haeundae Event Plaza* Approx. 4.0–4.5 km
(Course B) BEXCO Outdoor Plaza → APEC Naru Park → Suyeong Riverside Trail → Return to BEXCO Outdoor Plaza* Approx. 2.5–3.0 km
(Beach Earthing) Haeundae Beach Area

Category	Time	Program	Remarks
Registration	~ 07:30	Participant Gathering & Check-in	-
Main program	07:30-07:40 (10')	Stretching	-
	07:40-08:10 (30')	① Slow Jogging (Course A/B) ② Beach Earthing	Please refer to the course map
	08:10-08:20 (10')	Wrap-up and Dismissal	-

