



NZ WOMEN IN MEDICINE CONFERENCE 2024

Ko te tumanako me haere tahi tatou
Hope moves us forward together

Reclaiming rest: exploring deep relaxation for holistic well-being

In a fast-paced society that often glorifies productivity and achievement, the importance of rest is frequently overlooked. However, true rest is not merely the absence of activity; it is a vital component of holistic well-being, enabling essential physiological and psychological processes such as learning, memory consolidation, and stress reduction.

This workshop invites participants to delve into the transformative power of rest through a combination of somatic movement and yoga nidra.

Somatic movement techniques will be utilized to reset the gamma motor neurons in the muscle spindles, facilitating relaxation and releasing tension stored in the body. Yoga nidra, often referred to as yogic sleep, will be employed to explore the various brainwave states that lead to deep rest and relaxation.



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15-18 May 2024
Tākina Convention Centre
Te Whanganui-a-Tara Wellington

