



NZ WOMEN IN MEDICINE CONFERENCE 2024

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

Embracing fun and flow: infusing playfulness into life

In a society that often emphasizes productivity and accomplishment, it's easy to forget the importance of play, connection, and the state of flow in our lives. This class offers a refreshing perspective, encouraging participants to explore through journaling and reflection, movement and stillness, how you can infuse more moments of fun and flow into your life.



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

