



HINDU COUNCIL OF NEW ZEALAND Incorporated

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2nd NEW ZEALAND HINDU CONFERENCE

"Sustaining NZ Communities through health benefits of Yoga, Meditation and Ayurveda"

16 - 18 May 2008, Auckland

Kia Ora, Namaste & Greetings,

Encouraged by the response to the 1st New Zealand Hindu Conference which was inaugurated by Hon. Helen Clark, the Prime Minister of New Zealand, and the Hindu Council of New Zealand is hosting its 2nd New Zealand Hindu Conference in May 2008.

The theme of the second conference is *"Sustaining New Zealand Communities through health benefits of Yoga, Meditation and Ayurveda"*. We have invited His Excellency The Honourable Anand Satyanand, the Governor General of New Zealand, to inaugurate the conference.

The Conference will discuss how the practices of Yoga, Meditation and Ayurveda, can contribute to enhancing the general, physical, mental and social wellbeing of communities in Aotearoa/New Zealand.

Obesity and stress related health issues are a major concern for the New Zealand community and these three time-tested practices have been proven to be successful in addressing these issues. The purpose of the conference is: (a) to get views of experts who will present papers at the conference; and (b) to create awareness, and discuss how the benefits of these practises reach the wider community.

The conference papers include: Benefits of yoga in physical and mental health; Yoga in school education – tools for mind concentration for students; Benefits of meditation for stress management.

It is expected that these discussion papers will be of interest to Health-care professionals, Educators, Health promoters, Mental health service providers & workers, Consumers, Policy-makers, Researchers and evaluators, Community development agencies & workers, Social workers, Alternate systems practitioners & students (of Yoga, Meditation and Ayurveda), Community elders, and the general public.

We would like to have participation from all who are interested in these topics and concerned about health issues. To secure participation, please register for the conference at the earliest.

The draft programme with full details of papers and presenters is attached for your perusal.

Date: **16th to 18th May 2008**

Venue: **Hindu Heritage Centre, 2-30 Bukem place, Mangere East, Auckland New Zealand.**

<http://www.smaps.co.nz/nz/manukau/favona/bukem+place/30/>

Registrations: open 1st March, 2008

Early bird registration (**before 31st March 2008**): **\$100.00** or (after 31st March 2008) **\$150.00**.

For Further information, e-mail hinduconference@gmail.com

Conference co-ordinator

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Conference joint co-ordinators:

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