



ANZCVS
VET SCIENCE
WEEK 2026

A Small Animal Medicine Chapter Initiative

RECONNECT & RECHARGE



**No yoga experience required.
Work clothes welcome.
Just bring yourself as you are!**




Chelsea is an internist working at the Small Animal Specialist Hospital (SASH, Syd). Alongside her vet career, she is a certified yoga teacher with a strong interest in supporting others' wellbeing through breathwork, mind-body connection, and practical techniques for nervous system regulation.

07:15 - 08:00 Friday 24 July

Arrive & Reset


Gentle movement and breathwork for busy veterinary minds

 Foyer E, Gold Coast Convention & Exhibition Centre

07:30 - 08:15 Saturday 25 July

Rejuvenate & Restore

A nervous system reset for veterinary professionals

 Foyer E, Gold Coast Convention & Exhibition Centre

Sign up for these FREE sessions here

<https://www.anzcv.com.au/vsw-health-and-wellbeing>