

Regenerative Cultures Sessions

If you have any general questions about our training, please email us on xr.regenerativeculture@gmail.com

- [What is this Regenerative Cultures Thing?](#)
- [Qigong](#)
- [Connecting Through Life Stories](#)
- [Regenerative Cultures recorded sessions](#)

What is this Regenerative Cultures Thing?

In this [recorded workshop](#) we define and explore regenerative cultures.

REGENERATIVE CULTURES: PURPOSE

Rebels are supported to bring regenerative practices into all aspects of our work: helping us to remember why we do the work, how we want to develop it and how we can sustain it, and ourselves, into the future.

[Note: When we say cultures we are simply meaning the ways we approach ourselves, others and whatever we are doing. When we say regenerative cultures we mean those that support nourishing relationships that are balanced. We use the word ecosystem in both its widest meaning and as a metaphor that means giving care and consideration both to the parts of the system (person, group, movement) and to the system as a whole.]

Qigong

What is this session?

A practical session of coordinated body posture and movement, breathing and meditation, for the purposes of health, spirituality, and martial-arts training.

Format

This session takes place via Zoom and lasts 1 hour.

When?

Qigong takes place weekly on Wednesdays from 5.30-6.30pm. Zoom links are shared via the Movement Broadcast below.

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

Connecting Through Life Stories



What is this training about?

We can do amazing things when we come together as a united force, and hold together through the many difficulties that we face.

This means building good, strong relationships with each other and learning how to reach out and build relationships with the wider population.

We have found that asking people to share their life stories with each other is a very powerful way to bring people together in many situations. It is also very simple – anyone can do it.

This combination of power and simplicity suggests it has the potential to bring deep benefits on a wide scale. Everyone is welcome to this workshop.

We're also looking for people who would like to learn how to run 'Connecting Through Life Stories' groups.

We use a very simple format, and so learning to do it is just taking part in a sharing stories group at the start of this workshop, and then staying on for a little extra instruction and discussion.

Format

Sessions are held over Zoom and last 1 hour 15 mins, plus an optional 30 minutes at the end to learn how to run this workshop yourself.

When?

Connecting Through Life Stories runs monthly, usually on the first Tuesday of the month from 7pm-8.15pm (or 8.45pm). Please see this [document](#) for information on dates and how to register.

All dates, times, and registration info for XRUK Talks and Trainings can be found via:

- [Movement Broadcast](#)
- [XRUK Talks and Trainings Facebook Page](#)

Regenerative Cultures

recorded sessions

XR Regenerative Cultures run a wide variety of talks and training sessions, many of which have been recorded and can be found [in this Youtube Playlist](#).

Videos are available on:

- Roots of Regenerative Culture
- Deep Listening
- Exploring Intuition
- Storytelling for Effective Activism
- Sacred Activism
- Touching Earth
- Pranayama & Yoga Nidra

This list will grow as more sessions are delivered and uploaded.

If you have any questions, please email us on [**xr.regenerativeculture@gmail.com**](mailto:xr.regenerativeculture@gmail.com)