

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
