

Regenerative Cultures Sessions

The sessions listed here are all on Zoom and everyone is welcome.

Communication that Connects

[**REGISTER HERE**](#)

These sessions run monthly, on different themes. Each session lasts 1hr 15 mins.

More than skills this is a paradigm shift into presence, which is a quality of compassionate Being. Moving away from 'having', 'getting' and 'owning' and moving towards honouring, sharing and appreciating.

In the service of this shift we invite skills in empathic listening, honest expression, connecting, appreciating and gratitude, uncovering shared values and shared vision.

- For those that appreciate an open mind within a culture of reflection and learning.
- Straightforward and immediately applicable.
- Cultivating a grounded safety through sensory awareness.
- Develop your skills in connecting through communication.
- We will develop a community of connection practices together.

Facilitators are Jen and K2.

Connecting Through Life Stories

[**REGISTER HERE**](#)

These are monthly workshops, usually on the first Tuesday of the month from 7pm. Each session lasts 1 hr 15 mins, plus an optional 30 minutes at the end to learn how to run this workshop yourself. For more information on this, [click here](#).

We can do amazing things when we come together as a united force and hold together through the many difficulties we face. This means building good, strong relationships with each other and

learning how to reach out and build relationships with the wider population.

Facilitators are Karl & Alima.

OMBRA workshops

[REGISTER HERE](#)

OMBRA is Oppression, Movement Building and our Relationships as Activists. This interactive workshop runs for 3 hrs and includes space for personal sharing and experience of practical tools.

We are members of XR looking at why, when people come together to bring about change, too often we end up fighting each other rather than working together.

For example, how do we address oppression (such as classism, sexism, racism, etc.) in ways that don't create further division? How do we rebuild relationships and trust that have been broken?

Facilitators are Karl & Alima.

If you have any questions, please email us on ombraworkshop@gmail.com.

Qigong

TO REGISTER, please contact xr.regenerativeculture@gmail.com You will be sent the Zoom link to attend.

Qigong takes place weekly on Wednesdays from 5.30-6.30pm.

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

Regenerative Cultures recorded sessions

XR Regenerative Cultures run a wide variety of talks and training sessions, many of which have been recorded.

What is this Regenerative Cultures thing? In this [recorded workshop](#) we define and explore regenerative cultures.

More videos can be found [on this Youtube Playlist](#):

- Roots of Regenerative Culture
- Deep Listening
- Exploring Intuition
- Storytelling for Effective Activism
- Sacred Activism
- Touching Earth
- Pranayama & Yoga Nidra
- What is this Regenerative Cultures thing?

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

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