

Regenerative Culture Videos

[XR Regenerative Cultures recordings \(Youtube\)](#)

These are recordings that the Regenerative Cultures Circle hosted which were part of the Fridays for Regenerative Futures series of weekly workshops. Many of the sessions were not recorded to allow participants to feel more comfortable to share but these gems were recorded for prosperity, enjoy!

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



FRIDAYS FOR REGENERATIVE FUTURES
