

# REGEN 101 WORKSHOP - REGENERATIVE CULTURE XR



extinction  
rebellion

# REGEN 101 WORKSHOP - REGENERATIVE CULTURE XR



extinction  
rebellion

REGEN 101 is an experiential, practical and theoretical workshop that covers some of the main areas of REGENERATIVE CULTURE in XR. It is a taster plate for new people to XR and a deepening of knowledge for those who already have experience with Regenerative Culture.

- EARTH EMOTIONS
- INTERSECTIONALITY
- SELF-CARE
- BURN-OUT
- ACTION CARE
- EMOTIONAL DEBRIEFING

REGEN 101 is an experiential, practical and theoretical workshop that covers some of the main areas of REGENERATIVE CULTURE in XR. It is a taster plate for new people to XR and a deepening of knowledge for those who already have experience with Regenerative Culture.

- EARTH EMOTIONS
- INTERSECTIONALITY
- SELF-CARE
- BURN-OUT
- ACTION CARE
- EMOTIONAL DEBRIEFING

  
**REGEN SYDNEY**  
For more information contact  
[regensydney@protonmail.com](mailto:regensydney@protonmail.com)



  
**REGEN SYDNEY**  
For more information contact  
[regensydney@protonmail.com](mailto:regensydney@protonmail.com)

