

GET A FEEL FOR THE

Regenerator Lab

Inner Transformation for Regenerative Impact



How It Feels



What You'll Move Through



1:1 · 3 HOURS

Reset

- Embrace where you are
- A fresh perspective on our individual and systemic challenges through either the IDGs or "Zen and the Art of Saving the Planet" — you choose
- Restore your system and reconnect you to your (inner) nature — the way you want



GROUP · 3 HOURS

Rebuild

- New approaches to the polycrisis, from wisdom traditions like Zen
- A playful deep dive into the Inner Development Guide
- Practices in community to connect to nature & create balance within
- Informal social time



GROUP · 3 HOURS

Regenerate

- An inspiring guest's real IDG story
- Build your own Impact Compass
- Practices from the IDGs & wisdom traditions to lead change
- Co-create how we keep supporting each other

"The 1:1 Reset session left me inspired — and after the restoration practice, I felt truly grounded."

— L., Founding Cohort member

Where We Meet

