

Saturday Workshops 2-4 pm

Samen naar een gezond voedselsysteem *Onze Groenteboer*

Samen leren over de ontwikkelingen rondom regeneratieve landbouw, werken aan klimaatoplossingen door te DOEN en onze no dig market garden aan de rand van Amsterdam.



Regenerative Teams *Iris Nekeman*



Join in an embodied experience of regenerative team cultures. Through an exploratory journey of sensing and feeling, we are going to tap into questions such as:

- *What is my gift?*
- *What is my role within the group?*
- *How do we build and nurture a regenerative collaborative team culture?*

During this workshop we will work with various modalities and concepts such as Theory U, Non-violent communication, prosocial principles, and decentralised co-sensemaking. We will work somatic and energetic exercises that broaden our perspective from the mind-heart to the mind-heart-gut relationship, and release that what no longer serves our highest good.

Solarpunk *Marco Gerletti*

Embark on an adventure alongside Marco as we delve into a co-designing workshop that invites you to shape and breathe life into the perspective of a Solarpunk Nomad.

Journey through a world that straddles the realities of Climate Resilience and navigates the landscape of a future, 50 years from now.



In a world grappling with the repercussions of Climate Change, where Regeneration intertwines with the spirit of Nomadism, a groundbreaking Solarpunk lifestyle is born.

Regenerative Organisations *Marielle & Vincent*



How to build your regenerative compass?

In this workshop Vincent and Marielle will share the elements of a regenerative culture. You will learn how to put life at the heart of everything you do within your work environment, whether you are an entrepreneur or an employee. What you will learn:

- *What a regenerative culture is*
- *What this means for you and your company: how can you take a first step?*
- *How can you build your own compass to navigate the transition?*
- *Inspiration from other entrepreneurs and a peek into events coming up to gain more in depth knowledge*

Regenerative Healthcare: Food as Medicine Zuzanna Zielinska

Let's dream and design the future of regenerative healthcare. According to WHO, 86% of Europeans die from chronic diseases which are directly linked to our lifestyle and eating habits. At the same time due to conventional farming which depletes the nutrients in the soil, our food is less and less nutritious. To address environmental and healthcare issues we need to become create models which will restore the ecosystem health while restoring human health. Join me in a world of the future of the healthcare system. During the workshops, you will:



- learn how soil health is directly linked to human health
- hear about inspiring models of pioneers from around the world who create a regenerative healthcare solution
- design our own models that we can implant in the Netherlands

Zuzanna Zielinska is an environmental nutritionist working with connecting agriculture and healthcare. Her company HarvestCare creates culinary medicine programs in Rotterdam South, teaching people practical skills and knowledge on how to use food as medicine. Her NGO Coalition of Health Professionals for Regenerative Agriculture collects research and promotes knowledge about the benefits of regenerative farming among healthcare professionals.

Rouwciinkel Anne Andrade

We Are Nature: Soil Experience Monique Wisse, beNature

During this workshop we put our hands-in-the-soil and become present. While we are seeding, weeding, harvesting in community, we will be guided to reflect on human-nature relations and maybe even experience our own. Come and experience it with us!



Ridhwan Ohorella



Back to the tradition of our humanness by the taste of history. Ridhwan Ohorella is a master storyteller who specializes in bringing heritage to life through his narratives. His stories transport the reader through time, exploring historical locations and significant characters. His storytelling encapsulates reflection and transformative energy, offering a unique perspective on heritage and imagination.