



METHODOLOGY / MINDSET

We foster a creative, and interactive approach to deepen our understanding of regenerative wisdoms and the science that supporting the evolving field - grounded in living systems and regenerative business approaches.

PLACE / ENVIRONMENT

Grounded in living principles (how nature works) we will explore stories of respect, care and reciprocity. Looking at how regenerative stewards bring their connection to place into their work. Incorporating permaculture design techniques within their organizations, moving beyond the conventional ideas of 'sustainability'.

ANCESTRAL WISDOMS

Together we (un)learn from alternative stories and life compasses of our own. Broadening our perspective to find other ways to navigate a rapidly changing world longing for a creation of new and remembering of old stories.

COMMUNITY

Through intentional relating, we connect and align our journeys. Working collectivity to explore the complexity of regenerative business. Widen our networks and hold a shared space to explore this business transition together.

EMBODIMENT

You will enter a carefully held space for reconnection to our embodied essence, through Art, Food, Play and Movement. To remember who we are in our core being, deepen how we relate to the wider world and explore how we can ground our life-aligned-decision making compass in ourselves and our communities.

TASTE THE SHIFT PROGRAM

SATURDAY

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTE: All sessions are optional & include breaks

Grounded in Taste The Shift's Realms and The Journey of Regenerative Business Stewardship

Sunrise Breathing, Yoga & Meditation 06.45 / 07.30							07.00
Morning Routine Moment 07.30 to 18.15 Journalling / Snacks / Forest Walk / Breathing Exercises						Breakfast 08.00 - 09.00	08.00
All Senses Meditation Walk 08.15 - 10.15	What if dreaming session 08.15 - 10.15	Embodied Systems Understanding Workshop 08.15 - 10.15	Regenerative Organization Alignment Session 08.15 - 10.15	Foraging stories & living systems wisdom 08.15 - 10.15	Regen Living / Work Value Alignment 08.15 - 10.15	Closing Circle 09.00 / 12.00	09.00
Brunch 10.30 - 11.30						Landing Meditation Closing Remarks Retrospective ritual	10.00
						Reflection Circle Dreaming Circle	11.00
Contributors Workshop							12.00
Arrival & landing 12.00 to 15.00	(UN)Learning and reclaiming stories Session Remembering our collective story of being 13.30 - 17.30	Perspective Experience Deep time walk & Swimming in Natural Pool 12.00 - 16.00	Case study: Intro to Permaculture principles applied to business at Tertulia 13.30 - 15.30	Regenerative Capacities in Business Workshop* Identifying & exploring the nurturing of your regenerative capacities 12.00 - 17.00	Design your own Regenerative Decision Making Compass Workshop Embracing a life aligned decision making compass in business & beyond 13.30 - 17.30	Radically Honest Network Weaving 13.30 - 16.30	13.00
Tertulia Tour 15.00 - 16.00	REST / COOKING / PLAY TIME *		REST / PLAY TIME *		REST / COOKING / PLAY TIME *		14.00
Opening Circle 16.00 / 19.00 Landing Meditation Introduction Circle Opening Remarks Grounding Ritual Dreaming Circle	Pasta Workshop 18.00	REST / COOKING / PLAY TIME *		REST / COOKING / PLAY TIME *		REST / COOKING / PLAY TIME *	15.00
Sunset Dinner 19.30							16.00
Sunset Dinner 19.00							17.00
Sunset Dinner 19.00							18.00
Sunset Dinner 19.00							19.00
Sunset Dinner 19.00							20.00
Sunset Dinner 19.00							21.00

* REST / PLAY / COOKING TIME BASED ON YOUR NEEDS

- 1. Alone Time
- 2. Community Play Time
- 3. Cooking Dinner Together