

REMEMBERING AND REGENERATING JOURNEYS



A MASS MOVEMENT FOR REGENERATIVE LEARNING IN INDIA & ASIA

In response to the escalating need for sustainable and regenerative practices in India, we propose the establishment of “Remembering and Regenerating Journeys.” This initiative aims to cultivate a network of individuals, educators, facilitators and communities dedicated to regenerative lifestyles through comprehensive educational programs.

To start this movement building in India- we are offering 2 inaugural programs -Mini EDE (Ecovillage Design Education) Master Class and ToT (Training of Trainers) co- designed by Michael Gauthier and his team in France, Om Sunisa from Gaia Ashram in Thailand, Amena Bal from TI Ecovillage in India and certified by Gaia Education.

These offerings are adapted to and contextualised for Indian and Asian needs, supported and enriched by practitioners from grassroots regenerative projects in India.

WHAT?

Remembering and Regenerating Journeys is an immersive education initiative designed to empower individuals and communities with regenerative knowledge, skills, and mindsets and on the ground experience.

Inspired by GEN learning - Ecovillage Design Education (EDE) frameworks and Gaia Education these offerings will integrate many diverse regenerative educational pathways .
Through experiential learning, we equip change-makers to transition towards regenerative lifestyles and build thriving communities.

[Learn more about the Global Design](#)

FOR WHOM?

This program is for anyone passionate about creating a regenerative future:

Eco
communities
in India

Eco-
entrepreneurs
& sustainability
leaders

Youth & students
engaged in
climate action

Educators,
Universities &
schools
integrating
sustainability

Urban
ecovillages
enthusiast

Corporates
transitioning to
ethical business
models

Rural ecovillage
leaders seeking
regenerative
solutions

Change-makers
& activists
working with
IDGs & SDGs

REMEMBERING AND REGENERATING JOURNEYS

Join us in Reclaiming Wisdom & Regenerating India!

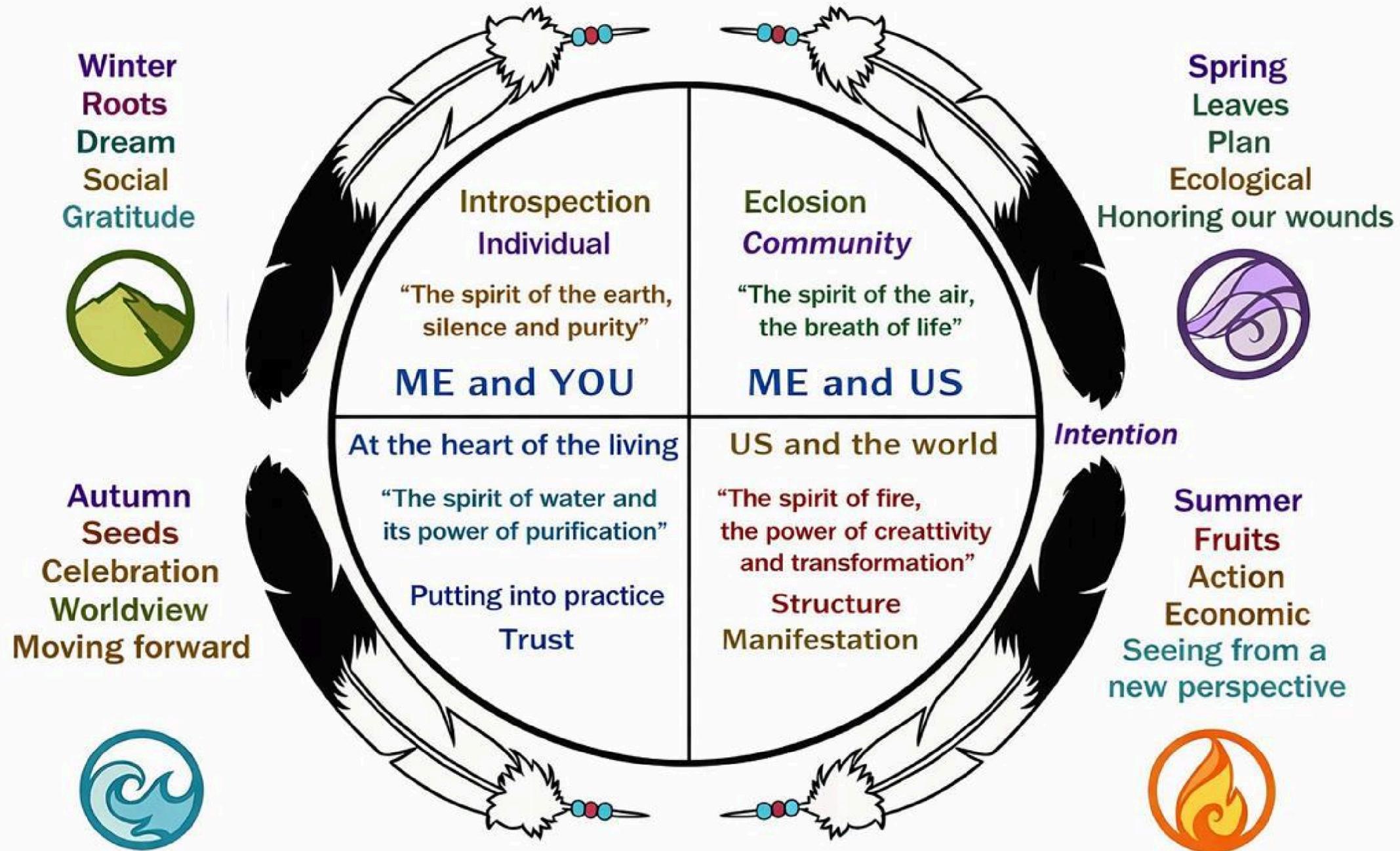
Learn, connect, and cultivate regenerative practices in India
to co-create a sustainable & thriving future!

EMBARK ON A JOURNEY OF TRANSFORMATION



Cultivating a Network of Educators, Facilitators, and
Communities Committed to Regenerative Lifestyles

Towards a Resilient and Regenerative Culture



A group of approximately 20 people, including men and women of various ages, are posed in a field. They are dressed in outdoor or winter attire. A stylized graphic of a plant or network with orange and green wavy lines is overlaid on the left side of the image. The background shows trees and a clear sky.

LIVING SYSTEMS DESIGN PROGRAM

18 - 22 MARCH, 2026

*A 5-day immersive journey into the art of designing
ecovillages and regenerative communities.*

This course brings together social innovation, ecological design, transformational worldviews, and regenerative economics to empower changemakers to co-create thriving communities.

Through a living-lab experience, participants explore how to:

Build resilient
relationships
across diversity

Design landscapes
and systems
using permaculture
principles

Re-imagine
money, value,
and livelihoods

Transform
worldview and
consciousness

Activate real projects
for regenerative
change

Each day unfolds a key dimension of community life:



Day 1: Social Fabric

Explore storytelling, shared governance, nonviolent communication, and conflict transformation while cultivating community across difference and diversity.

Day 2: Ecology

Engage with permaculture ethics and whole-systems design through hands-on field experiences that ground theory in soil, observation, and practice.

Day 3: Economy

Reflect on personal relationships with money, explore shifting global economic narratives, and develop skills in fundraising and collaborative project formation.

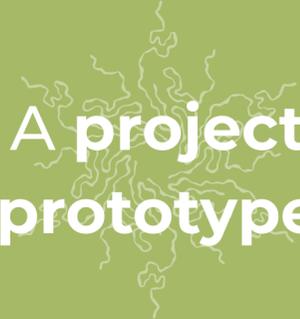
Day 4: Worldview

Reconnect with nature and inner transformation, question inherited assumptions, release what no longer serves, and cultivate regenerative ways of seeing and being.

Day 5: Integration

Present project designs, receive generative feedback, integrate learning, and close the journey with reflection, connection, and celebration.

Participants leave with:



A **project
prototype**

Embodied
practices for
community
resilience

Tools for
regenerative
design and
facilitation

A **network of
allies** for
ongoing
collaboration

This is not just a masterclass,
but where regeneration becomes a lived practice.

Explore the foundations of the Ecovillage Design Framework and regenerative living /
Creating Sustainable Communities for the Future / Designing Regenerative Futures lab

LIVING SYSTEMS DESIGN PROGRAM

DURATION

5

DAYS

ENROLMENT FEE

₹30,000/-

ACCOMMODATION

₹2500-4000 Per Day

(Based on the type of accommodation you choose.

Includes food)

CERTIFICATION



SCHOLARSHIPS

If finances are a constraint, we are open to exploring partial scholarships based on individual circumstances. Please write to us to inquire about support for your learning and remembering.

*This is not just a course
It is a space to experience
the world we want to build.*

ENROL NOW

**Submit your details to
register your interest.**

Course fee can be paid at the venue.

India:



+91 99994 10511

Rest of the world:



+33 7 85 86 97 01



regenindia2026@gmail.com

[REGISTER NOW](#)



ECOVILLAGE TRAINING OF TRAINERS

24 - 29 MARCH, 2026

*A 6-day immersive journey into the art of **facilitation, participatory learning, and regenerative leadership.***

The course cultivates the skills, knowledge, and inner attitude needed to guide transformative learning spaces — empowering educators, facilitators, and community leaders to become catalysts of change.

Through an experiential learning-lab, participants explore how to:

Hold space for diverse groups and build learning communities

Facilitate participatory processes and experiential education

Work with presence, mindfulness, and group energy

Navigate rank, conflict, and challenging dynamics

Design and deliver transformative sessions for real-world change

Each day unfolds a key dimension of facilitator development:



Day 1: Community Building

Experiment and practice the conditions needed to cultivate deeply connected groups committed to transformation—where co-creation emerges with clarity, trust, and value.

Day 2: Facilitation Foundations

Explore learning styles and participatory education while developing feedback skills and deepening awareness of your unique facilitator identity.

Day 3: Presence and Mindfulness

Develop embodied leadership through presence, intentional openings and closings, reflective practice, and understanding how inner work shapes outer impact.

Day 4: Rank and Group Dynamics

Understand power and group dynamics, navigate challenging moments and participants, and strengthen learning experiences through confident co-facilitation.

Day 5: Practice and Leadership

Engage in individual and group facilitation practice, storytelling, and session design while cultivating authentic and values-led leadership.

Day 6: Edgework and Integration

Work at personal and collective learning edges, practice appreciation and evaluation, harvest insights, and step fully into your purpose as a facilitator.

Movement, meditation, storytelling, and frequent practice sessions weave through the days — inviting participants to train **head, heart, and hands** in facilitation mastery.

The course is designed for:

Educators

Community Leaders

Regenerative leaders

Youth workers

Social innovators

Trainers seeking deeper impact

Participants leave with:

A developed
facilitator
profile

Practical tools
for designing
and delivering
sessions

Embodied
presence and
confidence

Experience
with real
facilitation
practice

An entry into a
growing network
of regenerative
trainers in India

This goes beyond training;
it positions facilitators at the heart of a **global regenerative movement in Asia**,
equipping them to embody, advance, and disseminate the seeds of **Regenerative India**.

Facilitators



Amena Bal, Trustee and President of GEN, is a visionary, ecovillage weaver and bridge-builder between the inner and outer worlds- a global leader, educator and facilitator who guides individuals and communities toward regeneration, wholeness, and evolutionary leadership. With a background in Economics, she navigates complexity with simplicity, integrating systems thinking with spirituality to illuminate how inner transformation can shape equitable and regenerative societies.

Trustee and President of Global Ecovillage Network (GEN) International, Council Member of GENOA (GEN Oceania and Asia), Earth Leader at Kai Farms Philippines, member of the Green Educator Community of Green School Bali, and Co-Convenor of The Green Unconference, she is a healer, earth lover, community creator, and curator- designing and weaving healed relationships for planetary wellness, transformation, and freedom.

Her practice is grounded in Parker Palmer’s insight: “Community cannot take root in a divided life. Long before community takes shape in external form, it must be present as a seed in the undivided self.” Amena believes regenerative leadership begins with this inner integration, from which true community and systemic change emerge.

She had studied Yoga and healing, Ecovillage Resilience, Kincentric, Prosocial, Leadership, Theory U, Training of Trainers, Ecovillage Design Education (EDE), Work That Reconnects, Art of Hosting, Permaculture, Non-Violent Communication, Sociocracy, and Dragon Dreaming and many more emergent frameworks she blends these participatory methodologies to nurture conscious leaders and collaborative cultures across Asia, Oceania, and beyond.

For Amena, the spiritual dimension is the root of regeneration— essential for transforming the social, cultural, ecological, economic, and integral dimensions of life. She currently lives in TI Ecovillage in Bengaluru, contributing to growing the Ecovillage Movement in India.

Facilitators



Om, Co-founder of Gaia Ashram, Thailand

Om is a seasoned educator and co-founder of Gaia Ashram & Gaia School Asia. With over a decade of experience in ecovillage communities, including Wongsanit Ashram and the Panya project, she is a dedicated advocate for sustainable living. As a facilitator of Ecovillage Design Education, Socially Engaged Spirituality, and Training of Trainers, Om empowers diverse groups through participatory learning focused on deep ecology and nature connection. Her work has spanned NGOs, youth, and international communities.

Facilitators



Michael Gauthier

His regenerative journey began in 2018 with the organization and facilitation of specialized courses in the growing field of permaculture. The main purpose of these activities was to improve the relationship human beings have with themselves, with other living beings, and with Mother Nature. This path led him to explore systemic design, agroecology, bioconstruction, and community-building workshops, where he discovered ways to regain autonomy and freedom. Through this process, he deepened his understanding of how people can transform the world through their own inner transformation—starting with himself.

Currently living in a community in the south of France called Lou Neïssoun, he joined the Global Ecovillage Network (GEN) as an ambassador in 2020. In 2021, he co-organized the first Ecovillage Design Education (EDE) course held in France, in Sainte Camelle.

Deeply passionate about the living world, he now works as a permaculture designer on several innovative projects that experiment with regenerative solutions adapted to local contexts. One of these projects focuses on establishing a syntropic edible forest in a Mediterranean environment, addressing challenges related to water management, food sovereignty, economic resilience, soil erosion, and the evolving role of farmers within healthy ecosystems. His intention is to continue supporting initiatives that help humanity align with the planet's natural balances and allow all forms of life to be respected and valued for what they are: a miracle.

TRAINING OF TRAINERS

DURATION

6
DAYS

ENROLMENT FEE

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ACCOMMODATION

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*This is not just training
It is a rite of passage into becoming a
transformational facilitator able to
hold learning spaces that change
people, communities, and systems.*

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VENUE



**This is not just a course.
It is a space to experience
the world we want to build.**

Our journeys are hosted in a space that embodies the principles we teach. You will be immersed in a living, breathing example of a regenerative community, allowing you to engage with the concepts in a tangible, holistic way.

