

Network For a New Culture reunion

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I attended my first [Network For a New Culture](#) event last weekend in Arlington VA - I met lots of old friends and made lots of new ones. Organized by Michael Rios and Sarah Taub the weekend started with a Friday night opening circle and dinner - a chance to get to know people. On Saturday I taught a Getting Real workshop that was fun. Then came the [ZEGG Forum](#) - a signature NFNC event for expression, mirroring and growth. I did some deep expression with the help from several people. I also ended up teaching a Shamballa meditation and some Kundalini Yoga. The kind of community connection and open hearted people at NFNC reminds me in some ways of PDF and also Rainbow Gathering. If you are looking for some deep personal transformation in a supportive community then check out their Summer Camp East or West.