



Public Offerings from the Nonviolent Global Liberation Community

October 2026

Dear Friend,

One of the foundations of our work within the Nonviolent Global Liberation community (NGL) is an unwavering trust that a different way of living is entirely possible. We see the possibility of living in flow, togetherness, and choice, in a liberation journey to release scarcity, separation, and powerlessness. We invite you to join us on this journey by engaging in the offerings below and/or participating as an [NGL Friend](#).

Here are the upcoming dates for events and courses that are featured in this newsletter and direct links to more information about them:

Oct 8th: [From anti-capitalism to restoring flows of care \(Panel discussion\)](#)

February 6 - December 11: [Responding to the Call of our Times](#) (open for registration throughout the year)

Oct 10 - Dec 19: [Liberating Our Capacity to Engage in the Gift Economy](#) (remaining sessions)

Oct 11 and 18: [Weaving Togetherness Lab](#) (remaining sessions)

Oct 11, 18, 25: [Choice within Togetherness](#) (remaining sessions)

Oct 12, 26 and Nov 9: [All Ages Collaboration Lab](#) (remaining sessions)

Oct 16, Nov 6: [Witnessed Accompaniment + Q&A with Sarah Peyton](#)

Oct 22: [Radical Futures: Tools for Moving Beyond Capitalism](#) (hosted by Martin Winiecki with Guest Speakers from NGL and others)

Oct 25: [NVC Q&A Session](#): NVC for Social Change (in collaboration with Empathic Way Europe)

Oct 29: [NGL Intro](#): Perspective Taking as a Path to Restoring Choice

Nov 1, Dec 6, Jan 3: [Nonviolent Activism for Liberation Coaching Calls](#)

Nov 8 - Dec 13: [Supporting Others' Liberation \(SOL\) Lab](#)

Nov 20 - Feb 17: [Community Living Coaching Calls](#)

Dec 14 - 17: [Facilitating in Low Trust Environments](#)

Jan 10 - Feb 28: [Aligning Means with Ends](#)

Self-paced: [Making Life Work](#)

✨ **We invite you to check [here](#)** periodically for new events, courses, labs and other opportunities that sometimes come together in between our bi-monthly newsletters.

Other Events (not from NGL)

Oct - Jan: [The Compass: An Integrative Roadmap Towards Personal, Familial, and Collective Nonviolent Liberation](#), **Drop-in Sessions on Sundays** with Arnina Kashtan and Heather Austin

Ongoing Sundays: [Conflict Repair Cafe](#), with Lisa Rothman

Ongoing alt Fridays: [Reclaiming Life NVC Coaching Calls](#), with Aya Caspi

Nov Sundays: [Mapping the Gap: From Family Conflict to Clarity](#), with Lisa Rothman

Nov - Jan: [Reclaiming Wholeness, NVC Chinese Net/NVC中文学院](#) with Aya Caspi

Ongoing Wednesdays: [The Collaborative Leadership Lab](#), with Roni Wiener and Leslie Becknell Marx

From anti-capitalism to restoring flows of care: Putting needs at the center of economic activity

A panel discussion with Miki Kashtan (Nonviolent Global Liberation), Jason Nardi (social solidarity economy leader), Martin Winiecki (writer and activist)

Thursday 8th October, 2026

19:00-21:00 CEST (see your local time [here](#))

for a panel discussion

Miki, Jason, and Martin identified a commonality in vision for an economy based on love, trust and care following their individual keynotes speeches at the Global Ecovillage Network (GEN) Europe gathering in July 2026. From there, the idea emerged to have a public, generative conversation exploring the nuances of each one's vision, unique experience, context, and purpose.

For more info see [landing_page](#) and [register here](#)



Responding to the Call of Our Times

with Miki Kashtan

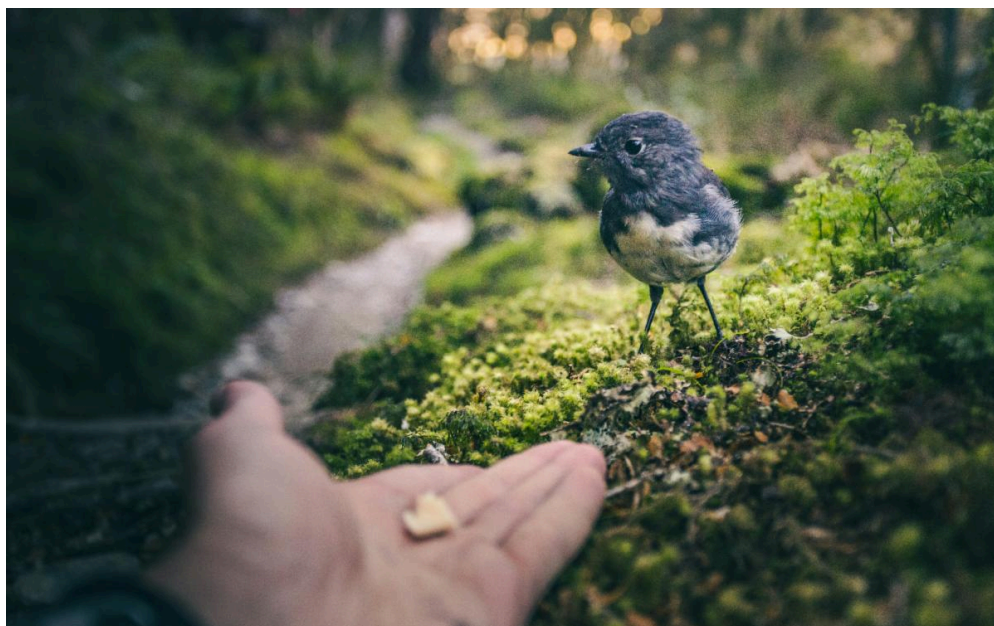
Fridays, February 6 - December 11, 2025 (45 sessions)

Noon - 2pm PT (local time [here](#))

This ongoing program is designed to support you in freeing yourself to find out what it means to fully step into leadership in all aspects of your life and play your part in making life work for everyone, no exceptions.

This is our tenth year! Whoever you are, and whatever your challenges, this 10-month program offers a unique opportunity to receive acceptance, tenderness, and support as I accompany you on your path towards full empowerment.

[Here is the link to more information.](#)



Liberating Our Capacity to Engage in the Gift Economy:

Noticing and Coholding Scarcity, Separation, and Powerlessness

With Selene Aswell and Alper Süzer

A 3-part Course September 2026 - October 2027

Part 1: Noticing and Coholding Scarcity:

Every other Saturday, 12 September - 19 December 2026

(remaining sessions still open to join)

10.00 - 12.00 ET / 17:00 - 19:00 TRT (find [local time here*](#)) or join our

[Watch Party](#) on Mondays/Sundays depending on your time zone at 12.00 - 2.00 pm Japan time (find [local time here*](#))

**note: time changes are happening around the world, you can find the conversion links for each session on our [landing page](#)*

🌱 Are you experiencing challenges in attempting to engage in the Gift Economy or sharing resources on the basis of needs?

🌱 Are you in a Liberation Pod? Are you curious about experiencing a Liberation Pod?

Practicing the gift economy while living in a world based on exchange and extraction, backed up by systemic violence, is extremely challenging. Practicing the gift economy as an individual is even harder.

By deepening our understanding of how Scarcity, Separation, and Powerlessness shows up within practices of the gift economy, and by sharing how to support each other's liberation within a Liberation Pod, we believe people who take this course will increase capacity to **actually** practice the gift economy— both within NGL and beyond.

You can find more detailed information about the course [here](#) and [click here to register](#).

Curious, but want to give it a try before registering for the full course? You are welcome to [watch the recording of the first session](#).



Weaving Togetherness Lab

An intensive facilitation training for realigning humanity with life with the Nonviolent Global Liberation Community

Alper Süzer, Carimar Barrientos, Eddy Quinn, Emma Quayle, Isa Ortega Caro, and Yaren Köse

With anticipation and reverence, the bright flame of the Weaving Togetherness Lab is being carried forward, in Miki's footsteps, by those named above to whom she has successfully passed the skills, entrusted the holding, and blessed their continued upskilling of more people eager to take on the commitment to weaving togetherness. Will you be one of them?

Offering four series of six sessions each with 2-3 weeks break in between, the lab is held at alternating times to accommodate people from different time zones.

Series #3

6 Sundays

September 13 - October 18, 2026

7pm - 9:30 pm CEST

[Find your local time here](#)

We welcome anyone who feels drawn to this work and inspired to contribute to increasing our collective capacity for weaving togetherness, no previous experience with NVC or the NGL Community is needed.

[More information here](#) and [to register go here](#).

Contact: Isa and Mica at wtl-pst@nglcommunity.org



Choice within Togetherness

with Miki Kashtan

Sundays, 13 Sep – 25 Oct 2026

16:30 - 18:30 Central European Time (CEST) ([local time](#))*

This course might be for you if:

- You regularly feel alone in holding the weight of life's challenges
- You are acutely aware of the global impacts of individualism and longing for a clear vision of what interdependence could actually look like
- You are part of a community which is struggling with conflicts despite having shared values
- You want to learn how to find pathways for integrating seeming opposites such as autonomy and connection or process and results

You are warmly invited to visit our [landing page](#) for more information, and [click here to register](#).

*if this time doesn't work for you, find out about the "Watch Party" option on our [landing page](#).



All Ages Collaboration (AAC) Lab

An intensive coaching for transforming the lives of younger people all over the world

with Arnina Kashtan, Gina Simm, Heather Austin,
Lisa Rothman, Mareike Haustein, Miki Kashtan
See our [landing page](#) for dates and times

Whether you are a parent, teacher, caregiver or you share life with people of younger generations in a different way, **when you imagine being part of a group of people with vision, determination, and skills to embody radical collaboration, along the lines envisioned by Inbal Kashtan, with the younger people in their lives in the here and now, does your heart say a big “YES!” to it?**

If so, the **All Ages Collaboration Lab** may be a next step for you! Series 3 started in the beginning of September and we'd be happy for you to join us for the witnessed Coaching Sessions on **October 12th** and **26th** and for the “Stories of Shifts” session on **November 9th!**

For more info see the [Landing Page](#) and [register here](#).
For support, please contact le-all-ages-project-stewardship@nglcommunity.org

Witnessed Accompaniment + Q&A with Sarah Peyton

Next sessions:

October 16th at 9:00 - 11:00 PDT | 18:00 - 20:00 CEST (local time [here](#))

November 6th at 9:00 - 11:00 PST | 18:00 - 20:00 CEST (local time [here](#))

Are you curious to get to know more about [Sarah Peyton](#)'s work bringing together neurobiology and NVC for emotional healing? – Then join us for this series!

This monthly series on Fridays is a collaboration between Sarah Peyton and the Nonviolent Global Liberation ([NGL](#)) community with the dual focus of offering support to people taking on significant leadership within NGL and an opportunity to learn from Sarah about how she accompanies people.

During the first hour of each session, the plan is for Sarah to offer her unique wisdom and embodied knowledge as accompaniment to someone within NGL. During the second hour, everyone witnessing is invited to ask questions about the process(es) Sarah used in the first hour and her choices in offering support.

[More info and register here](#)

Contact: collaborative-events@nglcommunity.org

Radical Futures: Tools for Moving Beyond Capitalism



October 22 – November 22, 2026



12 live sessions · 3 long weekends · online

- 6 - 8pm UTC each of 12 days ([local time here](#))



The course is offered on a donation basis, with no paywall.

[Radical Futures](#) returns as a new, expanded 12-session online learning journey, facilitated by our friends Martin Winiecki and Juliette Baigler.

The course works through a combination of **systemic inquiry, inner transformation, concrete alternatives, imagination and embodied practice**. We don't only ask what's wrong with the world or what a different future might look like. We explore how the systems shaping our world live within us, encounter people already building alternatives, and develop the capacities and relationships we need to participate in systemic change.

Guest speakers include members of NGL and others.

If you're looking for deeper systemic understanding, new possibilities for action, and people to explore them with, please join us.

[Find out more & join Radical Futures](#)

NVC Q&A Monthly Calls in Collaboration with [Empathic Way Europe](#)

[NVC for Social Change](#)

with Miki Kashtan and Shar Molloy

Sunday 25th October 2026

10:30-12:30 CEST

(Check your local time [here](#))

Many of us want to respond to the overwhelming crises faced by humanity consciously and in ways that align with nonviolence. If this is a topic that is important to you, please join us and bring any related questions, such as:

- How can I bring NVC into my social change work?
- What does it mean to stay within capacity to do what is possible while longing for systemic change?
- What is the relationship between NVC and nonviolence?
- Isn't NVC just about connection? Why talk about social change?

[More information and register here](#)

For those especially interested in this topic, we also invite you to join the monthly coaching calls with Miki, [Nonviolent Activism for Liberation](#).

To read and have more to think about on this topic, we invite you to explore the [Working for Transformation without Recreating the Past](#) packet, available based on gift. Miki is also planning to offer a full course on this topic in January: [Aligning Means with Ends](#).

For support, email collaborative-events@nglcommunity.org

NGL Introductions Series

Varying dates and times each month

[NGL Intros](#) provide a glimpse into our vision in an ongoing series of monthly introductions to the NGL framework, each with a different focus. They are generally scheduled on a rotating time scheme designed to work for multiple time zones over time.

October NGL Intro:

Perspective Taking as a Path to Restoring Choice

with Carimar Barrientos & Eddy Quinn

October 29th, 7 - 9 pm CET ([local time here](#))

Perspective taking—the capacity to see through another’s eyes and feel through their heart—is a fundamental capacity for living in an attuned and loving relationship with others.

Walking through the world within patriarchal societies means that we are socialized in ways that lead us to respond to impacts we experience from other’s actions from a place of separation and mistrust. We shut ourselves off from the others’ viewpoint, we go into judgement and distancing ourselves from them. This pathway is a pathway in which we are not connected to choice.

Through this session we will share with you a practice that can support us in expanding our perspective and restoring choice in these moments of despair. Through putting ourselves in the shoes of the person as a way of taking seriously the perspective that says that our human evolutionary makeup is one of care, collaboration and love.

If you have any questions, contact gs-leadership-tier@nglcommunity.org

More info [here](#), and register [here](#)



Nonviolent Activism for Liberation Coaching Calls

with Miki Kashtan

The content of these calls is designed to support activists in empowering themselves within their groups and movements to increase capacity to align means with ends. This can transform cultures of burnout, conflict, mistrust, blaming and shaming into environments of solidarity, trust, experimentation, and increased capacity to move towards the possibility of a livable future.

The calls are generally on the first Sunday of the month, except when obstacles arise.

Nov 1, 7:30-9 am Pacific // 4:30-6 pm Central Europe ([local time](#))

Dec 6, 7:30-9 am Pacific // 4:30-6 pm Central Europe ([local time](#))

Jan 3, 7:30-9 am Pacific // 4:30-6 pm Central Europe ([local time](#))

[More information and register here](#)

Supporting Others' Liberation (SOL) Lab

An experiential lab focusing on the NGL approach to supporting liberation

Witness Miki Kashtan supporting others from the NGL Community

Series 5: 6 Sundays, November 8 - December 13, at 19:30 - 21:30 CEST ([local time](#))

The purpose of this iteration of the SOL Lab is to seed the lineage of NGL in relation to supporting others' liberation and deepen our collective understanding of the significance of Nonviolent Communication (NVC), systemic thinking, and the capacity lens in reclaiming our full humanity.

Are you excited about the insights and tools coming from NGL and wondering how you might integrate them into your accompaniment of others?

Do you offer coaching or one-on-one support to individuals and want to increase your capacity to focus on how people you support can free themselves from socialization from patriarchal conditioning?

See more info [here](#) and go [here](#) to register to witness, bring questions, and practice.

Contact: [SOL Lab Project Stewardship Team](#)

Community Living Coaching Calls

With Sabrina Kley, Selene Aswell, Shar Molloy & Fox Keohane

Fri, 20 November 2026 - 4:30 - 6pm CET ([check your local time](#))

Wed, 16 December 2026 - 10-11am CET ([check your local time](#))

Fri, 22 January 2027 - 4:30 - 6pm CET ([check your local time](#))

Wed, 17 February 2027 - 10-11am CET ([check your local time](#))

Are you in the process of forming a community, doing community living experiments or are you already living in community? Are you longing for more robust tools and structures to hold your experiment or your community? Are you longing to create a solid field of trust between you?

This coaching call emerges from several years of in-depth community experimentation and we share both from a place of lived experience and humility - aware of the ongoing experimental character of what we are doing. All of us have spent several years in community experimentation with a solid basis in the NGL framework. We are clear that we haven't figured everything out, and at the same time we think we have a lot to offer.

[More information and registration here](#). For support please contact mycelium-stewardship@nglcommunity.org.

Facilitating in Low Trust Environments

with Miki Kashtan and guests

Monday 14 Dec through Thursday 17 Dec 2026

19:30 - 21:30 CET // 10:30 - 12:30 PT (find your local time [here](#)*)

Many of us who facilitate aren't sufficiently aware how much low trust blocks movement, togetherness, creativity, and problem solving capacity, and how often it results in derailing group processes.

We can compensate for and transform the impacts of low trust in many ways. In this course we intend to explore these pathways, while offering an opportunity to reflect deeply on facilitation.

Visit our [landing page to learn more](#); click [here to register](#).

Curious, but want to give it a try before registering for the full course? Sign up [here](#) for the first session only.

*If this time doesn't work for you, see the "Watch Party" option on our landing page.

Aligning Means with Ends Nonviolent Activism for Liberation

with Miki Kashtan

Sundays, 10 Jan – 28 Feb 2027

16:30 - 18:30 CET; 7:30 - 9:30 am PT (find your local time [here](#)*)

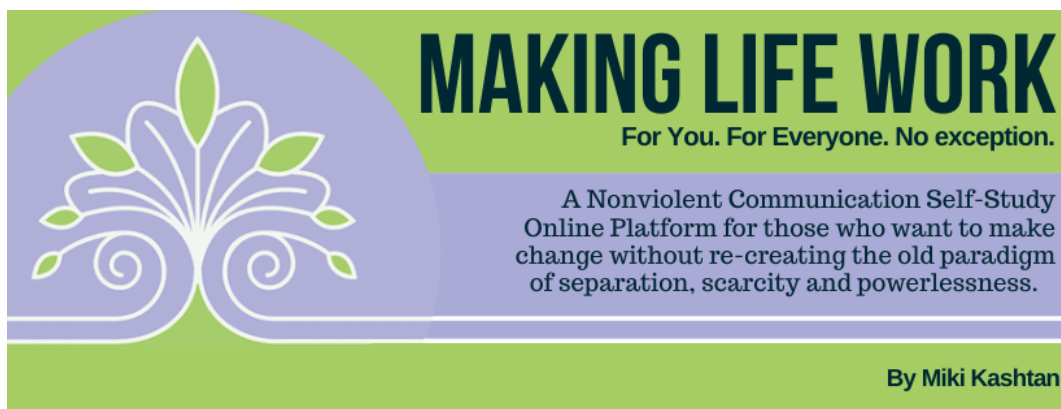
How do we work for transformation without resorting to the very mechanisms we intend to stand up to? What can we do when we find ourselves actually deepening separation as we strive to move toward togetherness, attempting to control what is happening, or leaning on punitive measures in response to conflict?

We aim to offer activists support and nourishment while exploring themes such as: working for a vision rather than against something; contributing to togetherness and peace within our movements; and deepening our understanding of what nonviolent activism actually is.

[More information here](#) and [register here](#).

Want to give it a try before registering for the full course? Sign up [here](#) for the first session only.

*If this time doesn't work for you, see the "Watch Party" option on our landing page.



Making Life Work

Online and Ongoing, self-paced on your own time

In the challenging times in which we live, many of us barely dare dream of a world that honors and seeks to meet the needs of everyone. This self-paced self-study course was born from that dream, and it is available without a paywall, on a gift economy basis.

Created by Miki, the course integrates principles and practices that can move you in the direction of making this dream a reality, starting with your own life, exactly where you are. Both people new to NVC and those with extensive experience have appreciated this program. Learn at your own pace, with optional built-in support from others, as part of a vibrant online community practice now numbering hundreds.

[More information and register here](#)

Other Events (not from NGL)



The Compass: An Integrative Roadmap Towards Personal, Familial, and Collective Nonviolent Liberation

****Drop-in Sessions* with Arnina Kashtan & Heather Austin***



October 2026 - January 2027

2nd Sundays of the month: 9:30 - 11:30 am PT (check local time [here](#))

4th Sundays of the month: 9:30 - 11:00 am PT (check local time [here](#))

✨ "The Compass...supports dramatic shifts in the experience of being alive. I see it as a potent approach for how to take steps in the direction of restoring choice. I highly recommend it to anyone who has a passion for freedom." ~ Miki

These sessions offer support with:

- Gently uncovering the roots of suffering by understanding the collective conditions leading to them
- Transforming limiting thoughts and painful patterns into greater compassion, clarity, and choice
- Finding your way back to your essence when old patterns do arise
- And more...

 Click [HERE](#) for more details.

Questions? Contact Heather Austin:
Heather4Compass@nglcommunity.org

Ongoing: Conflict Repair Cafe

with Lisa Rothman

Sundays October 18 and 25

November 1, 8, 15, 22 and 29

12noon Pacific ([local time here](#))

Do the same family conflicts keep coming back — no matter what you try? Whether the conflict is with your child, parent, partner, sibling, in-law, or adult child, the Conflict Repair Cafe is a welcoming space where you can bring one real family conflict and the intent is to discover a new way to navigate it — without giving up on what matters to you or the people you love.

The Conflict Repair Café happens online most Sundays and in person every Sunday in October in Oakland, California.

Times vary. [Find out more here](#) and [register here](#).

The Cafés are offered on a Gift Economy basis.



This will include demonstrations, role-plays and the opportunity to receive personal coaching and support from Aya and the community.

For questions and registration contact:

Aya Caspi, aya@reclaiminglifenc.com

To receive the bi-monthly invitations register [here](#).

Mapping the Gap: From Family Conflict to Clarity

with Lisa Rothman

A 4-part live workshop series to help you transform recurring family conflict—without blame, pressure, or quick fixes.

November 1 - and - November 8, 15, 29

Sundays at 9:00am Pacific

Family conflict is inevitable.

What determines whether it creates distance or connection...
is what happens next.

Most families don't lack care—they lack a clear, repeatable way to move through conflict when it actually happens.

This series guides you step-by-step through a **conflict-to-connection process** you can return to anytime.

So instead of reacting in the moment, the intent is for you to learn how to:

- Understand what's really driving the conflict
- Respond without escalating or shutting down
- Build clarity, trust, and shared direction over time

Registration information

November 1 ([register here](#))

And November 8, 15, 29 ([register here for the rest of the series](#))

Lisa Rothman is a conflict prevention and repair specialist who helps families transform recurring conflicts into collaboration.



Collaborative Leadership Lab

with Roni Wiener and Leslie Becknell Marx

Wednesdays at 18 CET | 9 PT

Ongoing: The Collaborative Leadership Lab (CLL)

with Roni Wiener and Leslie Becknell Marx

Wednesdays at 18:00 - 20:00 CET | 9 - 11am PT ([check your time zone](#))

Join the CLL **ongoing practice community** and explore how to interact, facilitate, and support systemic change through collaborative leadership and nonviolence. The lab centers **learning by doing with live coaching**, self-organized group practice, real-plays, and navigating emerging situations.

Calls are recorded and shared with people who participate. The CLL community culture emphasizes **shared responsibility** for caring for needs, getting things done, and engaging with challenges. We ask that you only join if you usually have the **capacity to actively participate**.

[Learn more](#) or [register now](#).

For questions or requests, email cll-support@googlegroups.com.

Hosted by the [Integration Station collective](#).

Read about NGL and see whether being an NGL friend is for you [here](#). If you are called to offer gifts for the sustainability needs of people stewarding the NGL Commons, even in small amounts, you can do so [here](#).
