



MEDITATION RETREAT @ BRC



Beginners welcome

At the best of times our minds run riot leaving us exhausted, stressed and often difficult to live with.

The simple act of closing our eyes and focusing on our breath can do wonders for our body and mind, but at the root of our tension and dissatisfaction is something that we should investigate more fully for meditation to be beneficial.





Over the retreat weekend you will tap into your calming energies, combined with gentle mindful movements you will begin to feel more at peace and at ease.

Venue: - Buddhist Retreat Centre Ixopo

Dates 13th -15th March 2026

Contact : proactive@stillmind.co.za to book

BRC Website - www.brcixopo.co.za -



Mark Joseph has over 20 years of experience in teaching others mindfulness. He is schooled in eastern and western mindfulness philosophy and absolutely loves what he does for a living.

In the late 1990's, Mark spent 4 months in a Himalayan monastery, and then spent 3 further years in a Tibetan temple, studying advanced mindfulness forms under incredible mentors.

Mark went on to teach extensive 8 week stress reduction workshops, which he developed into a teacher training series. He freely shares his knowledge and experience, and his empowering style of teaching has resulted in many of his students becoming full time mindfulness or mental health facilitators.