

## **BUDDHIST RETREAT CENTRE, IXOPO**

### **Summary List of Retreats**

**09 Feb 2024 – 04 August 2024**

☸ indicates retreats held in noble silence

#### **2024**

#### **Healing Qigong For Health And Vitality**

Dr Hu Jin-Yun ..... Fri 9 Feb - Sun 11 Feb

#### **☸Regaining The Centre**

Ajahn Sucitto ..... Sun 11 Feb - Sun 18 Feb

#### **Getting To Know The Birds At The BRC: 160 Birds Of A Feather**

Steve Davis..... Fri 23 Feb - Sun 25 Feb

#### **Speak Your Truth, Listen Deeply**

Felicity Joan Hart, Lucy Draper-Clarke ..... Fri 1 Mar - Sun 3 Mar

#### **The Union Of Calm Abiding And Insight Meditation**

Chamtrul Rinpoche ..... Fri 8 Mar - Sun 10 Mar

#### **Traditional Hatha And Raja Yoga**

Duncan Rice ..... Sun 10 Mar - Fri 15 Mar

#### **Yin And Restorative Yoga**

Phumla Shongwe ..... Fri 15 Mar - Sun 17 Mar

#### **From Fear To Fundamental Well-Being: Healing Relaxation, Yoga And Meditation**

Albert Osel (Buhr) and Lulu Erasmus ..... Thu 21 Mar - Sun 24 Mar

#### **☸Open the Heart And Still the Mind: The Joy Of Heartfelt Presence**

Sue Cooper ..... Thu 28 Mar - Mon 1 Apr or Thu 28 Mar - Thu 04 Apr

#### **☸Active Hope - Practices For Difficult Times**

Tsunma Tsondru ..... Fri 05 Apr – Sun 07 Apr

#### **Beginner's Mind, Quiet Mind: Meditation Instruction And Practice For Meaningful Daily Living**

Tsunma Tsondru ..... Mon 08 Apr - Fri 12 Apr

#### **Finding My Voice - A Mindfulness Retreat**

Annika Nicol..... Fri 12 Apr - Sun 14 Apr

#### **A Weekend Of Ishta Yoga And African Sound**

Buhle Mabanga..... Fri 19 Apr - Sun 21 Apr

#### **The Way Of Ubuntu: Exploring Traditional South African Healing**

John Lockley and Nomusa Mthembu ..... Fri 26 Apr - Mon 29 Apr

#### **Yoga For Well-Being**

Georgie Carter ..... Fri 3 May – Sun 5 May

#### **THE SHIFT EXPERIENCE: The Art of Being - Part 1**

John Homewood and Michelle McClunan ..... Fri 10 May – Sun 12 May

#### **THE SHIFT EXPERIENCE: Living In Joy - Part 2**

John Homewood and Michelle McClunan ..... Sun 12 May – Tue 14 May

#### **☸From Seeking To Seeing - Mindfulness Meditation**

David Gardner..... Fri 17 May – Sun 19 May

#### **☸Just Sitting Zen Retreat**

Roux Malan..... Fri 24 May – Sun 26 May

**Nikki Brighton is Wild About Weeds: A Weekend on Edible Weeds with Walks And Talks On Rewilding**  
 Nikki Brighton ..... Fri 31 May - Sun 2 Jun

**Qigong - Gently Nurturing Life**  
 Dianne Franklin ..... Sun 2 Jun - Tue 4 Jun

**Qigong - The Mindful Way To Serenity**  
 Dianne Franklin ..... Tue 4 Jun – Fri 7 Jun

**Cultivating Mind-Heart Resonance Through Emotional Intelligence And Mindfulness**  
 Shanil Harricharan ..... Fri 7 Jun – Sun 9 Jun

**Reclaim Your Power: A journey to inner balance**  
 Heike Sym ..... Fri 14 Jun – Mon 17 Jun

**Going With The Flow: Integrating Meditation And Mindfulness Into Our Daily Life**  
 Bruce van Dongen ..... Fri 21 Jun – Sun 23 Jun

**Rejuvenating The BRC: A Family Retreat With Children In Mind**  
 Anisha Maharaj ..... Mon 24 Jun – Thu – 27 Jun

**Iyengar Yoga: Nudging The Body Into Shape And Health**  
 Judy Farah ..... Fri 28 Jun – Sun 30 Jun

**Iyengar Yoga: Deepening Your Practice**  
 Judy Farah ..... Sun 30 Jun – Fri 5 Jul

**Self-care And Centredness - Finding And Keeping Your Centre**  
 Tessa Pretorius ..... Fri 5 Jul – Sun 7 Jul

**The Healing Power Of Music, Movement And Nature**  
 Christel Anderson, Anja Gerbers and Harold Epstein ..... Fri 12 Jul – Sun 14 Jul

**Traditional Hatha And Raja Yoga**  
 Duncan Rice ..... Fri 19 Jul – Sun 21 Jul

**The Roots Of Sacred Drumming: Exploring Natural Rhythms**  
 Richard Ellis and Marc Kress ..... Fri 26 Jul – Sun 28 Jul

**Yoga Mind, Body And Breath: A Journey Of Self-Discovery**  
 Marc Kress ..... Fri 2 Aug – Sun 4 Aug