

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

22 January 2021 – 02 January 2022

✿ indicates retreats held in noble silence

✿ Vipassana Meditation: How to realise ever-present mindfulness

Jonathan Preboy and Anna Scharfenberg Fri 22 Jan - Sun 24 Jan

✿ A Vipassana Retreat: The search for truth

Jonathan Preboy and Anna Scharfenberg Sun 24 Jan - Thu 28 Jan

A Morning Of Mindful Eating (online)

Xenia Ayiotis Sun 24 Jan 9:00-11:30am

Happy Healthy Yoga: Kickstart the new year with yoga for health and harmony

Margot McMaster Fri 29 Jan - Sun 31 Jan

Transforming The World From Within

Lucy Draper-Clarke Fri 05 Feb - Sun 07 Feb

Reach Stillness And Tranquility In Motion: Pa Tuan Chin Qigong

Paul Dorrian Fri 12 Feb - Mon 15 Feb

The Sacred Feminine : Empowering the feminine with yoga, meditation and your astrological moon

Margarita Celeste and Michelle Strybis Fri 19 Feb - Sun 21 Feb

Reclaim Your Power: A journey to inner balance

Heike Sym Fri 26 Feb - Sun 28 Feb

A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology

Ian Weinberg Fri 05 Mar - Sun 07 Mar

Yin And Yang: A Yoga Retreat: Release, relax and restore

Georgie Carter Fri 12 Mar - Sun 14 Mar

From Fear To Fundamental Well-Being

Albert Buhr Fri 19 Mar - Mon 22 Mar

The Healing Art Of Reiki (Level 1), Yoga And Meditation: Heal the body, relax the mind

Katherine Fillmore Fri 26 Mar - Sun 28 Mar

Deepening The Healing Art Of Reiki: Reiki: (Levels 2 and 3), yoga and meditation

Katherine Fillmore Sun 28 Mar - Thu 01 Apr

✿ Open The Heart And Still The Mind: Embracing grief and gratitude with compassion

Sue Cooper Thu 01 Apr - Mon 05 Apr

The Way Of Ubuntu: Exploring traditional South African healing

John Lockley Thu 08 Apr - Sun 11 Apr

✿ A Weekend Of Kindness At The BRC

Elizabeth Gaywood Fri 16 Apr - Sun 18 Apr

Vinyāsa Yoga And Meditation

Hannelize Robinson Fri 23 Apr - Sun 25 Apr

Seeing The Light: A Photography Workshop: Explore your inner light through your camera

Marlene Neumann Fri 30 Apr - Sun 02 May

The Heart And Art Of Awakening - Part 1: Shift your life though presence and art

John Homewood and Michelle McClunan Fri 07 May - Sun 09 May

Meditation In Daily Life - Online

Bhante Sukhacitto and Beth Faria Sat 08 May - Sun 09 May 9:00-11:30am

The Heart And Art Of Awakening - Part 2: Going deeper

John Homewood and Michelle McClunanSun 09 May - Tue 11 May

Releasing Ourselves From Old Stories: Stepping from the past into an abundant future by drawing on the Ancient Hawaiian practice of Ho'oponopono

Dominique GarnettFri 14 May - Sun 16 May

Come As You Are: Secular Buddhism, Existential Philosophy And Psychotherapy. Can Buddhism Effectively Treat The Struggles We Face In Life?

Jason RossFri 21 May - Tue 25 May

☸ Under The Full Moon Of May: Wesak

Louis van Loon and Stephen CoanFri 28 May - Sun 30 May

An Introduction To Mindfulness Based Living: "Knowing the present"

Carey Would and Kerri Martinaglia..... Fri 04 Jun - Sun 06 Jun

Radical Acceptance - Exploring the first fetter in the Buddha's teaching: Personality or Identity View

Chandasara Fri 11 Jun - Sun 13 Jun

Writing To Move On: An experiential writing workshop for those in need of new ways of being, seeing and doing

Elana Bregin Fri 18 Jun - Sun 20 Jun

Rejuvenating The BRC: A family retreat with children in mind

Anisha Maharaj Mon 21 Jun - Thu 24 Jun

Iyengar Yoga: Nudging the body into shape and health

Judy Farah Fri 25 Jun - Sun 27 Jun

Iyengar Yoga: Deepening your practice

Judy Farah Sun 27 Jun - Fri 02 Jul

☸ Yoga And Zen: Integrating Yoga and Zen meditation practice

Jane Treffry-Goatley and Kevin Treffry-Goatley Fri 02 Jul - Sun 04 Jul

Being Here Right Now - With Yoga

Nicky van der Hulst Fri 09 Jul - Sun 11 Jul

The Roots Of Sacred Drumming: Exploring natural rhythms

Richard Ellis and Marc Kress Fri 16 Jul - Sun 18 Jul

Circles of Compassion: Reconnect with self and others in a socially-distanced world

Graham Williams..... Fri 23 Jul - Sun 25 Jul

Moving Meditation: Cultivating the four energies of tai chi

Brett Vallis..... Fri 30 Jul - Sun 01 Aug

☸ Saying Yes To Life: How we can live wholeheartedly in the midst of a challenging world

Richard-John Chippindall Fri 06 Aug - Sun 08 Aug

"Written In The Stars": The Basics Of The Ancient Art Of Astrology

Corinna Botoulas..... Mon 09 Aug - Fri 13 Aug

A Weekend of Hatha Yoga: Rekindle Your Life Energy

Kugan Naidoo..... Fri 13 Aug - Sun 15 Aug

SoulCollage® : "Know Yourself - And You Will Conquer The Universe..."

Corinna Botoulas..... Mon 16 Aug - Wed 18 Aug

Finding And Keeping Your Centre: Taking care of ourselves in order to be of service to others

Tessa Pretorius..... Fri 20 Aug - Sun 22 Aug

A Yin Yoga Retreat

Jennifer Chapman Fri 27 Aug - Sun 29 Aug

Yoga Mind, Body And Breath: A journey of self-discovery Marc Kress	Fri 03 Sep - Sun 05 Sep
“You Can’t Fill The Hole In Your Heart With Food” ...And Other Things - Jan Chozen Bays Mindful Eating: The hidden gifts of our compulsions Xenia Ayiotis.....	Fri 10 Sep - Sun 12 Sep
A Taste of Somatics: Feeling and healing the body within Lisa Firer	Fri 17 Sep - Sun 19 Sep
Zen Pen: A Writing, Being And Meditation Retreat Dorian Haarhoff	Thu 23 Sep - Sun 26 Sep
The Rough Writing Road: Keeping a journal Dorian Haarhoff	Sun 26 Sep - Tue 28 Sep
Deepening Your Emotional Intelligence Through Mindfulness: Gaining insights into your emotional intelligence for resonant relationship Shanil Haricharan	Fri 01 Oct - Sun 03 Oct
Yinsight Yoga: Yin Yoga And Mindfulness Meditation Despina Forbes	Fri 08 Oct - Sun 10 Oct
Stand Like A Tree To Power Up Your Chi Paul Dorrian	Tue 12 Oct - Fri 15 Oct
The Myth Of Writer’s Block: Exploring the relationship between negative thought patterns and creative flow Natasha Freeman.....	Fri 15 Oct - Sun 17 Oct
☸Under The Rose-Apple Tree: A weekend of meditation practice Stephen Coan.....	Fri 22 Oct - Fri 22 Oct
Life Tides And Word Links: A weekend course in poetry Dawn Garisch	Fri 29 Oct - Sun 31 Oct
Writing Our Ancestral Stories : Shifting the past into new futures Dawn Garisch	Tue 02 Nov - Tue 02 Nov
☸Letting Go Into Flow Chandasara and Nolitha Tsengiwe.....	Fri 12 Nov - Fri 19 Nov
At Ease in in Mind and Body: An introduction to qigong Paul Dorrian	Fri 19 Nov - Sun 21 Nov
☸Quiet Mountain, Clear Sky: Meditating with calmness and clarity Mervyn Croft.....	Fri 26 Nov - Sun 28 Nov
Grounded In Space: A weekend of tai chi and qigong Alex and Jeremy Lister-James	Fri 03 Dec - Sun 05 Dec
A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology Ian Weinberg.....	Fri 10 Dec - Sun 12 Dec
Shibuie - When Beauty Happens Accidentally: Sumie and Raku – Japanese brush painting and pottery Ingrid Adams and Jess Merle	Sun 12 Dec - Thu 16 Dec
☸Open The Heart And Still the Mind: Ending The Year With Kindness, Compassion And Joy Sue Cooper.....	Thu 16 Dec - Thu 23 Dec
☸Stalking The Moment: Being Home 24/7 - Christmas At The BRC Tsunma Tsondru	Thu 23 Dec - Sun 26 Dec
☸Three Wise Medicines For Living Your Life In The New Year Tsunma Tsondru	Wed 29 Dec - Sun 02 Jan