

BRC Retreat Programme: January - August 2021

🌀 These retreats are in Noble Silence

🌸 New Year At The BRC

Self Retreat Wed 30 Dec - Sun 3 Jan

Awakening The Writer In You: A 3-day inspirational retreat for those with a story to write but who need help finding the fire starter

Elana Bregin Mon 4 Jan - Thu 7 Jan

Time To Focus And Tune Into 2021: Gently kickstart the new year with an ashram-style retreat offering qigong (chi kung), hatha yoga, chanting and meditation and healing therapies offering qigong (chi kung), hatha yoga, chanting and meditation and healing therapies

Alex Lister-James and Colin Kemery and Deborah Don and Jeremy Lister-James and Marc Kress..... Fri 8 Jan - Sun 10 Jan

Getting To Know The Birds And Trees At The BRC: 160 Birds of a feather

Chris Dalzell and Steve Davis..... Fri 15 Jan - Sun 17 Jan

🌸 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

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

Margot McMaster Fri 29 Jan - Sun 31 Jan

Speak Your Truth, Listen Deeply: A Mindful Communication Retreat

Lucy Draper-Clarke and Felicity Hart Fri 5 Feb - Sun 7 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 5 Mar - Sun 7 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 1 Apr

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

Sue Cooper..... Thu 1 Apr - Mon 5 Apr

The Way Of Ubuntu: Exploring traditional South African healing

John Lockley..... Thu 8 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 2 May

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

John Homewood and Michelle McClunan..... Fri 7 May - Sun 9 May

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

John Homewood and Michelle McClunan..... Sun 9 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 Garnett Fri 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 Ross Fri 21 May - Tue 25 May

🌸 Under The Full Moon Of May: Wesak

Louis van Loon and Stephen Coan Fri 28 May - Sun 30 May

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

Carey Would and Kerri Martinaglia Fri 4 Jun - Sun 6 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 2 Jul

✿Yoga And Zen: Integrating Yoga and Zen meditation practice

Jane Treffry-Goatley and Kevin Treffry-Goatley Fri 2 Jul - Sun 4 Jul

Being Here Right Now - With Yoga

Nicky van der Hulst Fri 9 Jul - Sun 11 Jul

The Roots Of Sacred Drumming: Exploring natural rhythms

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

Yinsight Yoga: Yin Yoga And Mindfulness Meditation

Despina Forbes Fri 23 Jul - Sun 25 Jul

Moving Meditation: Cultivating the four energies of tai chi

Brett Vallis Fri 30 Jul - Sun 1 Aug

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

Richard-John Chippindall Fri 6 Aug - Sun 8 Aug

A Weekend of Hatha Yoga: Rekindle Your Life Energy

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