BUDDHIST RETREAT CENTRE, IXOPO
Summary List of Retreats
5 Nov 2026 – 30 May 2027

☸ indicates retreats held in noble silence

☸Buddhism: The Basics – A Silent Retreat
Stephen Coan.....Fri 6 Nov - Sun 8 Nov

Unlock Your Secret Superpower: Practical Tools For Lasting Transformation
Dash Singh .....Fri 13 Nov - Sun 15 Nov

Women Together: A Weekend Dedicated To Rest, Reconnection And Restoration with Yoga, Sound And Astrology
Margarita Celeste and Magdarie van Staden .....Fri 20 Nov - Sun 22 Nov

☸Transformation Through Mindfulness – A Silent Retreat
Nolitha Tsengiwe .....Fri 27 Nov - Sun 29 Nov

Art of Living Silence Retreat
Vljaylakshmi Sewnarain ..... Thu 3 Dec - Sun 6 Dec

Japanese Brush Painting And Ceramics: Sumie And Raku With Qigong, Reflexology And Meditation
Ingrid Adams, Sharon Paterson, Chris Rooke, Shogan Parker, Belinda Best ..... Fri 11 Dec - Tue 15 Dec

Finding Meaning And Purpose - Buddhist Insights Into The Nature Of Mind
Ven Khenpo Jamyang Gompo..... Fri 18 Dec - Sun 20 Dec

Summer Relax And Recharge
Keelan Naidoo..... Mon 21 Dec - Wed 23 Dec

☸The Four Immeasurable Gifts At Christmas – A Silent Retreat
Tsunma Tsondru .....Wed 23 Dec - Sun 27 Dec

☸Three Wise Medicines For Living Your Life In The New Year – A Silent Retreat
Tsunma Tsondru .....Mon 28 Dec - Fri 1 Jan

Time To Focus And Tune Into 2027: Gently Kickstart The New Year With Qigong, Yoga, Meditation and Healing Treatments
Brendon Small, Dianne Franklin, Marrion Clarke and Nolwazi Bandezi ..... Fri 1 Jan - Sun 3 Jan

In 2027 Receive Clear Insights And Guidance To Plan Your Year Ahead
Christel Anderson .....Tue 5 Jan - Fri 8 Jan

Take It Easy - Reconnect With Your True Self
Nilam Narsee .....Fri 8 Jan - Sun 10 Jan

Nothing Is The Same For Everyone: An Ayurvedic Retreat
Dr Keshia Abraham .....Sun 10 Jan - Thu 14 Jan

Cultivating Mind-Heart Resonance Through Emotional Awareness And Mindfulness
Shanil Haricharan.....Fri 15 Jan - Sun 17 Jan

Time To Renew Your Fire - A Weekend Retreat For Burnt-Out Phoenixes In Need Of Soul Rekindling
Elana Bregin .....Fri 22 Jan - Sun 24 Jan

Guru Yoga: An Essential Tibetan Buddhist Tantric Practice
Chamtrul Rinpoche .....Fri 29 Jan - Sun 31 Jan

Metaphysical Analytics™: Intuitive Intelligence In An Age of Uncertainty - An Immersive Retreat
Stephanie Salt ..... Mon 1 Feb - Thu 4 Feb

Healing Qigong For Health And Vitality
Dr Hu Jin-Yun ..... Fri 5 Feb - Sun 7 Feb

A Reiki Retreat: Returning To Self
Rose Rapson..... Wed 10 Feb - Fri 12 Feb

Traditional Hatha and Raja Yoga
Duncan Rice ..... Fri 12 Feb - Sun 14 Feb

The Mindful Feast : A Foraging And Foodie Retreat With Yoga And Meditation
Kaz Wilson and Dael Lithgow..... Fri 19 Feb - Sun 21 Feb

Joanna Macy's Work That Reconnects: A Retreat For Recognising Ourselves As Part Of 'Nature', Connecting With Ourselves, Others And With Earth
Tsunma Tsondru ..... Wed 24 Feb - Fri 26 Feb

Change Your Mind - A Mindfulness Retreat
Mark Joseph..... Fri 26 Feb - Sun 28 Feb

Sacred Drumming Retreat
Marc Kress ..... Fri 5 Mar - Sun 7 Mar

Clarity Through Constellations
Karen Verburgh..... Mon 8 Mar - Thu 11 Mar

Getting To Know The Birds At The BRC: 160 Birds Of A Feather
Steve Davis..... Fri 12 Mar - Sun 14 Mar

Return To Love: A Weekend Of Energy Healing, Sound And Heart-Centred Healing
Jules and Reagan Martinez ..... Fri 19 Mar - Sun 21 Mar

☸Open The Heart And Still The Mind: Infusing Mindfulness With Metta And Compassionate Wisdom – A Silent Retreat
Sue Cooper..... Thu 25 Mar - Thu 1 Apr

Ohh, There You Are! A Retreat To Remember Who You Were Before the World Told You Who To Be
Heike Sym, Pierre Buckley and Rudy Cupido ..... Fri 2 Apr – Mon 5 Apr

Antar Yatra - The Inner Journey: A Yoga, Pranayama, Meditation And Mindfulness Retreat
Kugan and Pam Naidoo..... Fri 9 Apr - Sun 11 Apr

Accepting Change - A Yoga Retreat
Christine Withiel, Howard Lipschitz and Mags van Staden..... Thu 15 Apr - Sun 18 Apr

Humble Healing Retreat
Pierre Buckley and Rudy Cupido..... Fri 23 Apr - Mon 26 Apr

☸Beginner's Mind, Quiet Mind: The Simple Joy Of Meditation – A Silent Retreat
Tsunma Tsondru ..... Fri 30 Apr - Mon 3 May

The Awakened Man - From Striving To Being: A Men's Retreat
John Homewood..... Fri 7 May - Sun 9 May

The Portal Out Of Suffering: From Inner Struggle To Freedom, Peace And Presence PART ONE
John Homewood and Michelle McClunan ..... Fri 14 May - Sun 16 May

Living Free From Suffering: Integration, Embodiment And Everyday Freedom PART TWO
John Homewood and Michelle McClunan ..... Sun 16 May - Tue 18 May

☸Wesak: Doing What The Buddha Did – A Silent Retreat
Stephen Coan..... Fri 21 May - Sun 23 May

Softening Into Change: A Heart-Centred Yoga And Meditation Retreat
Christian Kruger ..... Fri 28 May - Sun 30 May