

BRC Retreat Programme: January 2020 - January 2021

🌀 These retreats are in Noble Silence

🌀 Welcoming The New Year With Compassion And Joy: New Year at the BRC

Sue Cooper 4 days: 28 December - 2 January 2020

Time To Reminisce, Reflect and Refocus: Gently kickstart the new year with an ashram-style retreat offering sunrise chi kung, yoga, walks, chanting, meditation and healing therapies

Kerri Martinaglia, Bruce van Dongen, Colin Kemery, Deborah Don Weekend: 3 - 5 January 2020

Awakening The Writer In You: The art of writing from the heart

Elana Bregin 3 days: 6 - 9 January 2020

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

Chris Dalzell, Steve Davis Weekend: 10 - 12 January 2020

🌀 Vipassana Meditation: How to realise ever-present mindfulness

Jonathan Preboy and Anna Scharfenberg Weekend: 17 - 19 January 2020

🌀 Vipassana Meditation Retreat: A search for truth

Jonathan Preboy and Anna Scharfenberg 4 days: 19 - 23 January 2020

New Year Intentions And Yoga Retreat: Connecting with what brings us joy

Lucy Draper-Clarke Weekend: 24 - 26 January 2020

The Way Of Ubuntu: Exploring traditional South African healing

John Lockley 3 days: 27 - 30 January 2020

Out To Lunch Where Green Is The New Colour For The Palate: Going vegan with wholesome food

Sascha Türk, Debbie Rich Weekend: 31 January - 2 February 2020

Moving Meditation: Cultivating the four energies of tai chi

Brett Vallis Weekend: 7 - 9 February 2020

Reclaim Your Power: A journey to inner balance

Heike Sym Weekend: 21 - 23 February 2020

Freedom Through Somatic Practices: A 5-day transformational retreat of somasensing™, intuitive yoga, nature and wholefoods

Yasmin Lambat, Nicholas Luqmaan McLean 5 days: 23 - 28 February 2020

A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology

Ian Weinberg Weekend: 28 February - 1 March 2020

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

Margarita Celeste, Michelle Strybis Weekend: 6 - 8 March 2020

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

Katherine Fillmore Weekend: 13 - 15 March 2020

Deepening The Healing Art Of Reiki: Reiki: Levels 2 and 3

Katherine Fillmore 4 days: 15 - 19 March 2020

The Wilderness Within: The subtle activism of engaged Buddhists

Tsunma Tsondru Weekend: 20 - 22 March 2020

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

Richard-John Chippindall Weekend: 27 - 29 March 2020

Vinyasa Yoga: Stilling the mind

Hannelize Robinson Weekend: 3 - 5 April 2020

🌀 Open The Heart And Still The Mind: Cultivating kindness and compassion

Sue Cooper 4 days: 9 - 13 April 2020

Compassionate Communication: Listening With Your Whole Being. Speaking From Your Deepest Authenticity: Experiencing the Dyad enquiry practice

Nicholas Burnand, Sarah Dekker 3 days: 14 - 17 April 2020

Healing Qigong (Chi Kung) - For Health And Vitality: Embodying and radiating the chi

Dr Hu Jin-Yun Weekend: 17 - 19 April 2020

🌀 Dharma Circle - Mid-Week Meditation: How to remain calm and clear in everything we do and say: The practice of Sati

Louis van Loon, Rudene Gerber 2 days: 19 - 21 April 2020

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

Marlene Neumann Weekend: 24 - 27 April 2020

Awakening To Flow: Re-aligning and shifting your life

John Homewood 3 days: 30 April - 3 May 2020

Going Deeper Into Flow: Applied knowledge creates wisdom and flow

John Homewood 2 days: 3 - 5 May 2020

🌀 Under The Full Moon Of May: Wesak: The BRC - Forty years on

Louis van Loon, Stephen Coan Weekend: 8 - 10 May 2020

Transforming Fear: How to turn stress and anxiety into well-being

Albert Buhr 2 days: 11 - 13 May 2020

🌀 Meditation For Beginners: Learning the basics of meditation practice

Elizabeth Gaywood Weekend: 15 - 17 May 2020

Stress: The Disease Of Our Age - The Buddhist Way Out: Finding an effective way of dealing with stress

Melanie Polatinsky Weekend: 22 - 24 May 2020

Yogis Live Longer: Hatha yoga for health and resilience

Christine Withiel, Howard Lipschitz Weekend: 29 - 31 May 2020

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

Carey Would, Kerri Martinaglia Weekend: 5 - 7 June 2020

🌀 Get On The Write Track: Memoir And Mindfulness: Your path to freedom, enlightenment and perhaps \$\$

Wanda Hennig 3 days: 8 - 11 June 2020

The Roots Of Sacred Drumming: Exploring natural rhythms

Richard Ellis, Marc Kress Weekend: 12 - 14 June 2020

Your Precious Life: Discovering Avenues To Meaning And Purpose Based On The Principles of Logotherapy: How it is possible to live life powerfully despite adversity

Klasie Wessels, Samantha Sparkes Weekend: 19 - 21 June 2020

Rejuvenating The BRC: A family retreat with children in mind

Anisha Maharaj 4 days: 22 - 26 June 2020

Iyengar Yoga: Nudging the body into shape and health	
Judy Farah	Weekend: 26 - 28 June 2020
Iyengar Yoga: Deepening your practice	
Judy Farah	4 days: 28 June - 2 July 2020
Radiant Grace - A Yogic Journey To Self-Acceptance: Taking kundalini yoga off the mat into your life	
Denise (Sohandev Kaur)	Weekend: 3 - 5 July 2020
☸Dharma Circle: Mid-Week Meditation: How to remain calm and clear in everything we say and do: The practice of Sati	
Rudene Gerber.....	2 days: 6 - 8 July 2020
Re-Storying Our Lives: With Special Focus On Depression And Anxiety: Exploring a reconnection with well-being	
Dominique Garnett.....	Weekend: 10 - 12 July 2020
Music And Mindfulness: Exploring sound and silence	
Hilary Kromberg, John Roff	2 days: 12 - 14 July 2020
Finding And Keeping Your Centre: Taking care of ourselves in order to be of service to others	
Tessa Pretorius.....	Weekend: 17 - 19 July 2020
Exploring The Practices Of Meditation, Prayer, Generous Giving And Fasting As Four Foundations Of Spiritual Life: Focusing on universal spiritual practice	
Felicity Hart	Weekend: 24 - 26 July 2020
☸A Secular Buddhist Retreat: Towards a practice of care	
Katrin Auf der Heyde.....	4 days: 29 July - 2 August 2020
Delicious Wellness: How to make your body your best friend	
Patti Good	2 days: 4 - 6 August 2020
☸Stoep Zen: When did Buddha come to Africa?	
Antony Osler, Margie Osler.....	Weekend: 7 - 10 August 2020
A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology	
Ian Weinberg.....	Weekend: 14 - 16 August 2020
☸Dharma Circle: Mid-Week Meditation: How to remain calm and clear in everything we do and say: The practice of Sati	
Elizabeth Gaywood.....	2 days: 17 - 19 August 2020
Life Writing: A workshop on memoir	
Dawn Garisch	5 days: 21 - 26 August 2020
Life Tides And Word Links: A weekend course in poetry	
Dawn Garisch	Weekend: 28 - 30 August 2020
A Workshop On Astrology: Mapping out your inner blueprint	
Margarita Celeste, Corinna Botoulas	3 days: 31 August - 3 September 2020
SoulCollage®: "Know yourself - and you will conquer the universe..."	
Corinna Botoulas	Weekend: 4 - 6 September 2020
☸Transformation With The Power Of Awareness: Developing awareness, compassion and insight	
Nolitha Tsengiwe	Weekend: 11 - 13 September 2020
A Taste Of Mindfulness: On being here - now	
Lisa Firer, Craig Henen.....	Weekend: 18 September - 20 September 2019
Between First In-Breath And Last Out-Breath: The art of story-telling	
Dorian Haarhoff	Weekend: 25 - 27 September 2020
The Poet Hiding Inside: How to live and write poetry	
Dorian Haarhoff	2 days: 27 - 29 September 2020
☸A Taste Of Yoga And Zen: Yoga and Zen meditation practice	
Jane Treffry-Goatley, Kevin Treffry-Goatley	Weekend: 2 - 4 October 2020
☸Beginner's Mind, Quiet Mind: Meditation instruction and practice for meaningful daily living	
Tsunma Tsondru	5 days: 4 - 9 October 2020
The Yoga Of Self-Love: Exploring the meaning of self-love	
Nerisha Maharaj	Weekend: 9 - 11 October 2020
At Ease In Mind And Body: An Introduction to qigong (chi kung)	
Paul Dorrian	Weekend: 16 - 18 October 2020
☸Heartfulness Meditation: A silent meditation retreat	
Lynne Marion	3 days: 19 - 22 October 2020
"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	Weekend: 23 - 25 October 2020
Deepening Your Emotional Intelligence Through Mindfulness: Gaining insights into your emotional intelligence for resonant relationships	
Shanil Haricharan.....	Weekend: 29 October - 1 November 2020
Cultivating Mindful Leadership For The 21 st Century Through Deepening Your Emotional Intelligence: Leading with compassion, hope and mindfulness in the 21st century	
Shanil Haricharan.....	2 days: 1 - 3 November 2020
☸The Moon At The Window: A silent retreat with Ryokan	
Stephen Coan.....	Weekend: 6 - 8 November 2020
☸Silent Music: A meditation retreat	
Stephen Coan.....	4 days: 8 - 12 November 2020
Buddhism, Existential Philosophy And Psychology: Can Buddhism effectively treat the struggles we face in life?	
Jason Ross	Weekend: 13 - 15 November 2020
Fully Human Activism: The way of gentle activists who make a difference	
Graham Williams	2 days: 16 - 18 November 2020
Zen, Light And Angles: A photographic workshop	
Andrew Brown	Weekend: 20 - 22 November 2020
Going With The Flow: Integrating meditation and mindfulness into our daily life	
Bruce van Dongen	Weekend: 27 - 29 November 2020
Grounded In Space: A weekend of tai chi and qigong (chi kung)	
Alex Lister-James, Jeremy Lister James.....	Weekend: 4 - 6 December 2020
☸Making The Practice Ordinary And The Ordinary, Practice: A meditation retreat	
Sister Candasiri	5 days: 11 December - 16 October 2019
Shibuie: When Beauty Happens Accidentally: Seeing with deep-seeing eyes - Sumie and Raku: Japanese brush painting and pottery	
Louis van Loon, Ingrid Adams, Fay Keit.....	4 days: 18 December - 22 October 2019

✿**Stalking The Moment: Being At Home 24/7: Christmas at the BRC**

Tsunma Tsondru3 days: 23 - 26 December 2020

✿**Welcoming The New Year With Compassion And Joy: New Year at the BRC**

Sue Cooper4 days: 30 December - 3 January 2021

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

Alex Lister-James, Colin Kemery, Deborah Don, Jeremy Lister James, Marc Kress, Rudene GerberWeekend: 8 - 10 January 2021