

## 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

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| Sue Cooper .....   | 4 days: 28 December - 2 January 2020  |
| <b>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</b> |                                       |
| Kerri Martinaglia, Bruce van Dongen, Colin Kemery, Deborah Don.....  | Weekend: 3 - 5 January 2020           |
| <b>Awakening The Writer In You: The art of writing from the heart</b>  |                                       |
| Elana Bregin.....  | 3 days: 6 - 9 January 2020            |
| <b>Getting To Know The Birds And Trees At The BRC: 160 Birds of a feather</b>  |                                       |
| Chris Dalzell, Steve Davis .....   | Weekend: 10 - 12 January 2020         |
| <b>Vipassana Meditation: How to realise ever-present mindfulness</b>   |                                       |
| Jonathan Preboy and Anna Scharfenberg.....   | Weekend: 17 - 19 January 2020         |
| <b>Vipassana Meditation Retreat: A search for truth</b>  |                                       |
| Jonathan Preboy and Anna Scharfenberg.....   | 4 days: 19 - 23 January 2020          |
| <b>New Year Intentions And Yoga Retreat: Connecting with what brings us joy</b>  |                                       |
| Lucy Draper-Clarke .....   | Weekend: 24 - 26 January 2020         |
| <b>The Way Of Ubuntu: Exploring traditional South African healing</b>  |                                       |
| John Lockley .....   | 3 days: 27 - 30 January 2020          |
| <b>Out To Lunch Where Green Is The New Colour For The Palate: Going vegan with wholesome food</b>  |                                       |
| Sascha Türk, Debbie Rich.....  | Weekend: 31 January - 2 February 2020 |
| <b>Moving Meditation: Cultivating the four energies of tai chi</b>   |                                       |
| Brett Vallis .....   | Weekend: 7 - 9 February 2020          |
| <b>Reclaim Your Power: A journey to inner balance</b>  |                                       |
| Heike Sym.....   | Weekend: 21 - 23 February 2020        |
| <b>Freedom Through Somatic Practices: A 5-day transformational retreat of somasensing™, intuitive yoga, nature and wholefoods</b>  |                                       |
| Yasmin Lambat, Nicholas Luqmaan McLean.....  | 5 days: 23 - 28 February 2020         |
| <b>A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology</b>   |                                       |
| Ian Weinberg.....  | Weekend: 28 February - 1 March 2020   |
| <b>The Sacred Feminine: Empowering the feminine with yoga, meditation and your astrological moon</b>   |                                       |
| Margarita Celeste, Michelle Strybis .....  | Weekend: 6 - 8 March 2020             |
| <b>The Healing Art Of Reiki (Level 1), Yoga And Meditation: Heal the body, relax the mind</b>  |                                       |
| Katherine Fillmore .....   | Weekend: 13 - 15 March 2020           |
| <b>Deepening The Healing Art Of Reiki: Reiki: Levels 2 and 3</b>   |                                       |
| Katherine Fillmore .....   | 4 days: 15 - 19 March 2020            |
| <b>The Wilderness Within: The subtle activism of engaged Buddhists</b>   |                                       |
| Tsunma Tsondu.....   | Weekend: 20 - 22 March 2020           |
| <b>Compassionate Communication: Listening With Your Whole Being, Speaking From Your Deepest Authenticity, Experiencing the Dyad enquiry practice</b>   |                                       |
| Nicholas Burnand, Sarah Dekker.....  | 3 days: 14 - 17 April 2020            |
| <b>Healing Qigong (Chi Kung) - For Health And Vitality: Embodying and radiating the chi</b>  |                                       |
| Dr Hu Jin Yun.....   | Weekend: 17 - 19 April 2020           |
| <b>Dharma Circle - Mid-Week Meditation: How to remain calm and clear in everything we do and say: The practice of Sati</b>   |                                       |
| Louis van Loon, Rudene Gerber.....   | 2 days: 19 - 21 April 2020            |
| <b>Awakening To Flow: Re-aligning and shifting your life</b>   |                                       |
| John Homewood.....   | 3 days: 30 April - 3 May 2020         |
| <b>Going Deeper Into Flow: Applied knowledge creates wisdom and flow</b>   |                                       |
| John Homewood.....   | 2 days: 3 - 5 May 2020                |
| <b>Under The Full Moon Of May: Wesak: The BRC - Forty years on</b>   |                                       |
| Louis van Loon, Stephen Coan.....  | Weekend: 8 - 10 May 2020              |
| <b>Transforming Fear: How to turn stress and anxiety into well-being</b>   |                                       |
| Albert Buhr .....  | 2 days: 11 - 13 May 2020              |
| <b>Meditation For Beginners: Learning the basics of meditation practice</b>  |                                       |
| Elizabeth Gaywood.....   | Weekend: 15 - 17 May 2020             |
| <b>Stress: The Disease Of Our Age - The Buddhist Way Out: Finding an effective way of dealing with stress</b>  |                                       |
| Melanie Polatinsky .....   | Weekend: 22 - 24 May 2020             |
| <b>Yogis Live Longer: Hatha yoga for health and resilience</b>   |                                       |
| Christine Withiel, Howard Lipschitz .....  | Weekend: 29 - 31 May 2020             |
| <b>An Introduction To Mindfulness Based Living: "Knowing the present"</b>  |                                       |
| Carey Would, Kerri Martinaglia .....   | Weekend: 5 - 7 June 2020              |
| <b>Get On The Write Track: Memoir And Mindfulness: Your path to freedom, enlightenment and perhaps \$\$</b>  |                                       |
| Wanda Hennig .....   | 3 days: 8 - 11 June 2020              |
| <b>The Roots Of Sacred Drumming: Exploring natural rhythms</b>   |                                       |
| Richard Ellis, Marc Kress.....   | Weekend: 12 - 14 June 2020            |
| <b>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</b>                   |                                       |
| Klasie Wessels, Samantha Sparkes .....   | Weekend: 19 - 21 June 2020            |
| <b>Rejuvenating The BRC: A family retreat with children in mind</b>  |                                       |
| Anisha Maharaj.....  | 4 days: 22 - 26 June 2020             |
| <b>Iyengar Yoga: Nudging the body into shape and health</b>  |                                       |
| Judy Farah.....  | Weekend: 26 - 28 June 2020            |
| <b>Iyengar Yoga: Deepening your practice</b>   |                                       |
| Judy Farah.....  | 4 days: 28 June - 2 July 2020         |
| <b>Radiant Grace - A Yogic Journey To Self-Acceptance: Taking kundalini yoga off the mat into your life</b>  |                                       |
| Denise (Sohandev Kaur).....  | Weekend: 3 - 5 July 2020              |
| <b>Dharma Circle: Mid-Week Meditation: How to remain calm and clear in everything we say and do: The practice of Sati</b>  |                                       |
| Rudene Gerber .....  | 2 days: 6 - 8 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

**Vinyāsa Yoga: Stilling the mind**  
Hannelize Robinson ..... Weekend: 24 - 26 July 2020

✿**Open The Heart And Still The Mind: Cultivating kindness and compassion**  
Sue Cooper ..... 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

**"Seeing The Light": A Photography Workshop: Explore your inner light through your camera**  
Marlene Neumann ..... 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

✿**Saying Yes To Life: How we can live wholeheartedly in the midst of a challenging world**  
Richard-John Chippindall ..... 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 Tsondru ..... 3 days: 23 - 26 December 2020

✿**Welcoming The New Year With Compassion And Joy: New Year at the BRC**  
Sue Cooper ..... 4 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 ..... Weekend: 8 - 10 January 2021