

## 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

**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

**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

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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------|
| <b>Music And Mindfulness: Exploring sound and silence</b>                                                                                                                                 |                                           |
| Hilary Kromberg, John Roff .....                                                                                                                                                          | 2 days: 12 - 14 July 2020                 |
| <b>Finding And Keeping Your Centre: Taking care of ourselves in order to be of service to others</b>                                                                                      |                                           |
| Tessa Pretorius.....                                                                                                                                                                      | Weekend: 17 - 19 July 2020                |
| <b>Vinyāsa Yoga: Stilling the mind</b>                                                                                                                                                    |                                           |
| Hannelize Robinson .....                                                                                                                                                                  | Weekend: 24 -26 July 2020                 |
| <b>☸Open The Heart And Still The Mind: Cultivating kindness and compassion</b>                                                                                                            |                                           |
| Sue Cooper .....                                                                                                                                                                          | 4 days:29 July – 2 August 2020            |
| <b>Delicious Wellness: How to make your body your best friend</b>                                                                                                                         |                                           |
| Patti Good .....                                                                                                                                                                          | 2 days: 4 - 6 August 2020                 |
| <b>☸Stoep Zen: When did Buddha come to Africa?</b>                                                                                                                                        |                                           |
| Antony Osler, Margie Osler.....                                                                                                                                                           | Weekend: 7 - 10 August 2020               |
| <b>A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology</b>                                                                                                              |                                           |
| Ian Weinberg.....                                                                                                                                                                         | Weekend: 14 - 16 August 2020              |
| <b>☸Dharma Circle: Mid-Week Meditation: How to remain calm and clear in everything we do and say: The practice of Sati</b>                                                                |                                           |
| Elizabeth Gaywood .....                                                                                                                                                                   | 2 days: 17 - 19 August 2020               |
| <b>Life Writing: A workshop on memoir</b>                                                                                                                                                 |                                           |
| Dawn Garisch .....                                                                                                                                                                        | 5 days: 21 - 26 August 2020               |
| <b>Life Tides And Word Links: A weekend course in poetry</b>                                                                                                                              |                                           |
| Dawn Garisch .....                                                                                                                                                                        | Weekend: 28 - 30 August 2020              |
| <b>A Workshop On Astrology: Mapping out your inner blueprint</b>                                                                                                                          |                                           |
| Margarita Celeste, Corinna Botoulas .....                                                                                                                                                 | 3 days: 31 August - 3 September 2020      |
| <b>SoulCollage®: "Know yourself - and you will conquer the universe..."</b>                                                                                                               |                                           |
| Corinna Botoulas .....                                                                                                                                                                    | Weekend: 4 - 6 September 2020             |
| <b>☸Transformation With The Power Of Awareness: Developing awareness, compassion and insight</b>                                                                                          |                                           |
| Nolitha Tsengiwe .....                                                                                                                                                                    | Weekend: 11 - 13 September 2020           |
| <b>A Taste Of Mindfulness: On being here - now</b>                                                                                                                                        |                                           |
| Lisa Firer, Craig Henen.....                                                                                                                                                              | Weekend: 18 September - 20 September 2019 |
| <b>Between First In-Breath And Last Out-Breath: The art of story-telling</b>                                                                                                              |                                           |
| Dorian Haarhoff .....                                                                                                                                                                     | Weekend: 25 - 27 September 2020           |
| <b>The Poet Hiding Inside: How to live and write poetry</b>                                                                                                                               |                                           |
| Dorian Haarhoff .....                                                                                                                                                                     | 2 days: 27 - 29 September 2020            |
| <b>"Seeing The Light": A Photography Workshop: Explore your inner light through your camera</b>                                                                                           |                                           |
| Marlene Neumann.....                                                                                                                                                                      | Weekend: 24 - 27 April 2020               |
| <b>☸Beginner's Mind, Quiet Mind: Meditation instruction and practice for meaningful daily living</b>                                                                                      |                                           |
| Tsunma Tsonдру .....                                                                                                                                                                      | 5 days: 4 - 9 October 2020                |
| <b>☸Saying Yes To Life: How we can live wholeheartedly in the midst of a challenging world</b>                                                                                            |                                           |
| Richard-John Chippindall.....                                                                                                                                                             | Weekend: 9 - 11 October 2020              |
| <b>At Ease In Mind And Body: An Introduction to qigong (chi kung)</b>                                                                                                                     |                                           |
| Paul Dorrian.....                                                                                                                                                                         | Weekend: 16 - 18 October 2020             |
| <b>☸Heartfulness Meditation: A silent meditation retreat</b>                                                                                                                              |                                           |
| Lynne Marion .....                                                                                                                                                                        | 3 days: 19 - 22 October 2020              |
| <b>"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</b>                                     |                                           |
| Xenia Ayiotis .....                                                                                                                                                                       | Weekend: 23 - 25 October 2020             |
| <b>Deepening Your Emotional Intelligence Through Mindfulness: Gaining insights into your emotional intelligence for resonant relationships</b>                                            |                                           |
| Shanil Haricharan.....                                                                                                                                                                    | Weekend: 29 October - 1 November 2020     |
| <b>Cultivating Mindful Leadership For The 21 st Century Through Deepening Your Emotional Intelligence: Leading with compassion, hope and mindfulness in the 21st century</b>              |                                           |
| Shanil Haricharan.....                                                                                                                                                                    | 2 days: 1 - 3 November 2020               |
| <b>☸The Moon At The Window: A silent retreat with Ryokan</b>                                                                                                                              |                                           |
| Stephen Coan.....                                                                                                                                                                         | Weekend: 6 - 8 November 2020              |
| <b>☸Silent Music: A meditation retreat</b>                                                                                                                                                |                                           |
| Stephen Coan.....                                                                                                                                                                         | 4 days: 8 - 12 November 2020              |
| <b>Buddhism, Existential Philosophy And Psychology: Can Buddhism effectively treat the struggles we face in life?</b>                                                                     |                                           |
| Jason Ross .....                                                                                                                                                                          | Weekend: 13 - 15 November 2020            |
| <b>Fully Human Activism: The way of gentle activists who make a difference</b>                                                                                                            |                                           |
| Graham Williams .....                                                                                                                                                                     | 2 days: 16 - 18 November 2020             |
| <b>Zen, Light And Angles: A photographic workshop</b>                                                                                                                                     |                                           |
| Andrew Brown .....                                                                                                                                                                        | Weekend: 20 - 22 November 2020            |
| <b>Going With The Flow: Integrating meditation and mindfulness into our daily life</b>                                                                                                    |                                           |
| Bruce van Dongen .....                                                                                                                                                                    | Weekend: 27 - 29 November 2020            |
| <b>Grounded In Space: A weekend of tai chi and qigong (chi kung)</b>                                                                                                                      |                                           |
| Alex Lister-James, Jeremy Lister James.....                                                                                                                                               | Weekend: 4 - 6 December 2020              |
| <b>☸Making The Practice Ordinary And The Ordinary, Practice: A meditation retreat</b>                                                                                                     |                                           |
| Sister Candasiri .....                                                                                                                                                                    | 5 days: 11 December - 16 October 2019     |
| <b>Shibuie: When Beauty Happens Accidentally: Seeing with deep-seeing eyes - Sumie and Raku: Japanese brush painting and pottery</b>                                                      |                                           |
| Louis van Loon, Ingrid Adams, Fay Keit.....                                                                                                                                               | 4 days: 18 December - 22 October 2019     |
| <b>☸Stalking The Moment: Being At Home 24/7: Christmas at the BRC</b>                                                                                                                     |                                           |
| Tsunma Tsonдру .....                                                                                                                                                                      | 3 days: 23 - 26 December 2020             |
| <b>☸Welcoming The New Year With Compassion And Joy: New Year at the BRC</b>                                                                                                               |                                           |
| Sue Cooper .....                                                                                                                                                                          | 4 days: 30 December - 3 January 2021      |
| <b>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</b> |                                           |
| Alex Lister-James, Colin Kemery, Deborah Don, Jeremy Lister James, Marc Kress .....                                                                                                       | Weekend: 8 - 10 January 2021              |