

# SUMMARY LIST OF RETREATS AT THE BRC

## July 2018 - July 2019

### **Rejuvenating The BRC: A family retreat with children in mind**

Sheila Berry, Lihle Mbokazi and Sipho Msiya ..... 4 days: 06 - 10 July 2018

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

Elana Bregin ..... 3 days: 10- 13 July 2018

### **How To Draw What You See: A pen and ink sketching retreat**

Louis van Loon ..... Weekend: 13- 15 July 2018

### **Strong In Body, Peace In Mind: Rejuvenate and restore with yoga**

Margot McMaster ..... Weekend: 20- 22 July 2018

### **Shape The Clay, Knead The Dough, Mould The Mind**

Natasha Hawley, Rose Gelderblom, Louis van Loon ..... Weekend: 27 - 29 July 2018

### **More Room For Miracles: Making space in our life for what we truly love**

Patti Good ..... 2 days: 31 July - 02 August 2018

### **The Zen Of Recovery: Twelve Steps to wholeness and well-being**

Warren Shaw and Graeme Butchart ..... Weekend: 03 - 05 August 2018

### **Stoep Zen: Living a Zen life in South Africa**

Antony & Margie Osler ..... 4 days: 09 - 13 August 2018

### **“Soul Origami” – Unfolding Me: Listening with your whole being**

Nicholas Burnand & Sarah Dekker ..... 2 days: 14 - 16 August 2018

### **Finding And Keeping Your Centre**

Tessa Pretorius ..... Weekend: 17 - 19 August 2018

### **A Neurosurgeon probes Wellness and Performance**

Ian Weinberg ..... Weekend: 24 - 26 August 2018

### **Being Our Own Best Friend In This Crazy World**

Chandasara ..... Weekend: 31 August - 02 September 2018

### **Opening The Heart: The healing power of the Four Immeasurable Practices**

Ven. Chamtrul Rinpoche ..... Weekend: 07 - 09 September 2018

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

Albert Buhr ..... Weekend: 14 - 16 September 2018

### **Open The Heart And Still The Mind: Finding joy within stillness**

Sue Cooper ..... 4 days: 20- 24 September 2018

### **A Taste Of Mindfulness: On being here - now**

Lisa Firer & Craig Henen ..... Weekend: 28- 30 September 2018

### **Bodanza: The still point of the dance**

Lisa Firer ..... Weekend: 05 - 07 October 2018

### **Tibetan Medicine And Tibetan Astro Science**

Dr. Tenzin Lhanzey and Mrs Tenzin Lhamo..... 2 days: 10 - 11 October 2018

### **The Genius Programme: How to move from habit thinking to genius living**

Graeme Butchart ..... Weekend: 12 - 14 October 2018

### **Zen Pen: A writing - being and meditation retreat**

Dorian Haarhoff ..... Weekend: 19 - 21 October 2018

### **Mirror, Lens And Window: The art of journaling**

Dorian Haarhoff ..... 3 days: 21 - 24 October 2018

### **Nia Technique: Music, movement and dance**

Susan Sloan & Karyn Cardoso ..... Weekend: 26 - 28 October 2018

### **You Can't Fill The Hole In Your Heart With Food**

Richard-John Chippindall & Xenia Ayiotis.... Weekend: 02 -04 November 2018

### **An Introduction To Chi Kung**

Paul Dorrian ..... Weekend: 09 -11 November 2018

### **Astrology: Mapping Out Your Inner Blueprint**

Corinna Botoulas & Margarita Celeste ..... Weekend: 16 -18 November 2018

### **A Pilates Retreat**

Kim McCusker-Bartlett ..... 2 days: 20 -22 November 2018

### **Eyes Horizontal, Nose Vertical: A weekend of meditation practice**

Stephen Coan ..... Weekend: 23 -25 November 2018

### **Playing A Lute with No String: A meditation practice retreat**

Stephen Coan ..... 4 days: 25 - 29 November 2018

### **Grounded In Space - A Tai Chi - Chi Kung Retreat: Wave hands like clouds**

Alex & Jeremy Lister - James .....Weekend: 30 November - 02 December 2018

### **Going With The Flow: Integrating yoga into daily life**

Bruce van Dongen ..... Weekend: 07 - 09 December 2018

### **The Heart Sutra: Loosening the grip of ego-grasping**

Ven Robina Courtin ..... Weekend: 14 - 16 December 2018

### **Shibuie: When Beauty Happens Accidentally: Sumie and Raku**

Louis van Loon, Ingrid Adams & Fay Morris 4 days: 18 - 22 December 2018

### **Stalking The Moment - Being at Home 24/7: Christmas at The BRC**

Tsunma Tsondru .....2 days: 24 - 26 December 2018

### **Catching The Ungraspable Moment: New Year at the BRC**

Louis van Loon , Tsunma Tsondru 3 days: 29 December 2018 - 01 January 2019

### **Time To Reminisce, Reflect And Re-assess: A self-retreat**

The BRC staff and Deborah Donal Weekend: 04 - 06 January 2019

### **Finding The Writer In You: The art of writing from the heart**

Elana Bregin ..... 3 days: 07 - 10 January 2019

### **Vinyāsa Yoga And Meditation Retreat: Stilling the mind**

Hannelize Robinson .....Weekend: 11 - 13 January 2019

### **New Year Intentions And Yoga Retreat**

Lucy Draper - Clarke .....Weekend: 18 - 20 January 2019

### **Mindfulness - Always Available, Everywhere: A Vipassana retreat**

Jonathan Preboy & Anna Scharfenberg .....Weekend: 25 - 27 January 2019

### **A Vipassana Retreat: The search for truth**

Jonathan Preboy & Anna Scharfenberg .....4 days: 27 - 31 January 2019

### **Getting To Know The Birds, Trees And Wild Flowers At The BRC**

Chris Dalzell & Steve Davis .....Weekend: 01 - 03 February 2019

### **The Way Of Ubuntu: Exploring traditional South African healing**

John Lockley .....3 days: 04 - 08 February 2019

### **Reclaim Your Power: A journey to inner balance**

Heike Sym .....Weekend: 08 - 10 February 2019

### **The Healing Art Of Reiki, Yoga And Meditation**

Katherine Fillmore .....Weekend: 15 - 17 February 2019

### **The Wilderness Within: The subtle activism of engaged Buddhists**

Tsunma Tsondru .....Weekend: 22 - 24 February 2019

### **Radiant Grace - A Yogic Journey To Self-Acceptance: Kundalini yoga**

Denise (Sohandev Kaur) .....Weekend: 01 - 03 March 2019

### **A Neurosurgeon Probes Wellness And Performance**

Ian Weinberg ..... Weekend: 08 - 10 March 2019

### **Healing Chi Kung - For Health And Vitality: Radiate the chi**

Dr Hu Jin-Yun..... Weekend: 15 - 17 March 2019

### **Open The Heart And Still The Mind: Embracing change and loss**

Sue Cooper ..... 4 days: 20 - 24 March 2019

### **Yes, You Too Can Sing! A celebration of singing and chanting**

Sally Bosch & François Möller ..... Weekend: 29 - 31 March 2019

### **Meditation For Beginners**

Elizabeth Gaywood ..... Weekend: 05 - 07 April 2019

### **"Seeing The Light": A photography workshop**

Marlene Neumann ..... Weekend: 12 - 14 April 2019

### **Easter In The Hills Of Ixopo: Settle the mind, radiate the chi, heal the body**

Louis van Loon, Alex de la Rouviere, Deborah Donal: 3 days:19 - 22 April 2019

### **Yogis Live Longer: Hatha yoga for health and resilience**

Howard Lipschitz & Christine Withiel ..... Weekend: 26 - 28 April 2019

### **The Awakening Shift Experience: Realise your magnificence!**

John Homewood Weekend: 03 - 05 May 2019

### **Going Deeper Into The Awakening**

John Homewood .....2 days: 05 - 07 May 2019

### **Yin And Yang - A Yoga Retreat: Release, relax and restore**

Georgie Carter ..... Weekend: 10 - 12 May 2019

### **Under The Full Moon Of May: Wesak - 25 centuries of Buddhism**

Louis van Loon & Stephen Coan ..... Weekend: 17 - 19 May 2019

### **Sacred Drumming: Exploring natural rhythms**

Richard Ellis & Marc Kress ..... Weekend: 24 - 26 May 2019

### **Mindfulness-Based Living - “Knowing the Present”**

Kerri Martinaglia & Carey Would ..... Weekend: 31 May - 02 June 2019

### **Your Precious Life: Discovering avenues to meaning and purpose**

Klasie Wessels and Samantha Sparkes ..... Weekend: 7 - 9 June 2019

### **Get On The Write Track: Memoir and Mindfulness Breathe, listen, write**

Wanda Hennig ..... 3 days: 10 - 13 June 2019

### **Ayurveda, Yoga And Meditation Retreat: A return to wholeness**

Helen Altman..... Weekend: 14 - 16 June 2019

### **Iyengar Yoga: Nudging the body into shape and health**

Judy Farah .....Weekend: 21 - 23 June 2019

### **More Iyengar Yoga: Deepening your practice**

Judy Farah ..... 4 days: 23 - 27 June 2019

### **Life Writing: A workshop on memoir**

Dawn Garisch ..... 5 days: 28 June - 03 July 2019

### **If Your Chronic Complaint Was A Work Of Art, What Would It Be?**

Dawn Garisch ..... Weekend: 05 - 07 July 2019