

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

03 May 2021 – 31 March 2022

✿ indicates retreats held in noble silence

#### **Mist Rising, Rain Falling: A Qigong Retreat**

Dianne Franklin ..... Mon 03 May - Fri 07 May 2021

#### **The Heart And Art Of Awakening - Part 1: Shift your life though presence and art**

John Homewood and Michelle McClunan ..... Fri 07 May - Sun 09 May 2021

#### **Meditation In Daily Life - Online**

Bhante Sukhacitto and Beth Faria..... Sat 08 May - Sun 09 May 2021 9:00:-11:30:am

#### **The Heart And Art Of Awakening - Part 2: Going deeper**

John Homewood and Michelle McClunan .....Sun 09 May - Tue 11 May 2021

#### **Beginner's Mind, Quiet Mind: Meditation Instruction And Practice for Meaningful Daily Living**

Tsunma Tsondru ..... Tues 11 May - Fri 14 May 2021

#### **Releasing Ourselves From Old Stories: Stepping from the past into an abundant future by drawing on the Ancient Hawaiian practice of Ho'oponopono**

Dominique Garnett .....Fri 14 May - Sun 16 May

#### **Come As You Are: Secular Buddhism, Existential Philosophy And Psychotherapy. Can Buddhism Effectively Treat The Struggles We Face In Life?**

Jason Ross .....Fri 21 May - Tue 25 May

#### **✿Under The Full Moon Of May: Wesak**

Louis van Loon and Stephen Coan .....Fri 28 May - Sun 30 May

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

Carey Would and Kerri Martinaglia..... Fri 04 Jun - Sun 06 Jun

#### **Radical Acceptance - Exploring the first fetter in the Buddha's teaching: Personality or Identity View**

Chandasara ..... Fri 11 Jun - Sun 13 Jun

#### **Writing To Move On: An experiential writing workshop for those in need of new ways of being, seeing and doing**

Elana Bregin ..... Fri 18 Jun - Sun 20 Jun

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

Judy Farah ..... Fri 25 Jun - Sun 27 Jun

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

Judy Farah ..... Sun 27 Jun - Fri 02 Jul

#### **Mindfulness Skills For Challenging Times**

Choden ..... Fri 02 Jul – Sun 04 Jul

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

Anisha Maharaj ..... Mon 05 Jul - Thu 08 Jul

#### **Gardening For Happiness: The Basics of Gardening**

Chris Dalzell ..... Fri 09 Jul - Sun 11 Jul

#### **The Roots Of Sacred Drumming: Exploring natural rhythms**

Richard Ellis and Marc Kress ..... Fri 16 Jul - Sun 18 Jul

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

Georgie Carter..... Tue 20 Jul - Fri 23 Jul

#### **Circles of Compassion: Reconnect with self and others in a socially-distanced world**

Graham Williams..... Fri 23 Jul - Sun 25 Jul

#### **Moving Meditation: Cultivating the four energies of tai chi**

Brett Vallis..... Fri 30 Jul - Sun 01 Aug

- ☸ Saying Yes To Life: How we can live wholeheartedly in the midst of a challenging world**  
 Richard-John Chippindall ..... Fri 06 Aug - Sun 08 Aug
- "Written In The Stars": The Basics Of The Ancient Art Of Astrology**  
 Corinna Botoulas..... Mon 09 Aug - Thu 12 Aug
- A Weekend of Hatha Yoga: Rekindle Your Life Energy**  
 Kugan Naidoo..... Fri 13 Aug - Sun 15 Aug
- SoulCollage® : "Know Yourself - And You Will Conquer The Universe..."**  
 Corinna Botoulas..... Mon 16 Aug - Thu 19 Aug
- Finding And Keeping Your Centre: Taking care of ourselves in order to be of service to others**  
 Tessa Pretorius..... Fri 20 Aug - Sun 22 Aug
- A Yin Yoga Retreat**  
 Jennifer Chapman ..... Fri 27 Aug - Sun 29 Aug
- Yoga Mind, Body And Breath: A journey of self-discovery**  
 Marc Kress ..... Fri 03 Sep - Sun 05 Sep
- "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..... Fri 10 Sep - Sun 12 Sep
- A Taste of Somatics: Feeling and healing the body within**  
 Lisa Firer ..... Fri 17 Sep - Sun 19 Sep
- Zen Pen: A Writing, Being And Meditation Retreat**  
 Dorian Haarhoff ..... Thu 23 Sep - Sun 26 Sep
- The Rough Writing Road: Keeping a journal**  
 Dorian Haarhoff ..... Sun 26 Sep - Tue 28 Sep
- Deepening Your Emotional Intelligence Through Mindfulness: Gaining insights into your emotional intelligence for resonant relationship**  
 Shanil Haricharan ..... Fri 01 Oct - Sun 03 Oct
- Yinsight Yoga: Yin Yoga And Mindfulness Meditation**  
 Despina Forbes ..... Fri 08 Oct - Sun 10 Oct
- Stand Like A Tree To Power Up Your Chi**  
 Paul Dorrian ..... Tue 12 Oct - Fri 15 Oct
- The Myth Of Writer's Block: Exploring the relationship between negative thought patterns and creative flow**  
 Natasha Freeman..... Fri 15 Oct - Sun 17 Oct
- ☸ Under The Rose-Apple Tree: A weekend of meditation practice**  
 Stephen Coan..... Fri 22 Oct - Sun 24 Oct
- Life Tides And Word Links: A weekend course in poetry**  
 Dawn Garisch ..... Fri 29 Oct - Sun 31 Oct
- Writing Our Ancestral Stories : Shifting the past into new futures**  
 Dawn Garisch ..... Wed 03 Nov - Sun 07 Nov
- ☸ Letting Go Into Flow**  
 Chandasara and Nolitha Tsengiwe..... Fri 12 Nov - Fri 19 Nov
- At Ease in in Mind and Body: An introduction to qigong**  
 Paul Dorrian ..... Fri 19 Nov - Sun 21 Nov
- ☸ Quiet Mountain, Clear Sky: Meditating with calmness and clarity**  
 Mervyn Croft..... Fri 26 Nov - Sun 28 Nov

**Grounded In Space: A weekend of tai chi and qigong**

Alex and Jeremy Lister-James .....Fri 03 Dec - Sun 05 Dec

**A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology**

Ian Weinberg.....Fri 10 Dec - Sun 12 Dec

**Shibuie - When Beauty Happens Accidentally: Sumie and Raku – Japanese brush painting and pottery**

Ingrid Adams and Jess Merle .....Sun 12 Dec - Thu 16 Dec

**✿Open The Heart And Still the Mind: Ending The Year With Kindness, Compassion And Joy**

Sue Cooper..... Thu 16 Dec - Thu 23 Dec

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

Tsunma Tsondru .....Thu 23 Dec - Sun 26 Dec

**✿Three Wise Medicines For Living Your Life In The New Year**

Tsunma Tsondru ..... Wed 29 Dec - Sun 02 Jan 2022

**Time To Focus And Tune Into 2022: Gently kickstart the new year with an ashram-style retreat offering qigong (chi kung), hatha yoga, chanting and meditation and healing therapies**

Deborah Don, Kugan Naidoo and Colin Kemery ..... Fri 7 Jan - Sun 9 Jan

**✿Vipassana Meditation: How to realise ever-present mindfulness**

Jonathan Preboy and Anna Scharfenberg..... Fri 14 Jan - Sun 16 Jan

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

Jonathan Preboy and Anna Scharfenberg..... Sun 16 Jan - Thu 20 Jan

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

John Lockley .....Fri 21 Jan - Mon 24 Jan

**Healing Qigong For Health And Vitality**

Dr Hu Jin-Yun ..... Fri 28 Jan - Sun 30 Jan

**Rainbow Salads And Sunshine Bowls: Adopting A Wholesome Plant-Based Lifestyle**

Debbie Rich, Sascha Türk, Nishalin Pillay and Vaneshran Arumugam .....Fri 04 Jan - Sun 06 Feb

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

Chris Dalzell and Steve Davis ..... Fri 11 Feb - Sun 13 Feb

**Happy Healthy Yoga For Health And Harmony**

Margot McMaster..... Fri 18 Feb - Sun 20 Feb

**Speak Your Truth, Listen Deeply**

Lucy Draper-Clarke and Felicity Hart ..... Fri 25 Feb - Sun 27 Feb

**A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology**

Ian Weinberg..... Fri 04 Mar - Sun 06 Mar

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

Georgie Carter.....Fri 11 Mar – Sun 13 Mar

**From Fear To Fundamental Well-Being**

Albert Buhr.....Fri 18 Mar – Sun 21 Mar

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

Katherine Fillmore ..... Fri 25 Mar - Sun 27 Mar

**Deepening The Healing Art Of Reiki: Reiki (Levels 2 and 3), yoga and meditation**

Katherine Fillmore ..... Sun 27 Mar -Thu 31 Mar