

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

07 Jul 2023 – 25 Feb 2024

☸ indicates retreats held in noble silence

Traditional Hatha And Raja Yoga

Duncan Rice and Sharleen Lupke Fri 7 Jul – Sun 9 Jul

☸Active Hope - Practices For Difficult Times

Tsunma Tsondru Fri 14 Jul - Sun 16 Jul

☸Beginner's Mind, Quiet Mind: Meditation Instruction And Practice For Meaningful Daily Living

Tsunma Tsondru Sun 16 Jul - Fri 21 Jul

Moving Meditation: Power Up Your Chi With Tai Chi

Brett Vallis and Nolwazi Bandezi Fri 21 Jul - Sun 23 Jul

Finding And Keeping Your Centre: Taking Care Of Ourselves In Order To Be Of Service To Others

Tessa Pretorius Fri 28 Jul - Sun 30 Jul

Iyengar Yoga: Nudging The Body Into Shape And Health

Judy Farah..... Fri 4 Aug - Sun 6 Aug

Iyengar Yoga: Deepening Your Practice

Judy Farah..... Sun 6 Aug - Fri 11 Aug

Three Treasures For Mindful Living - A Pathway To Balance

Bridget Hawkins..... Fri 11 Aug - Sun 13 Aug

Know Your Health

Prof Monique Marks, Kathryn Millar, Dr Mario Shonga..... Mon 14 Aug - Wed 16 Aug

Relaxation: Opening And Relaxing The Heart And Mind

Pippa Cope..... Fri 18 Aug - Sun 20 Aug

Enquiring Into The Tibetan Schemata Of The Five Elements Of Earth, Water, Fire And Space Externally And Within Ourselves

Pippa Cope..... Sun 20 Aug - Tue 22 Aug

Change Your Story - A Memoir Writing, Family Constellations And Meditation Retreat

Dawn Garisch, Vasintha Pather, Alistair Blair Mon 28 Aug – Sun 3 Sep

The Roots Of Sacred Drumming: Exploring Natural Rhythms

Richard Ellis and Marc Kress Fri 8 Sep – Sun 10 Sep

Yoga Mind, Body And Breath

Marc Kress Sun 10 Sep – Fri 15 Sep

Yoga Mind, Body And Breath: A Journey Of Self-Discovery

Marc Kress Fri 15 Sep – Sun 17 Sep

Healing The Family Tree: An Ancestor And Us Writing Retreat

Dorian Haarhoff Fri 22 Sep – Sun 24 Sep

Between First In-Breath And Last Out-Breath: The Art Of Story-telling

Dorian Haarhoff Sun 24 Sep – Tue 26 Sep

A Taste of Somatics: Feeling And Healing The Body From Within

Lisa Firer..... Fri 29 Sep – Sun 1 Oct

Practical Consciousness - A Simple Guide To Raising Your Consciousness

Dash Singh Fri 6 Oct – Sun 8 Oct

The Sacred Feminine : Empowering The Feminine With Yoga, Meditation And Your Astrological Moon
Margarita Celeste and Sandra Hedges Fri 13 Oct – Sun 15 Oct

Stand Like A Tree To Power Up Your Chi
Paul Dorian Fri 20 Oct - Sun 22 Oct

If The Buddha Found His Soulmate: Finding A Loving Relationship On A Spiritual Path
Natascha Prussen and Warren Shaw Fri 27 Oct – Sun 29 Oct

Breath Is The Bridge: A Breath And Yoga Retreat With Guided Meditation
Carol Segal Fri 3 Nov – Sun 5 Nov

Finding Meaning And Purpose - Buddhist Insights Into The Nature Of The Mind
Ven Khenpo Jamyang Gampo Fri 10 Nov – Sun 12 Nov

Cleanse And Heal Your Internal Organs with Powerful Chi - Gung Exercises and Meditation
Paul Dorrian Fri 17 Nov – Sun 19 Nov

☸ **Open The Heart And Still The Mind: Mist Rising, Dew Falling – Embracing Impermanence With Courage, Compassion And Joy**
Sue Cooper Fri 24 Nov – Wed 29 Nov

☸ **Quiet Mountain, Clear Sky: Meditating With Calmness And Clarity**
Mervyn Croft Fri 1 Dec – Sun 3 Dec

Going With The Flow: Integrating Meditation And Mindfulness Into Our Daily Life
Bruce van Dongen Fri 8 Dec – Sun 10 Dec

Shibuie - When Beauty Happens Accidentally: Sumie and Raku – Japanese brush painting and pottery
Ingrid Adams and Lungelo Ncebo Monday 11 Dec – Fri 15 Dec

JOY: Tap Into Your Creative Energy
Charisse Louw Fri 15 Dec – Sun 17 Dec

☸ **The Four Immeasurable Gifts at Christmas**
Tsunma Tsonдру Fri 22 Dec – Tue 26 Dec

☸ **Three Wise Medicines For Living Your Life In The New Year**
Tsunma Tsonдру Fri 29 Dec – Tue 02 Jan

2024

Time To Focus And Tune Into 2024: Gently kickstart the new year with an ashram-style retreat offering qigong, hatha yoga, meditation and healing therapies
Brendon Small, Kugan Naidoo, Di Franklin and Deborah Don Fri 5 Jan – Sun 7 Jan

Traditional Hatha And Raja Yoga
Duncan Rice Fri 12 Jan - Sun 14 Jan

☸ **Ten Day Vipassana Retreat**
Jonathan Preboy and Anna Scharfenberg Mon 15 Jan – Thu 25 Jan

☸ **Vipassana Meditation: How To Realise Ever-Present Mindfulness**
Jonathan Preboy and Anna Scharfenberg Fri 19 Jan – Sun 21 Jan

☸ **A Vipassana Retreat: The Search For Truth**
Jonathan Preboy and Anna Scharfenberg Sun 21 Jan – Thurs 25 Jan

Vinyāsa Yoga And Meditation
Hannelize Robinson Fri 26 Jan – Sun 28 Jan

Creative Intuition
Theresa Hardman Fri 2 Feb – Sun 4 Feb

Healing Qigong For Health And Vitality

Dr Hu Jin-Yun Friday 9 Feb - Sun 11 Feb

Regaining The Centre

Ajahn Sucitto Sun 11 Feb - Sun 18 Feb

Getting To Know The Birds At The BRC: 160 Birds Of A Feather

Steve Davis..... Fri 23 Feb - Sun 25 Feb