

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

8 Aug 2025 – 31 May 2026

✿ indicates retreats held in noble silence

2025

Going With The Flow: Integrating Meditation And Mindfulness Into Our Daily Life

Bruce van Dongen..... Fri 8 Aug – Sun 10 Aug

Three Treasures For Mindful Living - A Pathway To Balance

Bridget Hawkins..... Fri 15 Aug – Sun 17 Aug

Returning to Being: A Restorative Retreat

Marrion Clarke and Carey Would Fri 22 Aug – Sun 24 Aug

✿ Nowhere Else To Be – Zen Sitting

Shogan Parker..... Tue 26 Aug – Thu 28 Aug

Working With Polarities - The Mandala Practice

Clémence Kitching-Barres..... Fri 29 Aug- Sun 31 Aug

Discovering And Appreciating Italian Vegetarian Cooking: Delving Further Into Nonna's Repertoire

Rosetta and Mario Giuricich Fri 5 Sep – Sun 7 Sep

Somatic Movement - Ease of Being

Lisa Firer..... Fri 12 Sep – Sun 14 Sep

✿ Nowhere Else To Be – Zen Sitting

Shogan Parker..... Tue 16 Sep – Thu 18 Sep

Somatic Movement Relaxation

Lisa Firer..... Fri 19 Sep – Sun 21 Sep

QiGong – Gently Nurturing Life

Di Franklin..... Sun 21 Sep – Thu 25 Sep

Travelling Light: Words To Lighten The Load Along The Road

Dorrian Haarhoff..... Fri 26 Sep – Sun 28 Sep

Writing In The Twilight: Leave A gift, Leave A Legacy

Dorrian Haarhoff..... Sun 28 Sep – Tue 30 Sep

Finding Meaning And Purpose - Buddhist Insights Into The Nature Of Mind

Ven Khenpo Jamyang Gampo..... Fri 3 Oct – Sun 5 Oct

A Family Retreat With Children In Mind

Natasha Sauer..... Tue 7 Oct – Thu 9 Oct

Practical Consciousness - A Simple Guide To Raising Your Consciousness

Dash Singh Fri 10 Oct – Sun 12 Oct

RUMI And His Messages: Bringing Rumi's Wisdom Into Everyday Life

Leonina Kaestele..... Tue 14 Oct – Thu 16 Oct

Dreaming Is A Birthright

Nomfundo Zama..... Fri 17 Oct – Sun 19 Oct

Sacred Drumming: Exploring Natural Rhythms

Richard Ellis and Marc Kress Fri 24 Oct – Sun 26 Oct

Expel the Fire from Your Heart - Pa Tuan Chin Qigong

Paul Dorrian..... Mon 27 Oct – Fri 31 Oct

Wellness In Yoga

Nilam NarseeFri 31 Oct – Sun 2 Nov

✿ Open The Heart And Still The Mind : Infusing Mindfulness With Metta And Compassionate Wisdom

Sue Cooper Fri 7 Nov – Wed 12 Nov

✿ Buddhism: The Basics

Stephen Coan.....Fri 14 Nov – Sun 16 Nov

The White Stork Displays Its Wings - A Beginner's Introduction To Yang Style Tai Chi

Paul Dorrian Mon 17 Nov – Fri 21 Nov

✿ Living Ayurveda

Helen AltmanFri 21 Nov – Sun 23 Nov

✿ Nowhere Else To Be – Zen Sitting

Shogan Parker.....Tue 25 Nov – Thu 27 Nov

Going With The Flow: Integrating Meditation And Mindfulness Into Our Daily Life

Bruce van Dongen.....Fri 28 Nov – Sun 30 Nov

Gardening For Happiness: The Basics of Gardening

Chris DalzellFri 5 Dec – Sun 7 Dec

Shibuie - When Beauty Happens Accidentally: Sumie And Raku – Japanese Brush Painting And Ceramics

Ingrid Adams, Sharon Paterson, Bernard Charikobo and Chris Rooke Fri 12 Dec – Tue 16 Dec

✿ Transformation Through Mindfulness

Nolitha Tsengiwe and Phumla Shongwe Fri 19 Dec – Sun 21 Dec

✿ The Four Immeasurable Gifts At Christmas

Tsunma TsondruTue 23 Dec – Sat 27 Dec

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

Tsunma Tsondru Sun 28 Dec – Thu 1 Jan 2026

2026

Time To Focus And Tune Into: Gently Kickstart The New Year With Qigong, Yoga, Meditation And Healing Treatments

Brendon Small, Marrion Clarke, Diane Franklin and Nolwazi Bandezi Fri 2 Jan – Sun 4 Jan

In 2026 - Receive Clear Insights And Guidance To Plan Your Year Ahead

Christel AndersenMon 5 Jan – Thu 8 Jan

Cultivating Mind-Heart Resonance Through Emotional Awareness And Mindfulness

Shanil Haricharan.....Fri 9 Jan - Sun 11 Jan

Traditional Hatha And Raja Yoga

Duncan Rice Fri 16 Jan – Sun 18 Jan

Time To Renew Your Fire - A Weekend Retreat For Burnt-Out Phoenixes In Need Of Soul Rekindling

Elana Bregin Fri 23 Jan – Sun 25 Jan

✿ Nowhere Else To Be – Zen Sitting

Shogan Parker.....Tues 27 Jan – Thu 29 Jan

Healing Qigong For Health And Vitality

Dr Hu Jin-YunFri 30 Jan – Sun 01 Feb

✿ Three Lines, One Breath – Haiku As Practice

Shogan Parker.....Tue 03 Feb – Thu 05 Feb

Use Your Body To Steady Your Heart

Ajahn SucittoFri 06 Feb - Fri 13 Feb

Tibetan Dream Yoga: The Practice Of Lucid Dreaming

Chamtrul RinpocheFri 13 Feb - Sun 15 Feb

Qigong - Gently Nurturing Life

Dianne FranklinSun 15 Feb - Thurs 19 Feb

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

Steve DavisFri 20 Feb - Sun 22 Feb

☸ Nowhere Else To Be – Zen Sitting

Shogan ParkerTue 24 Feb – Thu 26 Feb

The Mindful Feast : A Foraging And Foodie Retreat With Yoga, Meditation

Kaz Wilson and Dael LithgowFri 27 Feb - Sun 01 Mar

Moving Into Stillness: A Yoga And Meditation Retreat

Hannelize RobinsonFri 06 Mar - Sun 08 Mar

Change Your Mind - A Mindfulness Retreat

Mark JosephFri 13 Mar - Sun 15 Mar

Marrying The East With West - Hatha Yoga For Balance And Vitality

Cheryl LancellasFri 20 Mar - Sun 22 Mar

The Way Of Ubuntu: Exploring Traditional South African Healing

John Lockley and Nomusa MthembuFri 27 Mar – Mon 30 Mar

Open the Heart And Still the Mind: The Joy Of Heartfelt Presence

Sue CooperThu 2 Apr – Thu 9 Apr

Ageing With Grace And Vitality: A Yoga Retreat

Christine Withiel and Howard LipschitzThu 9 Apr – Mon 13 Apr

Relationship Wellness And Renewal Retreat

Shelley Lewin and Sav GoldridgeFri 17 Apr - Sun 19 Apr

☸ Nowhere Else To Be – Zen Sitting

Shogan ParkerTue 21 Apr – Thu 23 Apr

Reclaim Your Power: A Journey To Inner Balance

Heike SymFri 24 Apr – Mon 27 Apr

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

Tsunma TsondruMon 27 Apr – Thu 30 Apr

Cultivating Hope And Joy In Adversity

Tsunma TsondruFri 1 May – Sun 3 May

☸ Dirt And Dharma – A Nature Retreat

Shogan ParkerTue 05 May – Thu 07 May

A Men's Retreat - Master Your Mind, Revitalise Your Soul : The Power Of Shifting Perception

John HomewoodFri 8 May – Sun 10 May

The Art of Being - To Live In Joy

John Homewood and Michelle McClunanFri 15 May – Sun 17 May

Recovery To Self - How Free Do You Want To Be?

Warren ShawFri 22 May – Sun 24 May

✿ **Why Does The Buddha Smile?**

Stephen Coan..... Fri 29 May – Sun 31 May