

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

09 Jun 2023 – 28 Jan 2024

☸ indicates retreats held in noble silence

Mindfulness And Movement For Life

Kerri Martinaglia and Chrissi Preuss Fri 9 Jun – Sun 11 Jun

Cultivating Mind-Heart Resonance Through Emotional Intelligence And Mindfulness

Shanil Haricharan..... Thu 15 Jun – Sun 18 Jun

Come As You Are: Secular Buddhism, Existential Philosophy And Psychotherapy. Can Buddhism effectively treat the struggles we face in life?

Jason Ross..... Fri 23 Jun – Wed 28 Jun

☸**Saying Yes To Life -Taking Refuge In The Three Jewels**

Richard Chippindall..... Fri 30 Jun – Sun 02 Jul

Rejuvenating The BRC: A Family Retreat With Children In Mind

Anisha Maharaj..... Tue 4 Jul – Fri 7 Jul

Traditional Hatha And Raja Yoga

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

☸**Active Hope - Practices For Difficult Times**

Tsunma Tsonдру Fri 14 Jul - Sun 16 Jul

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

Tsunma Tsonдру 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
- 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