

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

10 Oct 2025 – 1 Jul 2026

☸ indicates retreats held in noble silence

2025

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 Kaestle..... 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

Tibetan Monks' Visit

Khenpo Gompo, Geshe Jamyang, Tashi Sonam, Tenzin Yeshe Tue 28 Oct – Thu 30 Oct

Wellness In Yoga

Nilam Narsee Fri 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 Altman Fri 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 Dalzell Fri 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 Tsonдру Tue 23 Dec – Sat 27 Dec

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

Tsunma Tsonдру 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 Andersen Mon 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-Yun Fri 30 Jan – Sun 01 Feb

☸ Three Lines, One Breath – Haiku As Practice

Shogan Parker..... Tue 3 Feb – Thu 5 Feb

Use Your Body To Steady Your Heart

Ajahn Sucitto Fri 6 Feb - Fri 13 Feb

Tibetan Dream Yoga: The Practice Of Lucid Dreaming

Chamtrul Rinpoche Fri 13 Feb - Sun 15 Feb

Qigong - Gently Nurturing Life

Dianne Franklin..... Sun 15 Feb - Thurs 19 Feb

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

Steve Davis..... Fri 20 Feb - Sun 22 Feb

☸ Nowhere Else To Be – Zen Sitting

Shogan Parker..... Tue 24 Feb – Thu 26 Feb

Moving Into Stillness: A Yoga And Meditation Retreat

Hannelize Robinson Fri 27 Feb - Sun 01 Mar

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

Kaz Wilson and Dael Lithgow..... Fri 06 Mar - Sun 08 Mar

Change Your Mind - A Mindfulness Retreat

Mark Joseph..... Fri 13 Mar - Sun 15 Mar

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

Cheryl Lancellas Fri 20 Mar - Sun 22 Mar

The Way Of Ubuntu: Exploring Traditional South African Healing

John Lockley and Nomusa Mthembu Fri 27 Mar – Mon 30 Mar

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

Sue Cooper Thu 2 Apr – Thu 9 Apr

Ageing With Grace And Vitality: A Yoga Retreat

Christine Withiel and Howard Lipschitz..... Thu 9 Apr – Mon 13 Apr

Relationship Wellness And Renewal Retreat

Shelley Lewin and Sav Goldridge Fri 17 Apr - Sun 19 Apr

☸ **Nowhere Else To Be – Zen Sitting**

Shogan Parker Tue 21 Apr – Thu 23 Apr

Reclaim Your Power: A Journey To Inner Balance

Heike Sym Fri 24 Apr – Mon 27 Apr

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

Tsunma Tsondru Mon 27 Apr – Thu 30 Apr

Cultivating Hope And Joy In Adversity

Tsunma Tsondru Fri 1 May – Sun 3 May

☸ **Dirt And Dharma – A Nature Retreat**

Shogan Parker Tue 05 May – Thu 07 May

THE AWAKENED MAN – Tame Your Mind, Revitalise Your Soul

John Homewood Fri 8 May – Sun 10 May

THE ALCHEMY OF PRESENCE – Transform Through Conscious Co-Creation

John Homewood and Michelle McClunan Fri 15 May – Sun 17 May

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

Warren Shaw Fri 22 May – Sun 24 May

☸ **Why Does The Buddha Smile?**

Stephen Coan Fri 29 May – Sun 31 May

Izwi Lika Nomkhubulwane: The Voice Of The Mother Within - A Weekend Of Rest, Sacred Sound And Ancestral Remembrance

Buhle Mabanga Fri 5 Jun – Sun 7 Jun

Traditional Hatha And Raja Yoga

Duncan Rice Fri 12 Jun – Sun 14 Jun

Rested And Rooted: Wintering Of Wisdom - A Yoga Retreat

Carey Would and Christie Holt Fri 19 Jun – Sun 21 Jun

Mid-year Solstice Immersion

Karen Verburgh Mon 22 Jun – Thu 25 Jun

☸ **From Seeing To Seeking - The Heart Of Meditation**

Dave Gardner Fri 26 Jun – Sun 28 Jun

☸ **From Seeking to Seeing - The Heart Of Meditation (3 Day Extension)**

Dave Gardner Sun 28 Jun – Wed 1 Jul

Iyengar Yoga: Nudging The Body Into Shape And Health

Judy Farah Fri 3 Jul-Sun 5 Jul

Iyengar Yoga: Deepening Your Practice

Judy Farah Sun 5 Jul-Fri 10 Jul

Pixels And Precepts: Navigating Mindfulness And Technology

Shogan Parker Fri 10 Jul-Sun 12 Jul

No Cure For You: If Buddha Were Your Psychoanalyst

Dr. Jason Ross Sun 12 Jul-Thu 16 Jul

Fear To Fundamental Well-Being: Healing Relaxation, Yoga And Meditation

Albert Osel Fri 17 Jul-Mon 20 Jul

Money As Spiritual Practice - Learn How Money Can Bridge Your Material And Spiritual Life And Become A Form Of Spiritual Practice

Felicity Hart.....Tue 21 Jul-Thu 23 Jul

Embracing Impermanence : A Raku Workshop – With A Taste Of Forest Bathing, Sound Therapy And Reflexology

Sharon Paterson, Bernard Chatikobo and Belinda Best Fri 24 Jul-Wed 29 Jul

Reset for The Latter Half of 2025: Meditation, QiGong, Yoga And Healing Treatments

Brendon Small, Kugan Naidoo, Warren Horsley and Nolwazi Bandezi Fri 31 Jul – Sun 2 Aug