

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

10 Mar 2023 – 2 Jan 2024

✿ indicates retreats held in noble silence

Yin And Yang: A Yoga Retreat: Release, Relax And Restore

Georgie Carter Fri 10 Mar – Sun 12 Mar

✿Pranayama Yoga

Cheryl Lancellas Sun 12 Mar – Fri 17 Mar

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

Albert Osel (Buhr) Fri 17 Mar – Tue 21 Mar

Pathways To Dao: Qigong – Meditation – Wisdom

Max Weier Tue 21 Mar – Thu 23 Mar

Tibetan Dream Yoga: The Practice Of Lucid Dreaming

Chamtrul Rinpoche Fri 24 Mar – Sun 26 Mar

✿From Seeking To Seeing - Mindfulness Meditation

David Gardner Fri 31 Mar – Sun 2 Apr

✿Open the Heart and Still the Mind: The Joy of Heartfelt Presence

Sue Cooper Thu 06 Apr – Mon 10 April or Thu 13 Apr

More Vegan Ventures: Follow The Rainbow To Wholesome Health

Debbie Rich, Sascha Türk and Lauren Fairly Fri 14 Apr – Sun 16 Apr

A Weekend Of Ashram Style Hatha Yoga: Rekindle Your Life Energy

Kugan Naidoo Fri 21 Apr – Sun 23 Apr

Reclaim Your Power: A journey to inner balance

Heike Sym Fri 28 Apr – Mon 1 May

✿Under The Full Moon Of May: Wesak - celebrating 25 centuries of Buddhism

Stephen Coan Fri 5 May – Sun 7 May

Mist Rising, Rain Falling: A Qigong Retreat

Dianne Franklin Sun 7 May – Fri 12 May

✿Spiritual Friendship: Making The Practice Ordinary And The Ordinary, Practice

Ajahn Candasiri Fri 12 May – Wed 17 May

Speak Your Truth, Listen Deeply

Lucy Draper-Clarke and Felicity Hart Fri 19 May – Sun 21 May

Compassion in Action

Lucy-Draper Clarke Fri 26 May – Sun 28 May

Sacred Union: Integrate The Divine Masculine And Feminine Energies, And Shift Into Your Authentic True Self - Part 1

John Homewood and Michelle McClunan Fri 02 Jun – Sun 04 Jun

Sacred Union: Integrate The Divine Masculine And Feminine Energies, And Shift Into Your Authentic True Self - Part 2

John Homewood and Michelle McClunan Sun 04 Jun – Tue 06 Jun

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 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

A Weekend Of Ishta Yoga – Combining Hatha, Tantra and Ayurveda Practice
 Buhle Mabanga 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

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
- Gardening For Happiness: The Basics Of Gardening**
Chris Dalzell Fri 24 Nov – Sun 26 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..... 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