

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

10 Sep 2021 – 31 Jul 2022

✿ indicates retreats held in noble silence

“You Can’t Fill The Hole In Your Heart With Food” ...And Other Things - Jan Chozen Bays Mindful Eating: The hidden gifts of our compulsions

Xenia Ayiotis Fri 10 Sep - Sun 12 Sep

A Taste of Somatics: Feeling and healing the body within

Lisa Firer Fri 17 Sep - Sun 19 Sep

Zen Pen: A Writing, Being And Meditation Retreat

Dorian Haarhoff Thu 23 Sep - Sun 26 Sep

The Rough Writing Road: Keeping a journal

Dorian Haarhoff Sun 26 Sep - Tue 28 Sep

Deepening Your Emotional Intelligence Through Mindfulness: Gaining insights into your emotional intelligence for resonant relationship

Shanil Haricharan Fri 01 Oct - Sun 03 Oct

Yinsight Yoga: Yin Yoga And Mindfulness Meditation

Despina Forbes Fri 08 Oct - Sun 10 Oct

Stand Like A Tree To Power Up Your Chi

Paul Dorrian Tue 12 Oct - Fri 15 Oct

The Myth Of Writer’s Block: Exploring the relationship between negative thought patterns and creative flow

Natasha Freeman Fri 15 Oct - Sun 17 Oct

✿Under The Rose-Apple Tree: A weekend of meditation practice

Stephen Coan Fri 22 Oct - Sun 24 Oct

Life Tides And Word Links: A weekend course in poetry

Dawn Garisch Fri 29 Oct - Sun 31 Oct

Writing Our Ancestral Stories : Shifting the past into new futures

Dawn Garisch Wed 03 Nov - Sun 07 Nov

✿Mindfulness For Cultivation Of Compassion And Wisdom

Nolitha Tsengiwe Fri 12 Nov - Wed 17 Nov

At Ease in in Mind and Body: An introduction to qigong

Paul Dorrian Fri 19 Nov - Sun 21 Nov

✿Quiet Mountain, Clear Sky: Meditating with calmness and clarity

Mervyn Croft Fri 26 Nov - Sun 28 Nov

Grounded In Space: A weekend of tai chi and qigong

Alex and Jeremy Lister-James Fri 03 Dec - Sun 05 Dec

A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology

Ian Weinberg Fri 10 Dec - Sun 12 Dec

Shibuie - When Beauty Happens Accidentally: Sumie and Raku – Japanese brush painting and pottery

Ingrid Adams and Jess Merle Sun 12 Dec - Thu 16 Dec

✿Open The Heart And Still the Mind: Ending The Year With Kindness, Compassion And Joy

Sue Cooper Thu 16 Dec - Thu 23 Dec

✿Stalking The Moment: Being Home 24/7 - Christmas At The BRC

Tsunma Tsondru Thu 23 Dec - Sun 26 Dec

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

Tsunma Tsondru Wed 29 Dec - Sun 02 Jan 2022

Time To Focus And Tune Into 2022: Gently kickstart the new year with an ashram-style retreat offering qigong (chi kung), hatha yoga, chanting and meditation and healing therapies	
Deborah Don, Kugan Naidoo and Colin Kemery	Fri 7 Jan - Sun 9 Jan
✿Vipassana Meditation: How to realise ever-present mindfulness	
Jonathan Preboy and Anna Scharfenberg.....	Fri 14 Jan - Sun 16 Jan
✿A Vipassana Retreat: The search for truth	
Jonathan Preboy and Anna Scharfenberg.....	Sun 16 Jan - Thu 20 Jan
The Way Of Ubuntu: Exploring traditional South African healing	
John Lockley and Nomusa Mthembu.....	Fri 21 Jan - Mon 24 Jan
Healing Qigong For Health And Vitality	
Dr Hu Jin-Yun	Fri 28 Jan - Sun 30 Jan
Rainbow Salads And Sunshine Bowls: Adopting A Wholesome Plant-Based Lifestyle	
Debbie Rich, Sascha Türk, Nishalin Pillay and Vaneshran Arumugam	Fri 04 Jan - Sun 06 Feb
The Great Power Of Chi Kung (Qigong)	
Max Weier.....	Wed 09 Feb - Fri 11 Feb
Getting To Know The Birds And Trees At The BRC: 160 Birds of a feather	
Chris Dalzell and Steve Davis	Fri 11 Feb - Sun 13 Feb
✿Pathways To Tao: Chi Kung (Qigong) - Meditation - Wisdom)	
Max Weier.....	Tue 15 Feb - Thu 17 Feb
Happy Healthy Yoga For Health And Harmony	
Margot McMaster.....	Fri 18 Feb - Sun 20 Feb
Speak Your Truth, Listen Deeply	
Lucy Draper-Clarke and Felicity Hart	Fri 25 Feb - Sun 27 Feb
A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology	
Ian Weinberg.....	Fri 04 Mar - Sun 06 Mar
Yin And Yang: A Yoga Retreat: Release, relax and restore	
Georgie Carter.....	Fri 11 Mar - Sun 13 Mar
From Fear To Fundamental Well-Being	
Albert Buhr.....	Fri 18 Mar - Sun 21 Mar
The Healing Art Of Reiki (Level 1), Yoga And Meditation: Heal the body, relax the mind	
Katherine Fillmore and Jade Morey.....	Fri 25 Mar - Sun 27 Mar
Deepening The Healing Art Of Reiki: Reiki (Levels 2 and 3), yoga and meditation	
Katherine Fillmore and Jade Morey.....	Sun 27 Mar - Thu 31 Mar
✿A Weekend Of Kindness At The BRC	
Elizabeth Gaywood and Di Franklin	Fri 01 Apr - Sun 3 Apr
Reclaim Your Power: A journey to inner balance	
Heike Sym	Fri 08 Apr - Sun 10 Apr
✿Open The Heart And Still The Mind: Embracing grief and gratitude with compassion	
Sue Cooper.....	Thu 14 Apr - Mon 18 Apr
World As Lover, World As Self: Finding our way home in difficult times	
Tsunma Tsondru	Fri 22 Apr - Sun 24 Apr
Vinyāsa Yoga And Meditation	
Hannelize Robinson	Fri 29 Apr - Sun 01 May

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

Jason RossTue 03 May - Sun 08 May

Mist Rising, Rain Falling: A qigong retreat

Di FranklinSun 08 May – Thu 12 May

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

Stephen CoanFri 13 May – Sun 15 May

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

Tsunma TsondruSun 15 May – Fri 20 May

Releasing Ourselves From Old Stories: Stepping from the past into an abundant future by drawing on the Ancient Hawaiian practice of Ho'oponopono

Dominique GarnettFri 20 May - Sun 22 May

The Heart And Art Of Awakening - Part 1: Shift your life though presence and art

John Homewood and Michelle McClunanFri 27 May – Sun 29 May

The Heart And Art Of Awakening - Part 2: Going deeper

John Homewood and Michelle McClunanSun 29 May – Tue 31 May

The Sacred Feminine : Empowering the feminine with yoga, meditation and your astrological moon

Margarita Celeste and Michelle StrybisFri 03 Jun – Sun 05 Jun

An Introduction To Mindfulness Based Living: "Knowing the present"

Kerri Martinaglia and Chrissi PreussFri 10 Jun – Sun 12 Jun

Radical Acceptance - Exploring the first fetter in the Buddha's teaching: Personality or Identity View

ChandasaraFri 17 Jun – Sun 19 May

Iyengar Yoga: Nudging the body into shape and health

Judy FarahFri 24 Jun – Sun 26 Jun

Iyengar Yoga: Deepening your practice

Judy FarahSun 26 Jun – Fri 1 Jul

☸Saying Yes To Life – Finding The Divinity Within Ourselves: How having 'faith' can help us live wholeheartedly in the midst of a challenging and uncertain world

Richard-John ChippindallFri 01 Jul – Sun 03 Jul

Gardening For Happiness: The Basics Of Gardening

Chris DalzellFri 08 Jul – Sun 10 Jul

Ethical Investing For Sustainability

Peter and Louisa LennonSun 10 Jul – Tue 12 Jul

An Antidote To Insecurity

Peter and Louisa LennonTue 12 Jul – Fri 15 Jul

The Roots Of Sacred Drumming: Exploring natural rhythms

Richard Ellis and Marc KressFri 15 Jul – Sun 17 Jul

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

Marc KressFri 22 Jul – Sun 24 Jul

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

Tessa PretoriusFri 29 Jul - Sun 31 Jul