

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

10 Sept 2023 – 05 Apr 2024

☸ indicates retreats held in noble silence

Mind, Body And Breath

Marc Kress Sun 10 Sep – Fri 15 Sep

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

Marc Kress and Kirsten-Mia Hickey 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

Qigong - The Art Of Effortless Power

Dianne Franklin Sun 5 Nov – Fri 10 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

JOY: Tap Into Your Creative Energy

Charisse Louw Fri 08 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

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

Bruce van Dongen Fri 15 Dec – Sun 17 Dec

☸The Four Immeasurable Gifts at Christmas

Tsunma Tsondru Fri 22 Dec – Tue 26 Dec

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

Tsunma Tsondru Fri 29 Dec – Tue 02 Jan

2024

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

Creative Intuition

Theresa Hardman Fri 2 Feb – Sun 4 Feb

Healing Qigong For Health And Vitality

Dr Hu Jin-Yun Friday 9 Feb - Sun 11 Feb

Regaining The Centre

Ajahn Sucitto Sun 11 Feb - Sun 18 Feb

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

Steve Davis Fri 23 Feb - Sun 25 Feb

Speak Your Truth, Listen Deeply

Felicity Joan Hart Fri 1 Mar - Sun 3 Mar

The Union Of Calm Abiding And Insight Meditation

Chamtrul Rinpoche Fri 8 Mar - Sun 10 Mar

☸ **Pranayama Yoga**

Cheryl Lancellas Sun 10 Mar - Fri 15 Mar

Yin And Restorative Yoga

Phumla Shongwe Fri 15 Mar - Sun 17 Mar

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

Albert Osel (Buhr) and Lulu Erasmus Thu 21 Mar - Sun 24 Mar

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

Sue Cooper Fri 29 Mar - Tue 2 Apr or Fri 29 Mar - Fri 05 Apr