

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

12 Apr 2024 – 01 January 2025

☸ indicates retreats held in noble silence

#### 2024

##### **Finding My Voice - A Mindfulness Retreat**

Annika Nicol..... Fri 12 Apr - Sun 14 Apr

##### **A Weekend Of Ishta Yoga And African Sound**

Buhle Mabanga..... Fri 19 Apr - Sun 21 Apr

##### **Journey To Self - Explore Your Connection With Your True Self-**

Sadhna Hamchander and Ravika Ramnath..... Fri 26 Apr - Sun 28 Apr

##### **Yoga For Well-Being**

Georgie Carter ..... Fri 3 May - Sun 5 May

##### **Picture your Soul with Soul Collage®**

Keryn Rowley ..... Mon 6 May – Wed 08 May

##### **THE SHIFT EXPERIENCE: The Art of Being - Part 1**

John Homewood and Michelle McClunan ..... Fri 10 May - Sun 12 May

##### **THE SHIFT EXPERIENCE: Living In Joy - Part 2**

John Homewood and Michelle McClunan ..... Sun 12 May - Tue 14 May

##### **☸From Seeking To Seeing - Mindfulness Meditation**

David Gardner..... Fri 17 May - Sun 19 May

##### **☸Just Sitting Zen Retreat**

Roux Malan ..... Fri 24 May - Sun 26 May

##### **Nikki Brighton is Wild About Weeds: A Weekend on Edible Weeds with Walks And Talks On Rewilding**

Nikki Brighton ..... Fri 31 May - Sun 2 Jun

##### **Qigong - Gently Nurturing Life**

Dianne Franklin.....Sun 2 Jun - Tue 4 Jun

##### **Qigong - The Mindful Way To Serenity**

Dianne Franklin.....Tue 4 Jun - Fri 7 Jun

##### **Cultivating Mind-Heart Resonance Through Emotional Intelligence And Mindfulness**

Shanil Harricharan .....Fri 7 Jun - Sun 9 Jun

##### **Reclaim Your Power: A journey to inner balance**

Heike Sym ..... Fri 14 Jun - Mon 17 Jun

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

Bruce van Dongen.....Fri 21 Jun - Sun 23 Jun

##### **Rejuvenating The BRC: A Family Retreat With Children In Mind**

Anisha Maharaj..... Mon 24 Jun - Thu - 27 Jun

##### **Iyengar Yoga: Nudging The Body Into Shape And Health**

Judy Farah.....Fri 28 Jun - Sun 30 Jun

##### **Iyengar Yoga: Deepening Your Practice**

Judy Farah.....Sun 30 Jun - Fri 5 Jul

##### **Self-care And Centredness - Finding And Keeping Your Centre**

Tessa Pretorius ..... Fri 5 Jul - Sun 7 Jul

**The Calligraphic Call - A Meditative Arts Experience**  
Sana-Bella Ebrahim ..... Tue 9 Jul – Thu 11 Jul

**The Healing Power Of Music, Movement And Nature**  
Christel Anderson, Anja Gerbers and Harold Epstein ..... Fri 12 Jul - Sun 14 Jul

**Traditional Hatha And Raja Yoga**  
Duncan Rice ..... Fri 19 Jul - Sun 21 Jul

**Find Your Way Back To Nature For Self-Healing**  
Bernard Chatikobo ..... Wed 24 Jul – Fri 26 Jul

**The Roots Of Sacred Drumming: Exploring Natural Rhythms**  
Richard Ellis and Marc Kress ..... Fri 26 Jul - Sun 28 Jul

**Yoga Mind, Body And Breath: A Journey Of Self-Discovery**  
Marc Kress ..... Fri 2 Aug - Sun 4 Aug

**Working With Polarities - The Mandala Practice**  
Clémence Kitching-Barres ..... Thu 8 Aug - Sun 11 Aug

**Nature Nurture Nourish - Mindful Movement And Yoga**  
Carey Would ..... Fri 16 Aug - Sun 18 Aug

**Three Treasures For Mindful Living - A Pathway To Balance**  
Bridget Hawkins ..... Fri 23 Aug - Sun 25 Aug

**Relaxation: Opening And Relaxing The Heart And Mind**  
Pippa Cope ..... Fri 30 Aug - Sun 1 Sep

**Enquiring Into The Tibetan Schemata Of The Five Elements Of Earth, Water, Fire And Space Externally And Within Ourselves**  
Pippa Cope ..... Sun 1 Sep - Tue 3 Sep

**The Strengthening Power Of Imagery: Regaining Hope And Wisdom In Difficult Times**  
Prof Leonina Kaestle ..... Tue 3 Sep - Thu 5 Sep

**Practical Consciousness - A Simple Guide To Raising Your Consciousness Part 1**  
Dash Singh ..... Fri 6 Sep - Sun 8 Sep

**Delving Deeper Into Practical Consciousness Part 2**  
Dash Singh ..... Sun 8 Sep - Tue 10 Sep

**Thoughts, Words, Breath And Blood - A Story Writing Retreat**  
Dorian Haarhoff ..... Fri 13 Sep - Sun 15 Sep

**Write Away At The BRC**  
Dorian Haarhoff ..... Sun 15 Sep - Tue 17 Sep

**Somatic Movement - Ease of Being**  
Lisa Firer ..... Fri 20 Sep - Sun 22 Sep

**Chi Kung - Standing like a Tree To Power Up Your Chi**  
Paul Dorrian ..... Tue 24 Sep - Thu 26 Sep

**Stillness-Dancing**  
Lisa Firer ..... Fri 27 Sep - Sun 29 Sep

**☸ The Moon In The Water**  
Stephen Coan ..... Fri 4 Oct – Sun 6 Oct

**Cultivating Peace Through Patience And Perseverance: Yoga, Breathwork And Mindfulness**  
Marrion Clarke and Carey Would ..... Thu 10 Oct – Sun 13 Oct

**Finding Meaning And Purpose - Buddhist Insights Into The Nature Of Mind**

Ven Khenpo Jamyang Gompo..... Fri 18 Oct – Sun 20 Oct

**On Being “No-thing-ness”: An Existential Buddhist Exploration Of The Self As The Struggle To Exist**

Jason Ross..... Fri 25 Oct – Mon 28 Oct

**Discovering And Appreciating Italian Vegetarian Cooking**

Rosetta and Mario Giuricich ..... Fri 1 Nov – Sun 3 Nov

**☸ Open The Heart And Still The Mind : Infusing Mindfulness With Metta And Compassionate Wisdom**

Sue Cooper ..... Fri 08 Nov – Wed 13 Nov

**Qigong - Gently Nurturing Life**

Di Franklin..... Wed 13 Nov – Fri 15 Nov

**Meditation For Beginners And Qigong For Relaxation**

Elizabeth Gaywood and Di Franklin ..... Fri 15 Nov – Sun 17 Nov

**The White Stork Displays Its Wing - A Beginner’s Introduction To Yang Style Tai Chi**

Paul Dorrian..... Fri 22 Nov – Sun 24 Nov

**Natural Grace, Effortless Joy**

Charisse Louw..... Fri 29 Nov – Sun 01 Dec

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

Steve Davis..... Fri 6 Dec – Sun 8 Dec

**Shibuie - When Beauty Happens Accidentally: Sumie And Raku – Japanese Brush Painting And Ceramics**

Ingrid Adams, Sharon Paterson and Bernard Chatikobo ..... Thu 12 Dec – Mon 16 Dec

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

Bruce van Dongen..... Fri 20 Dec – Sun 22 Dec

**The Four Immeasurable Gifts at Christmas**

Tsunma Tsondru ..... Mon 23 Dec – Fri 27 Dec

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

Tsunma Tsondru ..... Sat 28 Dec – Wed 01 Jan 2025