

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

12 Nov 2021 – 27 Sep 2022

✿ indicates retreats held in noble silence

Yin And Restorative Yoga

Phumla Shongwe Fri 12 Nov - Sun 14 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 Feb - Sun 06 Feb

Tibetan Yoga

Max Weier Tue 08 Feb - Wed 09 Feb

The Great Power Of Chi Kung (Qigong)

Max Weier Wed 09 Feb - Fri 11 Feb

Getting To Know The Birds At The BRC: 160 Birds of a feather

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

Easter Baking And Mindful Food Appreciation

Cheryl Amy Jones and Nicky Read Sun 20 Feb-Wed 23 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 St Mammes Osel 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

Mist Rising, Rain Falling: A qigong retreat

Di Franklin Sun 3 Apr - Fri 08 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

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

Stephen Coan..... Fri 13 May – Sun 15 May

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

Tsunma Tsondru.....Sun 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 McClunan Fri 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 Strybis Fri 03 Jun - Sun 05 Jun

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

Kerri Martinaglia and Chrissi Preuss Fri 10 Jun – Sun 12 Jun

Cultivating Mind-Heart Resonance Through Emotional Intelligence And Mindfulness

Shanil Haricharan Fri 17 Jun – Sun 19 Jun

Iyengar Yoga: Nudging the body into shape and health

Judy Farah Fri 24 Jun – Sun 26 Jun

Iyengar Yoga: Deepening your practice

Judy Farah Sun 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 Chippindall Fri 01 Jul – Sun 03 Jul

Gardening For Happiness: The Basics Of Gardening

Chris Dalzell Fri 08 Jul – Sun 10 Jul

Ethical Investing For Sustainability

Peter and Louisa Lennon Sun 10 Jul – Tue 12 Jul

An Antidote To Insecurity

Peter and Louisa Lennon Tue 12 Jul – Fri 15 Jul

Traditional Hatha and Raja Yoga

Duncan Rice Fri 15 Jul – Sun 17 Jul

Anger – On The Path Of Love

Yageshree Moodley Fri 22 Jul – Sun 24 Jul

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

Tessa Pretorius Fri 29 Jul - Sun 31 Jul

A Weekend Of Hatha Yoga: Rekindle Your Life Energy

Kugan Naidoo Fri 5 Aug - Sun 7 Aug

Moving Meditation: Cultivating The Four Energies Of Tai Chi

Brett Vallis Fri 12 Aug - Sun 14 Aug

Relaxation: Opening And Relaxing The Heart And Mind

Pippa Cope Fri 19 Aug - Sun 21 Aug

Working With The Elements: Enquiry Into Ourselves And The World Around Us Through A Deeper Understanding Of Our Environment

Pippa Cope Sun 21 Aug – Wed 24 Aug

A Yin Yoga Retreat: Restorative Yoga

Jennifer Chapman Fri 26 Aug - Sun 28 Aug

The Body Has Something To Say: Exploring Our Thinking Bodies Through Yoga, Meditation And Therapeutic Reflection

Fiona Britton and Jason Ross Fri 2 Sep - Sun 4 Sep

Nia - Retreat Through Dance: Curating Life As Art

Susan Sloan Fri 9 Sep - Sun 11 Sep

A Taste of Somatics: Feeling And Healing The Body From Within

Lisa Firer Fri 17 Sep - Sun 19 Sep

Healing The Family Tree: An Ancestor And Us Writing Retreat

Dorian Haarhoff Fri 23 Sep -Sun 25 Sep

Between First In-Breath And Last Out-Breath: The Art Of Story-telling

Dorian Haarhoff Sun 25 Sep - Tue 27 Sep