

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

13 Feb 2026 – 29 Nov 2026

✿ indicates retreats held in noble silence

Tibetan Dream Yoga: The Practice Of Lucid Dreaming

Chamtrul RinpocheFri 13 Feb - Sun 15 Feb

Qigong - Gently Nurturing Life

Dianne FranklinSun 15 Feb - Thurs 19 Feb

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

Steve DavisFri 20 Feb - Sun 22 Feb

Moving Into Stillness: A Yoga And Meditation Retreat

Hannelize Robinson Fri 27 Feb - Sun 01 Mar

The Mindful Feast : A Foraging And Foodie Retreat With Yoga, Meditation

Kaz Wilson and Dael Lithgow Fri 06 Mar - Sun 08 Mar

Change Your Mind - A Mindfulness Retreat

Mark Joseph Fri 13 Mar - Sun 15 Mar

East Meets West - A Hatha Yoga Somatic Integration Retreat

Cheryl Lancellas Fri 20 Mar - Sun 22 Mar

The Way Of Ubuntu: Exploring Traditional South African Healing

John Lockley and Nomusa MthembuFri 27 Mar – Mon 30 Mar

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

Sue Cooper Thu 2 Apr – Thu 9 Apr

Ageing With Grace And Vitality: A Yoga Retreat

Christine Withiel and Howard Lipschitz Thu 9 Apr – Mon 13 Apr

Relationship Wellness And Renewal Retreat

Shelley Lewin and Sav GoldridgeFri 17 Apr - Sun 19 Apr

Reclaim Your Power: A Journey To Inner Balance

Heike SymFri 24 Apr – Mon 27 Apr

✿ Beginner's Mind, Quiet Mind: Meditation Practice For Meaningful Daily Living

Tsunma TsondruMon 27 Apr – Thu 30 Apr

Cultivating Hope And Joy In Adversity

Tsunma TsondruFri 1 May – Sun 3 May

✿ Dirt And Dharma – A Nature Retreat

Shogan ParkerTue 5 May – Thu 7 May

THE AWAKENED MAN – Tame Your Mind, Revitalise Your Soul

John HomewoodFri 8 May – Sun 10 May

THE ALCHEMY OF PRESENCE – Transform Through Conscious Co-Creation – Part One

John Homewood and Michelle McClunan Fri 15 May – Sun 17 May

THE ALCHEMY OF PRESENCE: Integration And Deepening – Part Two

John Homewood and Michelle McClunanSun 17 May - Wed 20 May

Recovery To Self - How Free Do You Want To Be?

Warren Shaw Fri 22 May – Sun 24 May

Baby Steps To Living Your Brilliance: Neuroscience, Gratitude, And The Art of Sustainable Transformation

Patti Good.....	Tue 26 May - Thu 28 May
☸ Why Does The Buddha Smile?	
Stephen Coan.....	Fri 29 May – Sun 31 May
Izwi Lika Nomkhubulwane: The Voice Of The Mother Within - A Weekend Of Rest, Sacred Sound And Ancestral Remembrance	
Buhle Mabanga.....	Fri 5 Jun – Sun 7 Jun
Traditional Hatha And Raja Yoga	
Duncan Rice	Fri 12 Jun – Sun 14 Jun
Wisdom Of Wintering - A Yoga Retreat	
Carey Would and Christie Holt	Fri 19 Jun – Sun 21 Jun
Mid-year Solstice Immersion	
Karen Verburgh.....	Mon 22 Jun – Thu 25 Jun
☸ From Seeing To Seeking - The Heart Of Meditation	
Dave Gardner.....	Fri 26 Jun – Sun 28 Jun
☸ From Seeking to Seeing - The Heart Of Meditation (3 Day Extension)	
Dave Gardner.....	Sun 28 Jun – Wed 1 Jul
Iyengar Yoga: Nudging The Body Into Shape And Health	
Judy Farah.....	Fri 3 Jul-Sun 5 Jul
Iyengar Yoga: Deepening Your Practice	
Judy Farah.....	Sun 5 Jul-Fri 10 Jul
Pixels And Precepts: Navigating Mindfulness And Technology	
Shogan Parker.....	Fri 10 Jul-Sun 12 Jul
No Cure For You: If Buddha Were Your Psychoanalyst	
Dr. Jason Ross	Sun 12 Jul-Thu 16 Jul
Fear To Fundamental Well-Being: Healing Relaxation, Yoga And Meditation	
Albert Osel	Fri 17 Jul-Mon 20 Jul
Money As Spiritual Practice - Learn How Money Can Bridge Your Material And Spiritual Life And Become A Form Of Spiritual Practice	
Felicity Hart.....	Tue 21 Jul-Thu 23 Jul
Embracing Impermanence : A Raku Workshop – With A Taste Of Forest Bathing, Sound Therapy And Reflexology	
Sharon Paterson, Bernard Chatikobo, Belinda Best and Shogan Parker	Fri 24 Jul-Wed 29 Jul
Reset for The Latter Half of 2026: Meditation, QiGong, Yoga And Healing Treatments	
Brendon Small, Kugan Naidoo, Warren Horsley and Nolwazi Bandezi.....	Fri 31 Jul – Sun 2 Aug
Light, Angles And Zen: A Photographic Workshop	
Andrew Brown	Mon 3 Aug – Wed 5 Aug
Come Home To Yourself: A Women’s Retreat	
Magdarie Van Staden	Fri 7 Aug – Mon 10 Aug
Feedme Slowly - Somatic Eating And Movement Retreat	
Nicholas McLean.....	Fri 14 Aug – Sun 16 Aug
Feedme Slowly - Holistic Gut Healing Retreat	
Nicholas McLean.....	Sun 16 Aug – Wed 19 Aug
Three Treasures For Mindful Living - A Pathway To Balance	

Bridget Hawkins	Fi 21 Aug – Sun 23 Aug
The Deepening - Find Your Way Back To Nature Healing	
Bernard Chatikobo and Chris Rooke	Mon 24 Aug – Wed 26 Aug
Returning To Being: A Restorative Retreat	
Marrion Clarke and Carey Would	Fri 28 Aug – Sun 30 Aug
Living With More Everyday Joy	
Jane McIntyre	Fri 4 Sep – Sun 6 Sep
Always Already: An Exploration of Mindfulness Without Effort	
Dr. Simon Whitesman	Wed 9 Sep – Sun 13 Sep
Somatic Movement - Ease of Being	
Lisa Firer	Fri 18 Sep – Sun 20 Sep
Soft Body, Clear Mind, Open Heart : Somatic Movement For Relaxation	
Lisa Firer	Fri 25 – Sun 27 Sep
Family Systems Constellations And The Rhythms Of Nature	
Christel and Erik Andersen	Mon 28 Sep – Thu 1 Oct
Iyengar Yoga : Moving into stillness	
Riva Herschovitz	Fri 2 Oct - Sun 4 Oct
Standing Like A Tree To Power Up Your Chi: Chi Kung For Vitality	
Paul Dorrian	Fri 9 Oct - Tue 13 Oct
Awaken The Lioness	
Prof Leonina Kaestle	Wed 14 Oct - Fri 16 Oct
Zen Pen Words, Being And Breath	
Dorian Haarhoff	Fri 16 Oct - Sun 18 Oct
Crafting Words In The Silence Of Shared Space	
Dorian Haarhoff	Sun 18 Oct - Tue 20 Oct
✿ Open The Heart And Still The Mind: Infusing Mindfulness With Metta And Compassionate Wisdom	
Sue Cooper	Fri 23 Oct - Wed 28 Oct
The Practice Of Deep Listening: Integrating Mindfulness And Meditation, Movement And Therapeutic Sound	
Despina Forbes	Fri 30 Oct - Sun 1 Nov
✿ Buddhism: The Basics	
Stephen Coan	Fri 6 Nov - Sun 8 Nov
Practical Consciousness - A Weekend Your Soul Will Thank You For	
Dash Singh	Fri 13 Nov – Sun 15 Nov
Awaken The Feminine – A Weekend Of Rest, Ritual And Reconnection	
Margarita Celeste and Michelle Strybis	Fri 20 Nov - Sun 22 Nov
Transformation Through Mindfulness	
Nolitha Tsengiwe	Fri 27 Nov – Sun 29 Nov