

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

17 Nov 2023 – 29 Apr 2024

☸ indicates retreats held in noble silence

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 Thu 28 Mar - Mon 1 Apr or Thu 28 Mar - Thu 04 Apr

☸Active Hope - Practices For Difficult Times

Tsunma Tsonдру Fri 05 Apr – Sun 07 Apr

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

Tsunma Tsonдру Mon 08 Apr - Fri 12 Apr

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

The Way Of Ubuntu: Exploring Traditional South African Healing

John Lockley and Nomusa Mthembu Fri 26 Apr - Mon 29 Apr

Yoga For Well-Being

Georgie Carter Fri 3 May – Sun 5 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