

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

19 Dec 2025 – 27 Sep 2026

✿ indicates retreats held in noble silence

2025

✿ Transformation Through Mindfulness

Nolitha Tsengiwe Fri 19 Dec – Sun 21 Dec

✿ The Four Immeasurable Gifts At Christmas

Tsunma Tsondu Tue 23 Dec – Sat 27 Dec

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

Tsunma Tsondu Sun 28 Dec – Thu 1 Jan 2026

2026

Time To Focus And Tune Into: Gently Kickstart The New Year With Qigong, Yoga, Meditation And Healing Treatments

Brendon Small, Marrion Clarke, Diane Franklin and Nolwazi Bandezi Fri 2 Jan – Sun 4 Jan

In 2026 - Receive Clear Insights And Guidance To Plan Your Year Ahead

Christel Andersen Mon 5 Jan – Thu 8 Jan

Cultivating Mind-Heart Resonance Through Emotional Awareness And Mindfulness

Shanil Haricharan Fri 9 Jan - Sun 11 Jan

The Art Of Living: Happiness Programme

Thavakumari Naicker Sun 11 Jan – Tue 13 Jan

Traditional Hatha And Raja Yoga

Duncan Rice Fri 16 Jan – Sun 18 Jan

Time To Renew Your Fire - A Weekend Retreat For Burnt-Out Phoenixes In Need Of Soul Rekindling

Elana Bregin Fri 23 Jan – Sun 25 Jan

Healing Qigong For Health And Vitality

Dr Hu Jin-Yun Fri 30 Jan – Sun 01 Feb

✿ Three Lines, One Breath – Haiku As Practice

Shogan Parker Tue 3 Feb – Thu 5 Feb

Use Your Body To Steady Your Heart

Ajahn Sucitto Fri 6 Feb - Fri 13 Feb

Tibetan Dream Yoga: The Practice Of Lucid Dreaming

Chamtrul Rinpoche Fri 13 Feb - Sun 15 Feb

Qigong - Gently Nurturing Life

Dianne Franklin Sun 15 Feb - Thurs 19 Feb

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

Steve Davis Fri 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
Marrying The East With West - Hatha Yoga For Balance And Vitality	
Cheryl Lancellas	Fri 20 Mar - Sun 22 Mar
The Way Of Ubuntu: Exploring Traditional South African Healing	
John Lockley and Nomusa Mthembu	Fri 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 Goldridge	Fri 17 Apr - Sun 19 Apr
Reclaim Your Power: A Journey To Inner Balance	
Heike Sym	Fri 24 Apr – Mon 27 Apr
✿ Beginner's Mind, Quiet Mind: Meditation Practice For Meaningful Daily Living	
Tsunma Tsondru	Mon 27 Apr – Thu 30 Apr
Cultivating Hope And Joy In Adversity	
Tsunma Tsondru	Fri 1 May – Sun 3 May
✿ Dirt And Dharma – A Nature Retreat	
Shogan Parker.....	Tue 5 May – Thu 7 May
THE AWAKENED MAN – Tame Your Mind, Revitalise Your Soul	
John Homewood.....	Fri 8 May – Sun 10 May
THE ALCHEMY OF PRESENCE – Transform Through Conscious Co-Creation	
John Homewood and Michelle McClunan	Fri 15 May – Sun 17 May
Recovery To Self - How Free Do You Want To Be?	
Warren Shaw	Fri 22 May – Sun 24 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 RossSun 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 2025: 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 StadenFri 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 Everyday Joy: Living With More 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