

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

22 Dec 2023 – 05 July 2024

✿ indicates retreats held in noble silence

✿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

Healing Balm Retreat: Restoring Balance And Calm

Patti Good

Tue 30 Jan - Thu 1 Feb

Creative Intuition

Theresa Hardman

Fri 2 Feb – Sun 4 Feb

The Intersection Between Mindfulness Meditation And Integrative Psycho-Therapy - an online course (11

CPD points)

Beatrice Kidd

Tue 6 Feb-Thu 22 Feb

Healing Qigong For Health And Vitality

Dr Hu Jin-Yun

Fri 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, Lucy Draper-Clarke

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 Tsondru Fri 05 Apr – Sun 07 Apr
- Beginner's Mind, Quiet Mind: Meditation Instruction And Practice For Meaningful Daily Living**
Tsunma Tsondru 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
- 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