

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

23 Feb 2024 – 03 September 2024

☸ indicates retreats held in noble silence

#### 2024

#### **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

#### **Traditional Hatha And Raja Yoga**

Duncan Rice ..... 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

#### **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

**Qigong - The Mindful Way To Serenity**

Dianne Franklin ..... Tue 4 Jun – Fri 7 Jun

**Cultivating Mind-Heart Resonance Through Emotional Intelligence And Mindfulness**

Shanil Harricharan ..... Fri 7 Jun – Sun 9 Jun

**Reclaim Your Power: A journey to inner balance**

Heike Sym ..... Fri 14 Jun – Mon 17 Jun

**Going With The Flow: Integrating Meditation And Mindfulness Into Our Daily Life**

Bruce van Dongen ..... Fri 21 Jun – Sun 23 Jun

**Rejuvenating The BRC: A Family Retreat With Children In Mind**

Anisha Maharaj ..... Mon 24 Jun – Thu – 27 Jun

**Iyengar Yoga: Nudging The Body Into Shape And Health**

Judy Farah ..... Fri 28 Jun – Sun 30 Jun

**Iyengar Yoga: Deepening Your Practice**

Judy Farah ..... Sun 30 Jun – Fri 5 Jul

**Self-care And Centredness - Finding And Keeping Your Centre**

Tessa Pretorius ..... Fri 5 Jul – Sun 7 Jul

**The Healing Power Of Music, Movement And Nature**

Christel Anderson, Anja Gerbers and Harold Epstein ..... Fri 12 Jul – Sun 14 Jul

**Traditional Hatha And Raja Yoga**

Duncan Rice ..... Fri 19 Jul – Sun 21 Jul

**The Roots Of Sacred Drumming: Exploring Natural Rhythms**

Richard Ellis and Marc Kress ..... Fri 26 Jul – Sun 28 Jul

**Yoga Mind, Body And Breath: A Journey Of Self-Discovery**

Marc Kress ..... Fri 2 Aug – Sun 4 Aug

**Working With Polarities - The Mandala Practice**

Clémence Kitching-Barres ..... Thu 8 Aug – Sun 11 Aug

**Nature Nurture Nourish - Mindful Movement And Yoga**

Carey Would ..... Fri 16 Aug – Sun 18 Aug

**Three Treasures For Mindful Living - A Pathway To Balance**

Bridget Hawkins ..... Fri 23 Aug – Sun 25 Aug

**Relaxation: Opening And Relaxing The Heart And Mind**

Pippa Cope ..... Fri 30 Aug – Sun 1 Sep

**Enquiring Into The Tibetan Schemata Of The Five Elements Of Earth, Water, Fire And Space Externally And Within Ourselves**

Pippa Cope ..... Sun 1 Sep – Tue 3Sep