

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

13 Jun 2025 – 29 Mar 2026

✿ indicates retreats held in noble silence

2025

Traditional Hatha And Raja Yoga

Duncan Rice Fri 13 Jun – Mon 16 Jun

✿ Breath, Body, Bowl - An Introduction To Meditation And Buddhism

Shogan Fri 20 Jun – Sun 22 Jun

✿ Nowhere Else To Be – Zen Sitting

Shogan Tue 24 Jun – Thu 26 Jun

Return To Presence: A Sacred Healing Retreat - With Yoga And African Sound

Buhle Mabanga, Tinashe and Tholinhlanhla Dlamini-Ngcoya Fri 27 Jun – Tue 1 Jul

Iyengar Yoga: Nudging The Body Into Shape And Health

Judy Farah Fri 4 Jul – Sun 6 Jul

Iyengar Yoga: Deepening Your Practice

Judy Farah Sun 6 Jul – Fri 11 Jul

The Healing Power Of Music, Movement And Nature

Christel Anderson and Eleen Polson Fri 11 Jul – Sun 13 Jul

Embracing Impermanence - A Raku Workshop

Sharon Paterson, Bernard Chatikobo, Krishia Schilz and Belinda Best Sun 13 Jul - Fri 18 Jul

✿ From Seeking to Seeing - The Heart Of Meditation

Dave Gardner Fri 18 Jul – Sun 20 Jul

Chakra Realignment Retreat

Andrea Rocha Tue 22 Jul – Thu 24 Jul

Reset for The Latter Half Of 2025: Meditation, Qigong, Yoga And Healing Treatments

Brendon Small, Kugan Naidoo, Warren Horsley and Nolwazi Bandezi Fri 25 Jul – Sun 27 Jul

✿ Nowhere Else To Be – Zen Sitting

Shogan Tue 29 Jul – Thu 31 Jul

✿ Stillness, Silence, Spaciousness

Albert Osel Fri 1 Aug – Mon 4 Aug

Find Your Way Back To Nature For Self-Healing: Breath Work, Forest Bathing, Energy Healing And Mbira Music

Bernard Chatikobo and Chris Rooke Wed 6 Aug – Fri 8 Aug

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

Bruce van Dongen Fri 8 Aug – Sun 10 Aug

Three Treasures For Mindful Living - A Pathway To Balance

Bridget Hawkins Fri 15 Aug – Sun 17 Aug

A Yoga, Breathwork And Mindfulness Retreat

Marrion Clarke and Carey Would Fri 22 Aug – Sun 24 Aug

✿ Nowhere Else To Be – Zen Sitting

Shogan Tue 26 Aug – Thu 28 Aug

Working With Polarities - The Mandala Practice

Clémence Kitching-Barres.....	Fri 29 Aug- Sun 31 Aug
Discovering And Appreciating Italian Vegetarian Cooking: Delving Further Into Nonna's Repertoire	
Rosetta and Mario Giuricich	Fri 5 Sep – Sun 7 Sep
Somatic Movement - Ease of Being	
Lisa Firer.....	Fri 12 Sep – Sun 14 Sep
✿ Nowhere Else To Be – Zen Sitting	
Shogan	Tue 16 Sep – Thu 18 Sep
Somatic Movement Relaxation	
Lisa Firer.....	Fri 19 Sep – Sun 21 Sep
QiGong – Gently Nurturing Life	
Di Franklin.....	Sun 21 Sep – Thu 25 Sep
Travelling Light: Words To Lighten The Load Along The Road	
Dorrian Haarhoff.....	Fri 26 Sep – Sun 28 Sep
Writing In The Twilight: Leave A gift, Leave A Legacy	
Dorrian Haarhoff.....	Sun 28 Sep – Tue 30 Sep
Finding Meaning And Purpose - Buddhist Insights Into The Nature Of Mind	
Ven Khenpo Jamyang Gampo.....	Fri 3 Oct – Sun 5 Oct
A Family Retreat With Children In Mind	
Natasha Sauer.....	Tue 7 Oct – Thu 9 Oct
Practical Consciousness - A Simple Guide To Raising Your Consciousness	
Dash Singh	Fri 10 Oct – Sun 12 Oct
RUMI And His Messages: Bringing Rumi's Wisdom Into Everyday Life	
Leonina Kaestele.....	Tue 14 Oct – Thu 16 Oct
Dreaming Is A Birthright	
Nomfundo Zama.....	Fri 17 Oct – Sun 19 Oct
✿ Nowhere Else To Be – Zen Sitting	
Shogan	Tue 21 Oct – Thu 23 Oct
Sacred Drumming: Exploring Natural Rhythms	
Richard Ellis and Marc Kress	Fri 24 Oct – Sun 26 Oct
Expel the Fire from Your Heart - Pa Tuan Chin Qigong	
Paul Dorrian	Mon 27 Oct – Fri 31 Oct
Wellness In Yoga	
Nilam Narsee	Fri 31 Oct – Sun 2 Nov
✿ Open The Heart And Still The Mind : Infusing Mindfulness With Metta And Compassionate Wisdom	
Sue Cooper	Fri 7 Nov – Wed 12 Nov
✿ Buddhism: The Basics	
Stephen Coan.....	Fri 14 Nov – Sun 16 Nov
The White Stork Displays Its Wings - A Beginner's Introduction To Yang Style Tai Chi	
Paul Dorrian	Mon 17 Nov – Fri 21 Nov
✿ Living Ayurveda	
Helen Altman	Fri 21 Nov – Sun 23 Nov
✿ Nowhere Else To Be – Zen Sitting	

Shogan Tue 25 Nov – Thu 27 Nov

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

Bruce van Dongen Fri 28 Nov – Sun 30 Nov

Natural Grace, Effortless Joy

Charisse Louw Fri 5 Dec – Sun 7 Dec

Shibuie - When Beauty Happens Accidentally: Sumie And Raku – Japanese Brush Painting And Ceramics

Ingrid Adams, Sharon Paterson, Bernard Charikobo and Chris Rooke Fri 12 Dec – Tue 16 Dec

✿ **Transformation Through Mindfulness**

Nolitha Tsengiwe and Phumla Shongwe Fri 19 Dec – Sun 21 Dec

✿ **The Four Immeasurable Gifts At Christmas**

Tsunma Tsondru Tue 23 Dec – Sat 27 Dec

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

Tsunma Tsondru 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 - 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

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

Regaining The Centre

Ajahn Sucitto Fri 06 Feb - Fri 13 Feb

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

Steve Davis Fri 13 Feb - Sun 15 Feb

Qigong - Gently Nurturing Life

Dianne Franklin Sun 15 Feb - Thurs 19 Feb

Moving Into Stillness: A Yoga And Meditation Retreat

Hannelize Robinson Fri 20 Feb - Sun 22 Feb

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

Kaz Wilson and Dael Lithgow Fri 27 Feb - Sun 01 Mar

Tibetan Dream Yoga: The Practice Of Lucid Dreaming

Chamtrul Rinpoche Fri 06 Mar - Sun 08 Mar

Change Your Mind - A Mindfulness Retreat

Mark Joseph Fri 13 Mar - Mon 16 Mar

Marrying The East With West - Hatha Yoga For Balance And Vitality

Cheryl Lancellas Fri 20 Mar - Sun 22 Mar

Relationship Wellness And Renewal Retreat

Shelley Lewin and Sav Goldridge Fri 27 Mar - Sun 29 Mar