

## **BUDDHIST RETREAT CENTRE, IXOPO**

### **Summary List of Retreats**

**24 Oct 2025 – 2 Aug 2026**

☸ indicates retreats held in noble silence

#### **2025**

##### **Sacred Drumming: Exploring Natural Rhythms**

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

##### **Tibetan Monks' Visit**

Khenpo Gampo, Geshe Jamyang, Tashi Sonam, Tenzin Yeshe ..... Tue 28 Oct – Thu 30 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 Parker ..... 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

##### **Gardening For Happiness: The Basics of Gardening**

Chris Dalzell ..... 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 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

**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

☸ **Nowhere Else To Be – Zen Sitting**  
Shogan Parker..... Tues 27 Jan – Thu 29 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

☸ **Nowhere Else To Be – Zen Sitting**  
Shogan Parker..... Tue 24 Feb – Thu 26 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

☸ **Nowhere Else To Be – Zen Sitting**  
Shogan Parker..... Tue 21 Apr – Thu 23 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 Tsonдру ..... Mon 27 Apr – Thu 30 Apr
- Cultivating Hope And Joy In Adversity**  
 Tsunma Tsonдру ..... Fri 1 May – Sun 3 May
- ☸ Dirt And Dharma – A Nature Retreat**  
 Shogan Parker ..... Tue 05 May – Thu 07 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
- Rested And Rooted: Wintering Of Wisdom - A Yoga Retreat**  
 Carey Would and Christie Holt ..... Fri 19 Jun – Sun 21 Jun
- Mid-year Solstice Immersion**  
 Karen Verburch ..... 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 Ross ..... Sun 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 and Belinda Best ..... 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