

## **BUDDHIST RETREAT CENTRE, IXOPO**

### **Summary List of Retreats**

**26 May 2023 – 28 Jan 2024**

☸ indicates retreats held in noble silence

#### **From Self-Care to World-Care: Widening the Circle of Compassion**

Lucy-Draper Clarke ..... Fri 26 May – Sun 28 May

#### **Sacred Union: Integrate The Divine Masculine And Feminine Energies, And Shift Into Your Authentic True Self - Part 1**

John Homewood and Michelle McClunan ..... Fri 02 Jun – Sun 04 Jun

#### **Sacred Union: Integrate The Divine Masculine And Feminine Energies, And Shift Into Your Authentic True Self - Part 2**

John Homewood and Michelle McClunan ..... Sun 04 Jun – Tue 06 Jun

#### **Mindfulness And Movement For Life**

Kerri Martinaglia and Chrissi Preuss ..... Fri 9 Jun – Sun 11 Jun

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

Shanil Haricharan ..... Thu 15 Jun – Sun 18 Jun

#### **Come As You Are: Secular Buddhism, Existential Philosophy And Psychotherapy. Can Buddhism effectively treat the struggles we face in life?**

Jason Ross ..... Fri 23 Jun – Wed 28 Jun

#### **☸Saying Yes To Life -Taking Refuge In The Three Jewels**

Richard Chippindall ..... Fri 30 Jun – Sun 02 Jul

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

Anisha Maharaj ..... Tue 4 Jul – Fri 7 Jul

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

Duncan Rice ..... Fri 7 Jul – Sun 9 Jul

#### **☸Active Hope - Practices For Difficult Times**

Tsunma Tsonдру ..... Fri 14 Jul - Sun 16 Jul

#### **☸Beginner's Mind, Quiet Mind: Meditation Instruction And Practice For Meaningful Daily Living**

Tsunma Tsonдру ..... Sun 16 Jul - Fri 21 Jul

#### **A Weekend Of Ishta Yoga – Combining Hatha, Tantra and Ayurveda Practice**

Buhle Mabanga ..... Fri 21 Jul - Sun 23 Jul

#### **Finding And Keeping Your Centre: Taking Care Of Ourselves In Order To Be Of Service To Others**

Tessa Pretorius ..... Fri 28 Jul - Sun 30 Jul

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

Judy Farah ..... Fri 4 Aug - Sun 6 Aug

#### **Iyengar Yoga: Deepening Your Practice**

Judy Farah ..... Sun 6 Aug - Fri 11 Aug

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

Bridget Hawkins ..... Fri 11 Aug - Sun 13 Aug

#### **Know Your Health**

Prof Monique Marks, Kathryn Millar, Dr Mario Shonga ..... Mon 14 Aug - Wed 16 Aug

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

Pippa Cope ..... Fri 18 Aug - Sun 20 Aug

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

## **Within Ourselves**

Pippa Cope..... Sun 20 Aug - Tue 22 Aug

### **Change Your Story - A Memoir Writing, Family Constellations And Meditation Retreat**

Dawn Garisch, Vasintha Pather, Alistair Blair ..... Mon 28 Aug – Sun 3 Sep

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

Richard Ellis and Marc Kress ..... Fri 8 Sep – Sun 10 Sep

### **Yoga Mind, Body And Breath**

Marc Kress ..... Sun 10 Sep – Fri 15 Sep

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

Marc Kress ..... Fri 15 Sep – Sun 17 Sep

### **Healing The Family Tree: An Ancestor And Us Writing Retreat**

Dorian Haarhoff ..... Fri 22 Sep – Sun 24 Sep

### **Between First In-Breath And Last Out-Breath: The Art Of Story-telling**

Dorian Haarhoff ..... Sun 24 Sep – Tue 26 Sep

### **A Taste of Somatics: Feeling And Healing The Body From Within**

Lisa Firer..... Fri 29 Sep – Sun 1 Oct

### **Practical Consciousness - A Simple Guide To Raising Your Consciousness**

Dash Singh ..... Fri 6 Oct – Sun 8 Oct

### **The Sacred Feminine : Empowering The Feminine With Yoga, Meditation And Your Astrological Moon**

Margarita Celeste and Sandra Hedges ..... Fri 13 Oct – Sun 15 Oct

### **Stand Like A Tree To Power Up Your Chi**

Paul Dorian ..... Fri 20 Oct - Sun 22 Oct

### **If The Buddha Found His Soulmate: Finding A Loving Relationship On A Spiritual Path**

Natascha Prussen and Warren Shaw ..... Fri 27 Oct – Sun 29 Oct

### **Breath Is The Bridge: A Breath And Yoga Retreat With Guided Meditation**

Carol Segal ..... Fri 3 Nov – Sun 5 Nov

### **Finding Meaning And Purpose - Buddhist Insights Into The Nature Of The Mind**

Ven Khenpo Jamyang Gompo..... Fri 10 Nov – Sun 12 Nov

### **Cleanse And Heal Your Internal Organs with Powerful Chi - Gung Exercises and Meditation**

Paul Dorrian ..... Fri 17 Nov – Sun 19 Nov

### **☸ Quiet Mountain, Clear Sky: Meditating With Calmness And Clarity**

Mervyn Croft ..... Fri 1 Dec – Sun 3 Dec

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

Bruce van Dongen..... Fri 8 Dec – Sun 10 Dec

### **Shibuie - When Beauty Happens Accidentally: Sumie and Raku – Japanese brush painting and pottery**

Ingrid Adams..... Monday 11 Dec – Fri 15 Dec

### **JOY: Tap Into Your Creative Energy**

Charisse Louw..... Fri 15 Dec – Sun 17 Dec

### **☸ The Four Immeasurable Gifts at Christmas**

Tsunma Tsonдру ..... Fri 22 Dec – Tue 26 Dec

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

Tsunma Tsonдру ..... Fri 29 Dec – Tue 02 Jan

### **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