

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

26 Nov 2021 – 30 Oct 2022

✿ indicates retreats held in noble silence

#### ✿ Quiet Mountain, Clear Sky: Meditating with calmness and clarity

Mervyn Croft ..... Fri 26 Nov - Sun 28 Nov

#### Grounded In Space: A weekend of tai chi and qigong

Alex and Jeremy Lister-James ..... Fri 03 Dec - Sun 05 Dec

#### A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology

Ian Weinberg ..... Fri 10 Dec - Sun 12 Dec

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

Ingrid Adams and Jess Merle ..... Sun 12 Dec - Thu 16 Dec

#### ✿ Open The Heart And Still the Mind: Ending The Year With Kindness, Compassion And Joy

Sue Cooper ..... Thu 16 Dec - Thu 23 Dec

#### ✿ Stalking The Moment: Being Home 24/7 - Christmas At The BRC

Tsunma Tsonдру ..... Thu 23 Dec - Sun 26 Dec

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

Tsunma Tsonдру ..... Wed 29 Dec - Sun 02 Jan 2022

#### Time To Focus And Tune Into 2022: Gently kickstart the new year with an ashram-style retreat offering qigong (chi kung), hatha yoga, chanting and meditation and healing therapies

Deborah Don, Kugan Naidoo and Colin Kemery ..... Fri 7 Jan - Sun 9 Jan

#### ✿ Vipassana Meditation: How to realise ever-present mindfulness

Jonathan Preboy and Anna Scharfenberg ..... Fri 14 Jan - Sun 16 Jan

#### ✿ A Vipassana Retreat: The search for truth

Jonathan Preboy and Anna Scharfenberg ..... Sun 16 Jan - Thu 20 Jan

#### The Way Of Ubuntu: Exploring traditional South African healing

John Lockley and Nomusa Mthembu ..... Fri 21 Jan - Mon 24 Jan

#### Healing Qigong For Health And Vitality

Dr Hu Jin-Yun ..... Fri 28 Jan - Sun 30 Jan

#### Rainbow Salads And Sunshine Bowls: Adopting A Wholesome Plant-Based Lifestyle

Debbie Rich, Sascha Türk, Nishalin Pillay and Vaneshran Arumugam ..... Fri 04 Feb - Sun 06 Feb

#### Tibetan Yoga

Max Weier ..... Tue 08 Feb - Wed 09 Feb

#### The Great Power Of Chi Kung (Qigong)

Max Weier ..... Wed 09 Feb - Fri 11 Feb

#### Getting To Know The Birds At The BRC: 160 Birds of a feather

Steve Davis ..... Fri 11 Feb - Sun 13 Feb

#### ✿ Pathways To Tao: Chi Kung (Qigong) - Meditation - Wisdom

Max Weier ..... Tue 15 Feb - Thu 17 Feb

#### Happy Healthy Yoga For Health And Harmony

Margot McMaster ..... Fri 18 Feb - Sun 20 Feb

#### Easter Baking And Mindful Food Appreciation

Cheryl Amy Jones and Nicky Read ..... Sun 20 Feb - Wed 23 Feb

#### Speak Your Truth, Listen Deeply

Lucy Draper-Clarke and Felicity Hart ..... Fri 25 Feb - Sun 27 Feb

**A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology**

Ian Weinberg..... Fri 04 Mar - Sun 06 Mar

**Yin And Yang: A Yoga Retreat: Release, relax and restore**

Georgie Carter..... Fri 11 Mar - Sun 13 Mar

**From Fear To Fundamental Well-Being**

Albert St Mammes Osel ..... Fri 18 Mar - Sun 21 Mar

**The Healing Art Of Reiki (Level 1), Yoga And Meditation: Heal the body, relax the mind**

Katherine Fillmore and Jade Morey.....Fri 25 Mar – Sun 27 Mar

**Deepening The Healing Art Of Reiki: Reiki (Levels 2 and 3), yoga and meditation**

Katherine Fillmore and Jade Morey..... Sun 27 Mar - Thu 31 Mar

**✿A Weekend Of Kindness At The BRC**

Elizabeth Gaywood and Di Franklin ..... Fri 01 Apr - Sun 3 Apr

**Mist Rising, Rain Falling: A qigong retreat**

Di Franklin ..... Sun 3 Apr - Fri 08 Apr

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

Heike Sym ..... Fri 08 Apr - Sun 10 Apr

**✿Open The Heart And Still The Mind: Embracing grief and gratitude with compassion**

Sue Cooper.....Thu 14 Apr - Mon 18 Apr

**World As Lover, World As Self: Finding our way home in difficult times**

Tsunma Tsondru ..... Fri 22 Apr - Sun 24 Apr

**Vinyāsa Yoga And Meditation**

Hannelize Robinson ..... Fri 29 Apr - Sun 01 May

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

Jason Ross .....Tue 03 May - Sun 08 May

**✿Under The Full Moon Of May: Wesak - celebrating 25 centuries of Buddhism**

Stephen Coan..... Fri 13 May – Sun 15 May

**✿Beginner's Mind, Quiet Mind: Meditation Instruction And Practice for Meaningful Daily Living**

Tsunma Tsondru.....Sun 15 May – Fri 20 May

**Releasing Ourselves From Old Stories: Stepping from the past into an abundant future by drawing on the Ancient Hawaiian practice of Ho'oponopono**

Dominique Garnett.....Fri 20 May - Sun 22 May

**The Heart And Art Of Awakening - Part 1: Shift your life though presence and art**

John Homewood and Michelle McClunan ..... Fri 27 May - Sun 29 May

**The Heart And Art Of Awakening - Part 2: Going deeper**

John Homewood and Michelle McClunan .....Sun 29 May -Tue 31 May

**The Sacred Feminine : Empowering the feminine with yoga, meditation and your astrological moon**

Margarita Celeste and Michelle Strybis ..... Fri 03 Jun - Sun 05 Jun

**An Introduction To Mindfulness Based Living: "Knowing the present"**

Kerri Martinaglia and Chrissi Preuss ..... Fri 10 Jun – Sun 12 Jun

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

Shanil Haricharan..... Fri 17 Jun – Sun 19 Jun

**Iyengar Yoga: Nudging the body into shape and health**

Judy Farah ..... Fri 24 Jun – Sun 26 Jun

**Iyengar Yoga: Deepening your practice**

Judy Farah ..... Sun 26 Jun – Fri 1 Jul

**✿Saying Yes To Life – Finding The Divinity Within Ourselves: How having ‘faith’ can help us live wholeheartedly in the midst of a challenging and uncertain world**

Richard-John Chippindall ..... Fri 01 Jul – Sun 03 Jul

**Gardening For Happiness: The Basics Of Gardening**

Chris Dalzell ..... Fri 08 Jul – Sun 10 Jul

**Ethical Investing For Sustainability**

Peter and Louisa Lennon.....Sun 10 Jul – Tue 12 Jul

**An Antidote To Insecurity**

Peter and Louisa Lennon ..... Tue 12 Jul – Fri 15 Jul

**Traditional Hatha and Raja Yoga**

Duncan Rice ..... Fri 15 Jul – Sun 17 Jul

**Anger – On The Path Of Love**

Yageshree Moodley ..... Fri 22 Jul – Sun 24 Jul

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

Tessa Pretorius..... Fri 29 Jul - Sun 31 Jul

**A Weekend Of Hatha Yoga: Rekindle Your Life Energy**

Kugan Naidoo..... Fri 5 Aug - Sun 7 Aug

**Moving Meditation: Cultivating The Four Energies Of Tai Chi**

Brett Vallis..... Fri 12 Aug - Sun 14 Aug

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

Pippa Cope ..... Fri 19 Aug - Sun 21 Aug

**Working With The Elements: Enquiry Into Ourselves And The World Around Us Through A Deeper Understanding Of Our Environment**

Pippa Cope ..... Sun 21 Aug – Wed 24 Aug

**A Yin Yoga Retreat: Restorative Yoga**

Jennifer Chapman ..... Fri 26 Aug - Sun 28 Aug

**The Body Has Something To Say: Exploring Our Thinking Bodies Through Yoga, Meditation And Therapeutic Reflection**

Fiona Britton and Jason Ross ..... Fri 2 Sep - Sun 4 Sep

**Nia - Retreat Through Dance: Curating Life As Art**

Susan Sloan ..... Fri 9 Sep - Sun 11 Sep

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

Lisa Firer ..... Fri 17 Sep - Sun 19 Sep

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

Dorian Haarhoff ..... Fri 23 Sep -Sun 25 Sep

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

Dorian Haarhof ..... Sun 25 Sep - Tue 27 Sep

**The Moon At The Window - A Silent Retreat With Ryokan**

Stephen Coan ..... Fri 30 Sep - Sun 2 Oct

**Yinsight Yoga: Yin Yoga And Mindfulness Meditation**

Despina Forbes ..... Fri 7 Oct - Sun 9 Oct

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

Paul Dorrian ..... Tue 11 Oct - Thu 13 Oct

**Life Tides And Word Links: A Course In Poetry**

Dawn Garisch ..... Thu 13 Oct - Sun 16 Oct

**Root Memoir Course: Exploring Nature And Nurture**

Dawn Garisch .....Tue 18 Oct - Sun 23 Oct

**Yin And Yang: A Yoga Retreat: Release, Relax And Restore**

Georgie Carter..... Tue 25 Oct - Fri 28 Oct

**“You Can’t Fill The Hole In Your Heart With Food” ...And Other Things - Jan Chozen Bays Mindful Eating: The hidden gifts of our compulsions**

Xenia Ayiotis.....Fri 28 Oct – Sun 30 Oct