

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

28 April 2025 – 8 January 2026

✿ indicates retreats held in noble silence

2025

✿ Beginner's Mind, Quiet Mind: Meditation For Meaningful Daily Living

Tsunma Tsondu Mon 28 Apr – Thu 1 May

✿ Active Hope - Practice For Difficult Times

Tsunma Tsondu Fri 2 May – Sun 4 May

The Way Of Ubuntu: Exploring Traditional South African Healing

John Lockley and Nomusa Mthembu Mon 5 May – Thu 8 May

✿ Wesak: Doing What The Buddha Did

Stephen Coan Fri 9 May – Sun 11 May

Unveiling The Deeper Layers of Yoga: The Philosophy Of Posture

Sushmitha Shrikanth Fri 16 May – Sun 18 May

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

Margarita Celeste and Michelle Strybis Fri 23 May – Sun 25 May

Change Your Mind - A Mindfulness Retreat

Mark Joseph Fri 30 May – Sun 1 Jun

Journey To Self - Explore Your Connection With Your True Self

Sadhna Hamchander and Ravika Ramnath Fri 6 Jun - Sun 8 Jun

Traditional Hatha And Raja Yoga

Duncan Rice Fri 13 Jun – Mon 16 Jun

Buddhanalysis: What if Buddha was your psychoanalyst?

Jason Ross Fri 20 Jun – Mon 23 Jun

Ishta Yoga And African Sound

Buhle Mabanga, Zawadi Yamungu, Tinashe 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 and Krishnia Schilz Sun 13 Jul - Fri 18 Jul

✿ From Seeking to Seeing - The Heart Of Meditation

Dave Gardner Fri 18 Jul – Sun 20 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

✿ Stillness, Silence, Spaciousness

Albert Osel Fri 1 Aug – Sun 3 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
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
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
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 AltmanFri 21 Nov – Sun 23 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 LouwFri 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 TsondruTue 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 2026: 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 AndersenMon 5 Jan – Thu 8 Jan