

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

05 Apr 2024 – 01 January 2025

☸ indicates retreats held in noble silence

2024

☸ Active Hope - Practices For Difficult Times

Tsunma Tsondru Fri 05 Apr - Sun 07 Apr

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

Tsunma Tsondru Mon 08 Apr - Fri 12 Apr

Finding My Voice - A Mindfulness Retreat

Annika Nicol Fri 12 Apr - Sun 14 Apr

A Weekend Of Ishta Yoga And African Sound

Buhle Mabanga Fri 19 Apr - Sun 21 Apr

Journey To Self - Explore Your Connection With Your True Self-

Sadhna Hamchander and Ravika Ramnath Fri 26 Apr - Sun 28 Apr

Yoga For Well-Being

Georgie Carter Fri 3 May - Sun 5 May

Picture your Soul with Soul Collage®

Keryn Rowley Mon 6 May – Wed 08 May

THE SHIFT EXPERIENCE: The Art of Being - Part 1

John Homewood and Michelle McClunan Fri 10 May - Sun 12 May

THE SHIFT EXPERIENCE: Living In Joy - Part 2

John Homewood and Michelle McClunan Sun 12 May - Tue 14 May

☸ From Seeking To Seeing - Mindfulness Meditation

David Gardner Fri 17 May - Sun 19 May

☸ Just Sitting Zen Retreat

Roux Malan Fri 24 May - Sun 26 May

Nikki Brighton is Wild About Weeds: A Weekend on Edible Weeds with Walks And Talks On Rewilding

Nikki Brighton Fri 31 May - Sun 2 Jun

Qigong - Gently Nurturing Life

Dianne Franklin Sun 2 Jun - Tue 4 Jun

Qigong - The Mindful Way To Serenity

Dianne Franklin Tue 4 Jun - Fri 7 Jun

Cultivating Mind-Heart Resonance Through Emotional Intelligence And Mindfulness

Shanil Harricharan Fri 7 Jun - Sun 9 Jun

Reclaim Your Power: A journey to inner balance

Heike Sym Fri 14 Jun - Mon 17 Jun

Rejuvenating The BRC: A Family Retreat With Children In Mind

Anisha Maharaj Mon 24 Jun - Thu 27 Jun

Iyengar Yoga: Nudging The Body Into Shape And Health

Judy Farah Fri 28 Jun - Sun 30 Jun

Iyengar Yoga: Deepening Your Practice

Judy Farah Sun 30 Jun - Fri 5 Jul

Self-care And Centredness - Finding And Keeping Your Centre

Tessa Pretorius Fri 5 Jul - Sun 7 Jul

The Calligraphic Call - A Meditative Arts Experience

Sana-Bella Ebrahim Tue 9 Jul – Thu 11 Jul

The Healing Power Of Music, Movement And Nature

Christel Anderson, Anja Gerbers and Harold Epstein Fri 12 Jul - Sun 14 Jul

Traditional Hatha And Raja Yoga

Duncan Rice Fri 19 Jul - Sun 21 Jul

Find Your Way Back To Nature For Self-Healing

Bernard Chatikobo Wed 24 Jul – Fri 26 Jul

The Roots Of Sacred Drumming: Exploring Natural Rhythms

Richard Ellis and Marc Kress Fri 26 Jul - Sun 28 Jul

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

Marc Kress Fri 2 Aug - Sun 4 Aug

Working With Polarities - The Mandala Practice

Clémence Kitching-Barres Thu 8 Aug - Sun 11 Aug

Nature Nurture Nourish - Mindful Movement And Yoga

Carey Would Fri 16 Aug - Sun 18 Aug

Three Treasures For Mindful Living - A Pathway To Balance

Bridget Hawkins Fri 23 Aug - Sun 25 Aug

Relaxation: Opening And Relaxing The Heart And Mind

Pippa Cope Fri 30 Aug - Sun 1 Sep

Enquiring Into The Tibetan Schemata Of The Five Elements Of Earth, Water, Fire And Space Externally And Within Ourselves

Pippa Cope Sun 1 Sep - Tue 3 Sep

The Strengthening Power Of Imagery: Regaining Hope And Wisdom In Difficult Times

Prof Leonina Kaestele Tue 3 Sep - Thu 5 Sep

Practical Consciousness - A Simple Guide To Raising Your Consciousness Part 1

Dash Singh Fri 6 Sep - Sun 8 Sep

Delving Deeper Into Practical Consciousness Part 2

Dash Singh Sun 8 Sep - Tue 10 Sep

Thoughts, Words, Breath And Blood - A Story Writing Retreat

Dorian Haarhoff Fri 13 Sep - Sun 15 Sep

Write Away At The BRC

Dorian Haarhoff Sun 15 Sep - Tue 17 Sep

Somatic Movement - Ease of Being

Lisa Firer Fri 20 Sep - Sun 22 Sep

Chi Kung - Standing like a Tree To Power Up Your Chi

Paul Dorrian Tue 24 Sep - Thu 26 Sep

Stillness-Dancing

Lisa Firer Fri 27 Sep - Sun 29 Sep

☸ The Moon In The Water

Stephen Coan Fri 4 Oct – Sun 6 Oct

Cultivating Peace Through Patience And Perseverance: Yoga, Breathwork And Mindfulness

Marrion Clarke and Carey Would Thu 10 Oct – Sun 13 Oct

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

Ven Khenpo Jamyang Gampo..... Fri 18 Oct – Sun 20 Oct

On Being “No-thing-ness”: An Existential Buddhist Exploration Of The Self As The Struggle To Exist

Jason Ross..... Fri 25 Oct – Mon 28 Oct

Discovering And Appreciating Italian Vegetarian Cooking

Rosetta and Mario Giuricich Fri 1 Nov – Sun 3 Nov

☸ Open The Heart And Still The Mind : Infusing Mindfulness With Metta And Compassionate Wisdom

Sue Cooper Fri 08 Nov – Wed 13 Nov

Qigong - Gently Nurturing Life

Di Franklin Wed 13 Nov – Fri 15 Nov

Meditation For Beginners And Qigong For Relaxation

Elizabeth Gaywood and Di Franklin Fri 15 Nov – Sun 17 Nov

The White Stork Displays Its Wing - A Beginner’s Introduction To Yang Style Tai Chi

Paul Dorrian Fri 22 Nov – Sun 24 Nov

Natural Grace, Effortless Joy

Charisse Louw Fri 29 Nov – Sun 01 Dec

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

Steve Davis..... Fri 6 Dec – Sun 8 Dec

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

Ingrid Adams, Sharon Paterson and Bernard Chatikobo Thu 12 Dec – Mon 16 Dec

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

Bruce van Dongen..... Fri 20 Dec – Sun 22 Dec

The Four Immeasurable Gifts at Christmas

Tsunma Tsonдру Mon 23 Dec – Fri 27 Dec

Three Wise Medicines For Living Your Life In The New Year

Tsunma Tsonдру Sat 28 Dec – Wed 01 Jan 2025