

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

21 Jan 2024 – 04 August 2024

☸ indicates retreats held in noble silence

2024

☸ **A Vipassana Retreat: The Search For Truth**

Jonathan Preboy and Anna ScharfenbergSun 21 Jan – Thurs 25 Jan

Vinyāsa Yoga And Meditation

Hannelize Robinson Fri 26 Jan – Sun 28 Jan

Healing Balm Retreat: Restoring Balance And Calm

Patti Good Tue 30 Jan - Thu 1 Feb

Creative Intuition

Theresa Hardman Fri 2 Feb – Sun 4 Feb

Healing Qigong For Health And Vitality

Dr Hu Jin-YunFri 9 Feb - Sun 11 Feb

☸ **Regaining The Centre**

Ajahn SucittoSun 11 Feb - Sun 18 Feb

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

Steve DavisFri 23 Feb - Sun 25 Feb

Speak Your Truth, Listen Deeply

Felicity Joan Hart, Lucy Draper-Clarke Fri 1 Mar - Sun 3 Mar

The Union Of Calm Abiding And Insight Meditation

Chamtrul Rinpoche Fri 8 Mar - Sun 10 Mar

☸ **Pranayama Yoga**

Cheryl LancellasSun 10 Mar - Fri 15 Mar

Yin And Restorative Yoga

Phumla Shongwe Fri 15 Mar - Sun 17 Mar

From Fear To Fundamental Well-Being: Healing Relaxation, Yoga And Meditation

Albert Osel (Buhr) and Lulu Erasmus Thu 21 Mar - Sun 24 Mar

☸ **Open the Heart And Still the Mind: The Joy Of Heartfelt Presence**

Sue Cooper Thu 28 Mar - Mon 1 Apr or Thu 28 Mar - Thu 04 Apr

☸ **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

The Way Of Ubuntu: Exploring Traditional South African Healing

John Lockley and Nomusa Mthembu Fri 26 Apr - Mon 29 Apr

Yoga For Well-Being

Georgie CarterFri 3 May – Sun 5 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 McClunanSun 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 FranklinSun 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

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

Bruce van Dongen.....Fri 21 Jun – Sun 23 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 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

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