

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

05 Jan 2024 – 05 July 2024

☸ indicates retreats held in noble silence

## 2024

### **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

### **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

### **The Intersection Between Mindfulness Meditation And Integrative Psycho-Therapy - an online course (11 CPD points)**

Beatrice Kidd Tue 6 Feb - Thu 22 Feb

### **Healing Qigong For Health And Vitality**

Dr Hu Jin-Yun Fri 9 Feb - Sun 11 Feb

### **Regaining The Centre**

Ajahn Sucitto Sun 11 Feb - Sun 18 Feb

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

Steve Davis Fri 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 Lancellas Sun 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

<b>☸Active Hope - Practices For Difficult Times</b> Tsunma Tsondru	Fri 05 Apr – Sun 07 Apr
<b>Beginner's Mind, Quiet Mind: Meditation Instruction And Practice For Meaningful Daily Living</b> Tsunma Tsondru	Mon 08 Apr - Fri 12 Apr
<b>Finding My Voice - A Mindfulness Retreat</b> Annika Nicol	Fri 12 Apr - Sun 14 Apr
<b>A Weekend Of Ishta Yoga And African Sound</b> Buhle Mabanga	Fri 19 Apr - Sun 21 Apr
<b>The Way Of Ubuntu: Exploring Traditional South African Healing</b> John Lockley and Nomusa Mthembu	Fri 26 Apr - Mon 29 Apr
<b>Yoga For Well-Being</b> Georgie Carter	Fri 3 May – Sun 5 May
<b>THE SHIFT EXPERIENCE: The Art of Being - Part 1</b> John Homewood and Michelle McClunan	Fri 10 May – Sun 12 May
<b>THE SHIFT EXPERIENCE: Living In Joy - Part 2</b> John Homewood and Michelle McClunan	Sun 12 May – Tue 14 May
<b>☸From Seeking To Seeing - Mindfulness Meditation</b> David Gardner	Fri 17 May – Sun 19 May
<b>☸Just Sitting Zen Retreat</b> Roux Malan	Fri 24 May – Sun 26 May
<b>Nikki Brighton is Wild About Weeds: A Weekend on Edible Weeds with Walks And Talks On Rewilding</b> Nikki Brighton	Fri 31 May - Sun 2 Jun
<b>Qigong - Gently Nurturing Life</b> Dianne Franklin	Sun 2 Jun - Tue 4 Jun
<b>Qigong - The Mindful Way To Serenity</b> Dianne Franklin	Tue 4 Jun – Fri 7 Jun
<b>Cultivating Mind-Heart Resonance Through Emotional Intelligence And Mindfulness</b> Shanil Harricharan	Fri 7 Jun – Sun 9 Jun
<b>Reclaim Your Power: A journey to inner balance</b> Heike Sym	Fri 14 Jun – Mon 17 Jun
<b>Going With The Flow: Integrating Meditation And Mindfulness Into Our Daily Life</b> Bruce van Dongen	Fri 21 Jun – Sun 23 Jun
<b>Rejuvenating The BRC: A Family Retreat With Children In Mind</b> Anisha Maharaj	Mon 24 Jun – Thu – 27 Jun
<b>Iyengar Yoga: Nudging The Body Into Shape And Health</b> Judy Farah	Fri 28 Jun – Sun 30 Jun
<b>Iyengar Yoga: Deepening Your Practice</b> Judy Farah	Sun 30 Jun – Fri 5 Jul