

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

6 April 2025 – 8 January 2026

✿ indicates retreats held in noble silence

2025

A Men's Retreat - Master Your Mind, Revitalise Your Soul : The Power Of Shifting Perception

John Homewood..... Sun 6 Apr – Tue 8 Apr

Ageing With Grace And Vitality: A Yoga Retreat

Christine Withiel and Howard Lipschitz..... Tue 8 Apr – Thu 10 Apr

The Art of Being - Part 1

John Homewood and Michelle McClunan Fri 11 Apr – Sun 13 Apr

Living in Joy – Going Deeper Part 2

John Homewood and Michelle McClunan Sun 13 Apr – Tue 15 Apr

✿ Open The Heart and Still The Mind: The Joy of Courageous, Heartfelt Presence

Sue Cooper Thu 17 Apr - Thu 24 Apr

Reclaim Your Power: A Journey To Inner Balance

Heike Sym Fri 25 Apr – Mon 28 Apr

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

Tsunma Tsondru Mon 28 Apr – Thu 1 May

✿ Active Hope - Practice For Difficult Times

Tsunma Tsondru 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 Krishia 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 Altman Fri 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 Louw Fri 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 Tsondu Tue 23 Dec – Sat 27 Dec

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

Tsunma Tsondu 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 Andersen Mon 5 Jan – Thu 8 Jan