

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

7 May 2023 – 2 Jan 2024

☸ indicates retreats held in noble silence

Qigong - The Art of Effortless Power

Dianne Franklin Sun 7 May – Fri 12 May

☸ **Nurturing Happiness**

Ajahn Candasiri Fri 12 May – Wed 17 May

Speak Your Truth, Listen Deeply

Lucy Draper-Clarke and Felicity Hart Fri 19 May – Sun 21 May

From Self-Care to World-Care: Widening the Circle of Compassion

Lucy-Draper Clarke Fri 26 May – Sun 28 May

Sacred Union: Integrate The Divine Masculine And Feminine Energies, And Shift Into Your Authentic True Self - Part 1

John Homewood and Michelle McClunan Fri 02 Jun – Sun 04 Jun

Sacred Union: Integrate The Divine Masculine And Feminine Energies, And Shift Into Your Authentic True Self - Part 2

John Homewood and Michelle McClunan Sun 04 Jun – Tue 06 Jun

Mindfulness And Movement For Life

Kerri Martinaglia and Chrissi Preuss Fri 9 Jun – Sun 11 Jun

Cultivating Mind-Heart Resonance Through Emotional Intelligence And Mindfulness

Shanil Haricharan Thu 15 Jun – Sun 18 Jun

Come As You Are: Secular Buddhism, Existential Philosophy And Psychotherapy. Can Buddhism effectively treat the struggles we face in life?

Jason Ross Fri 23 Jun – Wed 28 Jun

☸ **Saying Yes To Life -Taking Refuge In The Three Jewels**

Richard Chippindall Fri 30 Jun – Sun 02 Jul

Rejuvenating The BRC: A Family Retreat With Children In Mind

Anisha Maharaj Tue 4 Jul – Fri 7 Jul

Traditional Hatha And Raja Yoga

Duncan Rice Fri 7 Jul – Sun 9 Jul

☸ **Active Hope - Practices For Difficult Times**

Tsunma Tsondru Fri 14 Jul - Sun 16 Jul

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

Tsunma Tsondru Sun 16 Jul - Fri 21 Jul

A Weekend Of Ishta Yoga – Combining Hatha, Tantra and Ayurveda Practice

Buhle Mabanga Fri 21 Jul - Sun 23 Jul

Finding And Keeping Your Centre: Taking Care Of Ourselves In Order To Be Of Service To Others

Tessa Pretorius Fri 28 Jul - Sun 30 Jul

Iyengar Yoga: Nudging The Body Into Shape And Health

Judy Farah Fri 4 Aug - Sun 6 Aug

Iyengar Yoga: Deepening Your Practice

Judy Farah Sun 6 Aug - Fri 11 Aug

Three Treasures For Mindful Living - A Pathway To Balance

Bridget Hawkins Fri 11 Aug - Sun 13 Aug

Know Your Health

Prof Monique Marks, Kathryn Millar, Dr Mario Shonga Mon 14 Aug - Wed 16 Aug

Relaxation: Opening And Relaxing The Heart And Mind

Pippa Cope Fri 18 Aug - Sun 20 Aug

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

Pippa Cope Sun 20 Aug - Tue 22 Aug

Change Your Story - A Memoir Writing, Family Constellations And Meditation Retreat

Dawn Garisch, Vasintha Pather, Alistair Blair Mon 28 Aug – Sun 3 Sep

The Roots Of Sacred Drumming: Exploring Natural Rhythms

Richard Ellis and Marc Kress Fri 8 Sep – Sun 10 Sep

Yoga Mind, Body And Breath

Marc Kress Sun 10 Sep – Fri 15 Sep

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

Marc Kress Fri 15 Sep – Sun 17 Sep

Healing The Family Tree: An Ancestor And Us Writing Retreat

Dorian Haarhoff Fri 22 Sep – Sun 24 Sep

Between First In-Breath And Last Out-Breath: The Art Of Story-telling

Dorian Haarhoff Sun 24 Sep – Tue 26 Sep

A Taste of Somatics: Feeling And Healing The Body From Within

Lisa Firer Fri 29 Sep – Sun 1 Oct

Practical Consciousness - A Simple Guide To Raising Your Consciousness

Dash Singh Fri 6 Oct – Sun 8 Oct

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

Margarita Celeste and Sandra Hedges Fri 13 Oct – Sun 15 Oct

Stand Like A Tree To Power Up Your Chi

Paul Dorian Fri 20 Oct - Sun 22 Oct

If The Buddha Found His Soulmate: Finding A Loving Relationship On A Spiritual Path

Natascha Prussen and Warren Shaw Fri 27 Oct – Sun 29 Oct

Breath Is The Bridge: A Breath And Yoga Retreat With Guided Meditation

Carol Segal Fri 3 Nov – Sun 5 Nov

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

Ven Khenpo Jamyang Gampo Fri 10 Nov – Sun 12 Nov

Cleanse And Heal Your Internal Organs with Powerful Chi - Gung Exercises and Meditation

Paul Dorrian Fri 17 Nov – Sun 19 Nov

☸ Quiet Mountain, Clear Sky: Meditating With Calmness And Clarity

Mervyn Croft Fri 1 Dec – Sun 3 Dec

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

Bruce van Dongen Fri 8 Dec – Sun 10 Dec

Shibuie - When Beauty Happens Accidentally: Sumie and Raku – Japanese brush painting and pottery

Ingrid Adams Monday 11 Dec – Fri 15 Dec

JOY: Tap Into Your Creative Energy

Charisse Louw Fri 15 Dec – Sun 17 Dec

✿The Four Immeasurable Gifts at Christmas

Tsunma Tsonдру Fri 22 Dec – Tue 26 Dec

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

Tsunma Tsonдру Fri 29 Dec – Tue 02 Jan