

BUDDHIST RETREAT CENTRE, IXOPO
Summary List of Retreats
08 March 2024 – 03 September 2024

☸ indicates retreats held in noble silence

2024

The Union Of Calm Abiding And Insight Meditation

Chamtrul Rinpoche Fri 8 Mar - Sun 10 Mar

Traditional Hatha And Raja Yoga

Duncan Rice 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

☸ **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 Carter Fri 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 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

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

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 Kaestle 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