

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

9 May 2025 – 8 January 2026

☸ indicates retreats held in noble silence

#### 2025

#### ☸ **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

#### **Chakra Realignment Retreat**

Andrea Rocha ..... Tue 22 Jul – Thu 24 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 – Mon 4 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 Tsondru .....Tue 23 Dec – Sat 27 Dec

**☸ Three Wise Medicines For Living Your Life In The New Year**

Tsunma Tsondru ..... 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