

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

08 Apr 2022 - 12 Feb 2023

✿ indicates retreats held in noble silence

#### Reclaim Your Power: A journey to inner balance

Heike Sym ..... Fri 08 Apr - Sun 10 Apr

#### ✿Open The Heart And Still The Mind: Embracing grief and gratitude with compassion

Sue Cooper ..... Thu 14 Apr - Thu 21 Apr

#### World As Lover, World As Self: Finding our way home in difficult times

Tsunma Tsondru ..... Fri 22 Apr - Sun 24 Apr

#### Vinyāsa Yoga And Meditation

Hannelize Robinson ..... Fri 29 Apr - Sun 01 May

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

Jason Ross ..... Tue 03 May - Sun 08 May

#### ✿Under The Full Moon Of May: Wesak - celebrating 25 centuries of Buddhism

Stephen Coan ..... Fri 13 May - Sun 15 May

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

Tsunma Tsondru ..... Sun 15 May - Fri 20 May

#### Releasing Ourselves From Old Stories: Stepping from the past into an abundant future by drawing on the Ancient Hawaiian practice of Ho'oponopono

Dominique Garnett ..... Fri 20 May - Sun 22 May

#### Systems Constellations: Healing Trauma Through Restoring Strengths And Creativity

Vasintha Pather ..... Tue 24 May - Thu 26 May

#### The Heart And Art Of Awakening - Part 1: Shift your life though presence and art

John Homewood and Michelle McClunan ..... Fri 27 May - Sun 29 May

#### The Heart And Art Of Awakening - Part 2: Going deeper

John Homewood and Michelle McClunan ..... Sun 29 May - Tue 31 May

#### The Sacred Feminine : Empowering the feminine with yoga, meditation and your astrological moon

Margarita Celeste and Michelle Strybis ..... Fri 03 Jun - Sun 05 Jun

#### An Introduction To Mindfulness Based Living: "Knowing the present"

Kerri Martinaglia and Chrissi Preuss ..... Fri 10 Jun - Sun 12 Jun

#### The Poetry In Mindfulness

Linda Kaoma ..... Sun 12 Jun - Wed 15 Jun

#### Cultivating Mind-Heart Resonance Through Emotional Intelligence And Mindfulness

Shanil Haricharan ..... Fri 17 Jun - Sun 19 Jun

#### Iyengar Yoga: Nudging the body into shape and health

Judy Farah ..... Fri 24 Jun - Sun 26 Jun

#### Iyengar Yoga: Deepening your practice

Judy Farah ..... Sun 26 Jun - Fri 1 Jul

#### ✿Saying Yes To Life - Finding The Divinity Within Ourselves: How having 'faith' can help us live wholeheartedly in the midst of a challenging and uncertain world

Richard-John Chippindall ..... Fri 01 Jul - Sun 03 Jul

#### Rejuvenating The BRC: A Family Retreat With Children In Mind

Anisha Maharaj and Eshara Ramphal ..... Mon 04 Jul - Thu 07 Jul

**Gardening For Happiness: The Basics Of Gardening**

Chris Dalzell ..... Fri 08 Jul - Sun 10 Jul

**Ethical Investing For Sustainability**

Peter and Louisa Lennon..... Sun 10 Jul - Tue 12 Jul

**An Antidote To Insecurity**

Peter and Louisa Lennon ..... Tue 12 Jul - Fri 15 Jul

**Traditional Hatha and Raja Yoga**

Duncan Rice ..... Fri 15 Jul - Sun 17 Jul

**Anger - On The Path Of Love**

Yageshree Moodley and Udersh Mahesh ..... Fri 22 Jul - Sun 24 Jul

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

Tessa Pretorius..... Fri 29 Jul - Sun 31 Jul

**A Weekend Of Hatha Yoga: Rekindle Your Life Energy**

Kugan Naidoo..... Fri 5 Aug - Sun 7 Aug

**Moving Meditation: Cultivating The Four Energies Of Tai Chi**

Brett Vallis..... Fri 12 Aug - Sun 14 Aug

**Relaxation: Opening And Relaxing The Heart And Mind**

Pippa Cope ..... Fri 19 Aug - Sun 21 Aug

**Working With The Elements: Enquiry Into Ourselves And The World Around Us Through A Deeper Understanding Of Our Environment**

Pippa Cope .....Sun 21 Aug - Wed 24 Aug

**A Yin Yoga Retreat: Restorative Yoga**

Jennifer Chapman ..... Fri 26 Aug - Sun 28 Aug

**The Body Has Something To Say: Exploring Our Thinking Bodies Through Yoga, Meditation And Therapeutic Reflection**

Fiona Britton and Jason Ross ..... Fri 2 Sep - Sun 4 Sep

**Nia - Retreat Through Dance: Curating Life As Art**

Susan Sloan ..... Fri 9 Sep - Sun 11 Sep

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

Lisa Firer ..... Fri 17 Sep - Sun 19 Sep

**Mark Making - The Essence Of Calligraphy. A gentle introduction to formal Western calligraphy**

Anne-Marie Moore ..... Tue 20 Sep – Thu 22 Sep

**Healing The Family Tree: An Ancestor And Us Writing Retreat**

Dorian Haarhoff ..... Fri 23 Sep -Sun 25 Sep

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

Dorian Haarhof ..... Sun 25 Sep - Tue 27 Sep

**☯The Moon At The Window - A Silent Retreat With Ryokan**

Stephen Coan ..... Fri 30 Sep - Sun 2 Oct

**Yinsight Yoga: Yin Yoga And Mindfulness Meditation**

Despina Forbes ..... Fri 7 Oct - Sun 9 Oct

**Stand Like A Tree To Power Up Your Chi**

Paul Dorrian ..... Tue 11 Oct - Thu 13 Oct

**Life Tides And Word Links: A Course In Poetry**

Dawn Garisch ..... Thu 13 Oct - Sun 16 Oct

**Root Memoir Course: Exploring Nature And Nurture**

Dawn Garisch .....Tue 18 Oct - Sun 23 Oct

**Yin And Yang: A Yoga Retreat: Release, Relax And Restore**

Georgie Carter..... Tue 25 Oct - Fri 28 Oct

**“You Can’t Fill The Hole In Your Heart With Food” ...And Other Things - Jan Chozen Bays Mindful Eating: The hidden gifts of our compulsions**

Xenia Ayiotis..... Fri 28 Oct - Sun 30 Oct

**Yin And Restorative Yoga**

Phumla Shongwe .....Fri 4 Nov - Sun 6 Nov

**At Ease in Mind and Body: An Introduction To Qigong**

Paul Dorrian ..... Fri 11 Nov - Sun 13 Nov

**Original Condition - A Meditation And Movement Retreat: Learn To Reframe Intimacy Through Meditation, Mindful And Creative Movement**

Dave Gardner .....Sun 13 Nov - Fri 18 Nov

**✿Quiet Mountain, Clear Sky: Meditating With Calmness And Clarity**

Mervyn Croft..... Fri 18 Nov - Sun 20 Nov

**The Roots Of Sacred Drumming: Exploring Natural Rhythms**

Richard Ellis and Marc Kress ..... Fri 25 Nov - Sun 27 Nov

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

Marc Kress .....Fri 02 Dec - Sun 04 Dec

**A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology**

Dr. Ian Weinberg.....Fri 09 Dec - Sun 11 Dec

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

Ingrid Adams .....Sun 11 Dec - Thu 15 Dec

**Grounded In Space: A Weekend Of Tai Chi And Qigong**

Alex and Jeremy Lister-James .....Fri 16 Dec - Sun 18 Dec

**✿Stalking The Moment: Being Home 24/7 - Christmas At The BRC**

Tsunma Tsondru .....Fri 23 Dec - Mon 26 Dec

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

Tsunma Tsondru .....Thu 29 Dec - Mon 02 Jan 2023

**Time To Focus And Tune Into 2023: Gently kickstart the new year with an ashram-style retreat offering qigong, hatha yoga, meditation and healing therapies**

Tsunma Tsondru, Kugan Naidoo, Brett Vallis and Deborah Don ..... Fri 6 Jan-Sun 8 Jan 2023

**✿Ten Day Vipassana Retreat**

Jonathan Preboy and Anna Scharfenberg..... Mon 9 Jan – Thu 19 Jan

**✿Vipassana Meditation: How to realise ever-present mindfulness**

Jonathan Preboy and Anna Scharfenberg..... Fri 13 Jan – Sun 15 Jan

**✿A Vipassana Retreat: The search for truth**

Jonathan Preboy and Anna Scharfenberg..... Sun 15 Jan – Thu 19 Jan

**Gardening For Happiness: The Basics Of Gardening**

Chris Dalzell..... Fri 20 Jan – Sun 22 Jan

**The Way of Ubuntu:Exploring traditional South African healing**

John Lockley and Nomusa Mthembu..... Fri 27 Jan – Mon 30 Jan

**Happy Healthy Yoga For Healing And Harmony**

Margot McMaster..... Fri 3 Feb – Sun 05 Feb

**Getting To Know The Birds At The BRC: 160 Birds of a feather**

Steve Davis..... Fri 10 Feb – Sun 12 Feb