

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

19 Aug 2022 - 23 May 2023

✿ indicates retreats held in noble silence

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 16 Sep - Sun 18 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

Begin Birding - And Reap Lifelong Rewards

Aldo Berruti Fri 4 Nov - Sun 6 Nov

At Ease in Mind and Body: An Introduction To Qigong

Paul Dorrian Fri 11 Nov - Sun 13 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 KressFri 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 and Anthony ShapiroMon 12 Dec - Fri 16 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 TsondruFri 23 Dec - Mon 26 Dec

Let Your Light Shine: Kindle your creative energy
 Charisse Louw Mon 26 Dec-Thu 29 Dec

✿**Three Wise Medicines For Living Your Life In The New Year**
 Tsunma TsondruThu 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 Fri 6 Jan - Sun 8 Jan 2023
 Tsunma Tsondru, Kugan Naidoo, Brett Vallis and Deborah Don

✿**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 MthembuFri 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

Creative Intuition Retreat
 Theresa Hardman Fri 17 Feb – Sun 19 Feb

Shine your Light : An Integrative Astrology Retreat Combining Astrology, SoulCollage® And Yoga
 Corinna Botoulas and Duncan Rice Fri 24 Feb – Sun 26 Feb

Qigong From The Daoist Mountain Wudang: Energy - Vastness – Stillness
 Max Weier Tue 28 Feb – Thu 02 Mar

Healing Qigong For Health And Vitality
 Dr Hu Jin-Yun Fri 03 Mar - Sun 05 Mar

Yin And Yang: A Yoga Retreat: Release, Relax And Restore
 Georgie Carter Fri 10 Mar – Sun 12 Mar

☸ Pranayama Yoga

Cheryl Lancellas Sun 12 Mar – Fri 17 Mar

From Fear To Fundamental Well-Being: Healing Relaxation, Yoga and Meditation

Albert Osel (Buhr) Fri 17 Mar – Tue 21 Mar

Pathways To Dao: Qigong – Meditation – Wisdom

Max Weier Tue 21 Mar – Thu 23 Mar

Yin And Restorative Yoga

Phumla Shongwe Fri 24 Mar – Sun 26 Mar

☸ Meditation In Daily Life: How To Develop Wisdom, Happiness And Freedom In Our Life With Meditation

Bhante Sukhacitto and Beth Faria Fri 31 Mar – Wed 05 Apr

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

Sue Cooper Fri 07 Apr – Fri 14 Apr

Follow The Rainbow To Wholesome Health

Debbie Rich and Sascha Türk Fri 14 Apr – Sun 16 Apr

The Healing Art Of Reiki (Level 1), Yoga And Meditation: Heal the body, relax the mind

Katherine Fillmore and Jade Morey Fri 21 Apr – Sun 23 Apr

Deepening The Healing Art Of Reiki: Reiki (Levels 2 and 3), yoga and meditation

Katherine Fillmore and Jade Morey Sun 23 Apr – Thu 27 Apr

Reclaim Your Power: A journey to inner balance

Heike Sym Fri 28 Apr – Mon 1 May

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

Stephen Coan Fri 5 May – Mon 7 May

Mist Rising, Rain Falling: A Qigong Retreat

Dianne Franklin Sun 7 May – Fri 12 May

Spiritual Friendship: Making The Practice Ordinary And The Ordinary, Practice

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

Compassion in Action

Lucy-Draper Clarke Fri 26 May – Sun 28 May

Mindfulness And Movement For Life

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