

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

18 Dec 2022 - 3 Sep 2023

✿ indicates retreats held in noble silence

Eating: The hidden gifts of our compulsions

Xenia Ayiotis Fri 16 Dec - Sun 18 Dec

✿**The Four Immeasurable Gifts at Christmas**

Tsunma Tsonдру Fri 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 Tsonдру 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 Fri 6 Jan - Sun 8 Jan 2023

Tsunma Tsonдру, 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 Mthembu Fri 27 Jan – Mon 30 Jan

Happy Healthy Yoga For Healing And Harmony

Margot McMaster Fri 3 Feb – Sun 05 Feb

Shining Bright: Awaken The Authentic Leader Within

Rajes Govender Sun 05 Feb – Tue 07 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

The Practice Of Embodiment Through Therapeutic Yin Yoga, Therapeutic Sound And Mindfulness Meditation

Despina Forbes Sun 19 Feb – Fri 24 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

Tibetan Dream Yoga: The Practice Of Lucid Dreaming
Chamtrul Rinpoche Fri 24 Mar – Sun 26 Mar

☸Meditation In Daily Life: How To Develop Wisdom, Happiness And Freedom In Our Life With Meditation
Bhante Sukhacitto Fri 31 Mar – Wed 05 Apr

☸Open The Heart And Still The Mind: Embracing grief and gratitude with compassion
Sue Cooper Fri 03 Apr – Fri 13 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

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

Yin And Restorative Yoga

Phumla Shongwe 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

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