

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

19 Feb 2023 – 12 Nov 2023

✿ indicates retreats held in noble silence

✿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

✿From Seeking To Seeing - Mindfulness Meditation

David Gardner..... Fri 31 Mar – Sun 2Apr

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

Sue Cooper Thu 06 Apr – Mon 10 April or Thu 13 Apr

Follow The Rainbow To Wholesome Health

Debbie Rich, Sascha Türk and Lauren Fairly..... 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 – Sun 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 and Eshara Ramphal 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 Tsonдру Fri 14 Jul - Sun 16 Jul

☸ Beginner's Mind, Quiet Mind: Meditation Instruction And Practice For Meaningful Daily Living

Tsunma Tsonдру Sun 16 Jul - Fri 21 Jul

A Weekend Of Ishta Yoga – Combining Hatha, Tantra and Ayurveda Practice

Buhle Mabanga..... 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

The Roots Of Sacred Drumming: Exploring Natural Rhythms

Richard Ellis and Marc Kress Fri 8 Sep – Sun 10 Sep

Yoga Mind, Body And Breath

Marc Kress Sun 10 Sep – Fri 15 Sep

Yoga Mind, Body And Breath: A Journey Of Self-Discovery
 Marc Kress Fri 15 Sep – Sun 17 Sep

Healing The Family Tree: An Ancestor And Us Writing Retreat
 Dorian Haarhoff Fri 22 Sep – Sun 24 Sep

Between First In-Breath And Last Out-Breath: The Art Of Story-telling
 Dorian Haarhoff Sun 24 Sep – Tue 26 Sep

A Taste of Somatics: Feeling And Healing The Body From Within
 Lisa Firer Fri 29 Sep – Sun 1 Oct

Practical Consciousness - A Simple Guide To Raising Your Consciousness
 Dash Singh Fri 6 Oct – Sun 8 Oct

The Sacred Feminine : Empowering The Feminine With Yoga, Meditation And Your Astrological Moon
 Margarita Celeste and Sandra Hedges Fri 13 Oct – Sun 15 Oct

Stand Like A Tree To Power Up Your Chi
 Paul Dorian Fri 20 Oct - Sun 22 Oct

If The Buddha Found His Soulmate: Finding A Loving Relationship On A Spiritual Path
 Natascha Prussen and Warren Shaw Fri 27 Oct – Sun 29 Oct

Finding Meaning And Purpose - Buddhist Insights Into The Nature Of The Mind
 Ven Khenpo Jamyang Gampo Fri 10 Nov – Sun 12 Nov