

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

22 January 2021 – 30 January 2022

✿ indicates retreats held in noble silence

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

Jonathan Preboy and Anna Scharfenberg ..... Fri 22 Jan - Sun 24 Jan

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

Jonathan Preboy and Anna Scharfenberg ..... Sun 24 Jan - Thu 28 Jan

#### A Morning Of Mindful Eating (online)

Xenia Ayiotis ..... Sun 24 Jan 9:00-11:30am

#### Happy Healthy Yoga: Kickstart the new year with yoga for health and harmony

Margot McMaster ..... Fri 29 Jan - Sun 31 Jan

#### Transforming The World From Within

Lucy Draper-Clarke ..... Fri 05 Feb - Sun 07 Feb

#### Reach Stillness And Tranquility In Motion: Pa Tuan Chin Qigong

Paul Dorrian ..... Fri 12 Feb - Mon 15 Feb

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

Margarita Celeste and Michelle Strybis ..... Fri 19 Feb - Sun 21 Feb

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

Heike Sym ..... Fri 26 Feb - Sun 28 Feb

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

Ian Weinberg ..... Fri 05 Mar - Sun 07 Mar

#### Yin And Yang: A Yoga Retreat: Release, relax and restore

Georgie Carter ..... Fri 12 Mar - Sun 14 Mar

#### From Fear To Fundamental Well-Being

Albert Buhr ..... Fri 19 Mar - Mon 22 Mar

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

Katherine Fillmore ..... Fri 26 Mar - Sun 28 Mar

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

Katherine Fillmore ..... Sun 28 Mar - Thu 01 Apr

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

Sue Cooper ..... Thu 01 Apr - Mon 05 Apr

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

Heike Sym ..... Fri 09 Apr - Sun 11 Apr

#### ✿ A Weekend Of Kindness At The BRC

Elizabeth Gaywood ..... Fri 16 Apr - Sun 18 Apr

#### Vinyāsa Yoga And Meditation

Hannelize Robinson ..... Fri 23 Apr - Sun 25 Apr

#### Seeing The Light: A Photography Workshop: Explore your inner light through your camera

Marlene Neumann ..... Fri 30 Apr - Sun 02 May

#### Mist Rising, Rain Falling: A Qigong Retreat

Dianne Franklin ..... Mon 03 May - Fri 07 May

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

John Homewood and Michelle McClunan ..... Fri 07 May - Sun 09 May

## **Meditation In Daily Life - Online**

Bhante Sukhacitto and Beth Faria..... Sat 08 May - Sun 09 May 9:00:-11:30:am

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

John Homewood and Michelle McClunan .....Sun 09 May - Tue 11 May

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

Tsunma Tsondru ..... Tues 11 May - Fri 14 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 14 May - Sun 16 May

## **Come As You Are: Secular Buddhism, Existential Philosophy And Psychotherapy. Can Buddhism Effectively Treat The Struggles We Face In Life?**

Jason Ross .....Fri 21 May - Tue 25 May

## **☸ Under The Full Moon Of May: Wesak**

Louis van Loon and Stephen Coan .....Fri 28 May - Sun 30 May

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

Carey Would and Kerri Martinaglia..... Fri 04 Jun - Sun 06 Jun

## **Radical Acceptance - Exploring the first fetter in the Buddha's teaching: Personality or Identity View**

Chandasara ..... Fri 11 Jun - Sun 13 Jun

## **Writing To Move On: An experiential writing workshop for those in need of new ways of being, seeing and doing**

Elana Bregin ..... Fri 18 Jun - Sun 20 Jun

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

Judy Farah ..... Fri 25 Jun - Sun 27 Jun

## **Iyengar Yoga: Deepening your practice**

Judy Farah ..... Sun 27 Jun - Fri 02 Jul

## **☸ Yoga And Zen: Integrating Yoga and Zen meditation practice**

Jane Treffry-Goatley and Kevin Treffry-Goatley ..... Fri 02 Jul - Sun 04 Jul

## **Rejuvenating The BRC: A family retreat with children in mind**

Anisha Maharaj .....Mon 05 Jul - Thu 08 Jul

## **Gardening For Happiness: The Basics of Gardening**

Chris Dalzell..... Fri 09 Jul - Sun 11 Jul

## **The Roots Of Sacred Drumming: Exploring natural rhythms**

Richard Ellis and Marc Kress ..... Fri 16 Jul - Sun 18 Jul

## **Yin And Yang: A Yoga Retreat: Release, relax and restore**

Georgie Carter..... Tue 20 Jul - Fri 23 Jul

## **Circles of Compassion: Reconnect with self and others in a socially-distanced world**

Graham Williams..... Fri 23 Jul - Sun 25 Jul

## **Moving Meditation: Cultivating the four energies of tai chi**

Brett Vallis..... Fri 30 Jul - Sun 01 Aug

## **☸ Saying Yes To Life: How we can live wholeheartedly in the midst of a challenging world**

Richard-John Chippindall ..... Fri 06 Aug - Sun 08 Aug

## **"Written In The Stars": The Basics Of The Ancient Art Of Astrology**

Corinna Botoulas..... Mon 09 Aug - Thu 12 Aug

## **A Weekend of Hatha Yoga: Rekindle Your Life Energy**

Kugan Naidoo..... Fri 13 Aug - Sun 15 Aug

**SoulCollage® : "Know Yourself - And You Will Conquer The Universe..."**

Corinna Botoulas..... Mon 16 Aug - Thu 19 Aug

**Finding And Keeping Your Centre: Taking care of ourselves in order to be of service to others**

Tessa Pretorius..... Fri 20 Aug - Sun 22 Aug

**A Yin Yoga Retreat**

Jennifer Chapman ..... Fri 27 Aug - Sun 29 Aug

**Yoga Mind, Body And Breath: A journey of self-discovery**

Marc Kress ..... Fri 03 Sep - Sun 05 Sep

**"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 10 Sep - Sun 12 Sep

**A Taste of Somatics: Feeling and healing the body within**

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

**Zen Pen: A Writing, Being And Meditation Retreat**

Dorian Haarhoff ..... Thu 23 Sep - Sun 26 Sep

**The Rough Writing Road: Keeping a journal**

Dorian Haarhoff ..... Sun 26 Sep - Tue 28 Sep

**Deepening Your Emotional Intelligence Through Mindfulness: Gaining insights into your emotional intelligence for resonant relationship**

Shanil Haricharan ..... Fri 01 Oct - Sun 03 Oct

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

Despina Forbes ..... Fri 08 Oct - Sun 10 Oct

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

Paul Dorrian ..... Tue 12 Oct - Fri 15 Oct

**The Myth Of Writer's Block: Exploring the relationship between negative thought patterns and creative flow**

Natasha Freeman..... Fri 15 Oct - Sun 17 Oct

**☸ Under The Rose-Apple Tree: A weekend of meditation practice**

Stephen Coan..... Fri 22 Oct - Sun 24 Oct

**Life Tides And Word Links: A weekend course in poetry**

Dawn Garisch ..... Fri 29 Oct - Sun 31 Oct

**Writing Our Ancestral Stories : Shifting the past into new futures**

Dawn Garisch ..... Wed 03 Nov - Sun 07 Nov

**☸ Letting Go Into Flow**

Chandasara and Nolitha Tsengiwe..... Fri 12 Nov - Fri 19 Nov

**At Ease in in Mind and Body: An introduction to qigong**

Paul Dorrian ..... Fri 19 Nov - Sun 21 Nov

**☸ Quiet Mountain, Clear Sky: Meditating with calmness and clarity**

Mervyn Croft..... Fri 26 Nov - Sun 28 Nov

**Grounded In Space: A weekend of tai chi and qigong**

Alex and Jeremy Lister-James ..... Fri 03 Dec - Sun 05 Dec

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

Ian Weinberg..... Fri 10 Dec - Sun 12 Dec

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

Ingrid Adams and Jess Merle ..... Sun 12 Dec - Thu 16 Dec

**✿Open The Heart And Still the Mind: Ending The Year With Kindness, Compassion And Joy**

Sue Cooper ..... Thu 16 Dec - Thu 23 Dec

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

Tsunma Tsondru .....Thu 23 Dec - Sun 26 Dec

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

Tsunma Tsondru ..... Wed 29 Dec - Sun 02 Jan 2022

**Time To Focus And Tune Into 2022: Gently kickstart the new year with an ashram-style retreat offering qigong (chi kung), hatha yoga, chanting and meditation and healing therapies**

Deborah Don, Kugan Naidoo and Colin Kemery ..... Fri 7 Jan - Sun 9 Jan 2022

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

Jonathan Preboy and Anna Scharfenberg ..... Fri 14 Jan - Sun 16 Jan 2022

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

Jonathan Preboy and Anna Scharfenberg ..... Sun 16 Jan - Sat 22 Jan 2022

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

John Lockley .....Fri 21 Jan - Mon 24 Jan 2022

**Healing Qigong For Health And Vitality**

Dr Hu Jin-Yun ..... Fri 28 Jan - Sun 30 Jan 2022