

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

23 July 2021 – 5 June 2022

✿ indicates retreats held in noble silence

Doing Your Own Thing: Self Retreat

..... 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 and Sonja Dyason 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 and Sonja Dyason Mon 16 Aug - Thu 19 Aug

Mindfulness Skills For Challenging Times

Choden..... Fri 20 Aug – Sun 22 Aug

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

Tessa Pretorius..... Mon 23 Aug - Wed 25 Aug

A Yin Yoga Retreat

Jennifer Chapman Fri 27 Aug - Sun 29 Aug

The Roots Of Sacred Drumming: Exploring Natural Rhythms

Richard Ellis and 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

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

Georgie Carter..... Tue 26 Oct - Fri 29 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

☸ Mindfulness For Cultivation Of Compassion And Wisdom

Nolitha Tsengiwe Fri 12 Nov - Wed 17 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

☸ Vipassana Meditation: How to realise ever-present mindfulness

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

☸ A Vipassana Retreat: The search for truth

Jonathan Preboy and Anna Scharfenberg Sun 16 Jan - Thu 20 Jan

The Way Of Ubuntu: Exploring traditional South African healing

John Lockley and Nomusa Mthembu Fri 21 Jan - Mon 24 Jan

Healing Qigong For Health And Vitality

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

Rainbow Salads And Sunshine Bowls: Adopting A Wholesome Plant-Based Lifestyle

Debbie Rich, Sascha Türk, Nishalin Pillay and Vaneshran Arumugam Fri 04 Jan - Sun 06 Feb

The Great Power Of Chi Kung (Qigong)

Max Weier Wed 09 Feb - Fri 11 Feb

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

Chris Dalzell and Steve Davis Fri 11 Feb - Sun 13 Feb

☸ Pathways To Tao: Chi Kung (Qigong) - Meditation - Wisdom

Max Weier Tue 15 Feb - Thu 17 Feb

Happy Healthy Yoga For Health And Harmony

Margot McMaster Fri 18 Feb - Sun 20 Feb

Speak Your Truth, Listen Deeply

Lucy Draper-Clarke and Felicity Hart Fri 25 Feb - Sun 27 Feb

A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology

Ian Weinberg..... Fri 04 Mar - Sun 06 Mar

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

Georgie Carter..... Fri 11 Mar - Sun 13 Mar

From Fear To Fundamental Well-Being

Albert Buhr..... Fri 18 Mar - Sun 21 Mar

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

Katherine Fillmore and Jade Morey..... Fri 25 Mar - Sun 27 Mar

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

Katherine Fillmore and Jade Morey..... Sun 27 Mar - Thu 31 Mar

✿A Weekend Of Kindness At The BRC

Elizabeth Gaywood and Di Franklin Fri 01 Apr - Sun 3 Apr

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 - Mon 18 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

Mist Rising, Rain Falling: A qigong retreat

Di Franklin Sun 08 May – Thu 12 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 Practi Friday 03 June 2022 - Sunday 05 June 2022ce 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

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 3 Jun – Sun 5 Jun