

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

04 June 2021 – 01 May 2022

✿ indicates retreats held in noble silence

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

Mindfulness Skills For Challenging Times

Choden..... 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

🌀 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 LockleyFri 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 ArumugamFri 04 Jan - Sun 06 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

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 Fri 25 Mar - Sun 27 Mar

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

Katherine Fillmore 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