

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

10 Jun 2022 - 01 May 2023

✿ indicates retreats held in noble silence

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

Kerri Martinaglia and Chrissi Preuss Fri 10 Jun - Sun 12 Jun

Cultivating Mind-Heart Resonance Through Emotional Intelligence And Mindfulness

Shanil Haricharan Fri 17 Jun - Sun 19 Jun

Iyengar Yoga: Nudging the body into shape and health

Judy Farah Fri 24 Jun - Sun 26 Jun

Iyengar Yoga: Deepening your practice

Judy Farah Sun 26 Jun - Fri 1 Jul

✿ Saying Yes To Life - Finding The Divinity Within Ourselves: How having 'faith' can help us live wholeheartedly in the midst of a challenging and uncertain world

Richard-John Chippindall Fri 01 Jul - Sun 03 Jul

Rejuvenating The BRC: A Family Retreat With Children In Mind

Anisha Maharaj and Eshara Ramphal Mon 04 Jul - Thu 07 Jul

Gardening For Happiness: The Basics Of Gardening

Chris Dalzell Fri 08 Jul - Sun 10 Jul

Ethical Investing For Sustainability

Peter and Louisa Lennon Sun 10 Jul - Tue 12 Jul

An Antidote To Insecurity

Peter and Louisa Lennon Tue 12 Jul - Fri 15 Jul

Traditional Hatha and Raja Yoga

Duncan Rice Fri 15 Jul - Sun 17 Jul

Anger - On The Path Of Love

Yageshree Moodley and Udersh Mahesh Fri 22 Jul - Sun 24 Jul

Finding And Keeping Your Centre: Taking Care Of Ourselves In Order To Be Of Service To Others

Tessa Pretorius Fri 29 Jul - Sun 31 Jul

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

Sue Cooper Fri 07 Apr - Fri 14 Apr

A Weekend Of Hatha Yoga: Rekindle Your Life Energy

Kugan Naidoo Fri 12 Aug - Sun 14 Aug

Relaxation: Opening And Relaxing The Heart And Mind

Pippa Cope Fri 19 Aug - Sun 21 Aug

Working With The Elements: Enquiry Into Ourselves And The World Around Us Through A Deeper Understanding Of Our Environment

Pippa Cope Sun 21 Aug - Wed 24 Aug

A Yin Yoga Retreat: Restorative Yoga

Jennifer Chapman Fri 26 Aug - Sun 28 Aug

The Body Has Something To Say: Exploring Our Thinking Bodies Through Yoga, Meditation And Therapeutic Reflection

Fiona Britton and Jason Ross Fri 2 Sep - Sun 4 Sep

Nia - Retreat Through Dance: Curating Life As Art

Susan Sloan Fri 9 Sep - Sun 11 Sep

A Taste of Somatics: Feeling And Healing The Body From Within

Lisa Firer Fri 16 Sep - Sun 18 Sep

- Mark Making - The Essence Of Calligraphy. A gentle introduction to formal Western calligraphy**
Anne-Marie Moore Tue 20 Sep – Thu 22 Sep
- Healing The Family Tree: An Ancestor And Us Writing Retreat**
Dorian Haarhoff Fri 23 Sep -Sun 25 Sep
- Between First In-Breath And Last Out-Breath: The Art Of Story-telling**
Dorian Haarhof Sun 25 Sep - Tue 27 Sep
- ✿**The Moon At The Window - A Silent Retreat With Ryokan**
Stephen Coan Fri 30 Sep - Sun 2 Oct
- Yinsight Yoga: Yin Yoga And Mindfulness Meditation**
Despina Forbes Fri 7 Oct - Sun 9 Oct
- Stand Like A Tree To Power Up Your Chi**
Paul Dorrian Tue 11 Oct - Thu 13 Oct
- Life Tides And Word Links: A Course In Poetry**
Dawn Garisch Thu 13 Oct - Sun 16 Oct
- Root Memoir Course: Exploring Nature And Nurture**
Dawn Garisch Tue 18 Oct - Sun 23 Oct
- Yin And Yang: A Yoga Retreat: Release, Relax And Restore**
Georgie Carter Tue 25 Oct - Fri 28 Oct
- “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 28 Oct - Sun 30 Oct
- Begin Birding - And Reap Lifelong Rewards**
Aldo Berruti Fri 4 Nov - Sun 6 Nov
- At Ease in Mind and Body: An Introduction To Qigong**
Paul Dorrian Fri 11 Nov - Sun 13 Nov
- ✿**Quiet Mountain, Clear Sky: Meditating With Calmness And Clarity**
Mervyn Croft Fri 18 Nov - Sun 20 Nov
- The Roots Of Sacred Drumming: Exploring Natural Rhythms**
Richard Ellis and Marc Kress Fri 25 Nov - Sun 27 Nov
- Yoga Mind, Body And Breath: A Journey Of Self-Discovery**
Marc Kress Fri 02 Dec - Sun 04 Dec
- A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology**
Dr. Ian Weinberg Fri 09 Dec - Sun 11 Dec
- Shibuie - When Beauty Happens Accidentally: Sumie and Raku - Japanese brush painting and pottery**
Ingrid Adams Sun 11 Dec - Thu 15 Dec
- Grounded In Space: A Weekend Of Tai Chi And Qigong**
Alex and Jeremy Lister-James Fri 16 Dec - Sun 18 Dec
- ✿**Stalking The Moment: Being Home 24/7 - Christmas At The BRC**
Tsunma Tsondru Fri 23 Dec - Mon 26 Dec
- ✿**Three Wise Medicines For Living Your Life In The New Year**
Tsunma Tsondru 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 Tsondru, 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

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

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

Yin And Restorative Yoga

Phumla Shongwe Fri 24 Mar – Sun 26 Mar

✿Meditation In Daily Life: How To Develop Wisdom, Happiness And Freedom In Our Life With Meditation

Bhante Sukhacitto and Beth Faria..... Fri 31 Mar – Wed 05 Apr

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

Sue Cooper..... Fri 07 Apr – Fri 14 Apr

Follow The Rainbow To Wholesome Health

Debbie Rich and Sascha Türk Fri 18 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