

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

09 July 2021 – 31 May 2022

✿ indicates retreats held in noble silence

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 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

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
☸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 Practice 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