

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

25 Mar 2022 - 06 Jan 2023

✿ indicates retreats held in noble silence

#### **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 and Jade Morey ..... Sun 27 Mar - Thu 31 Mar

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

Di Franklin and Kugan Naidoo ..... Fri 01 Apr - Sun 3 Apr

#### **Mist Rising, Rain Falling: A qigong retreat**

Di Franklin ..... Sun 3 Apr - Fri 08 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 - Thu 21 Apr

#### **World As Lover, World As Self: Finding our way home in difficult times**

Tsunma Tsonдру ..... 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

#### **✿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 Tsonдру ..... 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

#### **Systems Constellations: Healing Trauma Through Restoring Strengths And Creativity**

Vasinth Pather ..... Tue 24 May - Thu 26 May

#### **The Heart And Art Of Awakening - Part 1: Shift your life through 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 03 Jun - Sun 05 Jun

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

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

#### **The Poetry In Mindfulness**

Linda Kaoma ..... Sun 12 Jun - Wed 15 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

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

Kugan Naidoo ..... Fri 5 Aug - Sun 7 Aug

### **Moving Meditation: Cultivating The Four Energies Of Tai Chi**

Brett Vallis ..... 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 17 Sep - Sun 19 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

**Yin And Restorative Yoga**

Phumla Shongwe ..... Fri 4 Nov - Sun 6 Nov

**At Ease in Mind and Body: An Introduction To Qigong**

Paul Dorrian ..... Fri 11 Nov - Sun 13 Nov

**Original Condition - A Meditation And Movement Retreat: Learn To Reframe Intimacy Through Meditation, Mindful And Creative Movement**

Dave Gardner ..... Sun 13 Nov - Fri 18 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**

Tsunma Tsondru, Kugan Naidoo, Brett Vallis and Deborah Don