

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

11 Nov Sep 2022 - 30 Jul 2023

✿ indicates retreats held in noble silence

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, Nina and Kate Shand..... Mon 12 Dec - Fri 16 Dec

“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 16 Dec - Sun 18 Dec

✿ The Four Immeasurable Gifts at Christmas

Tsunma Tsonдру Fri 23 Dec - Mon 26 Dec

Let Your Light Shine: Kindle your creative energy

Charisse Louw Mon 26 Dec - Thu 29 Dec

✿ Three Wise Medicines For Living Your Life In The New Year

Tsunma Tsonдру 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 Tsonдру, 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 14 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

✿**Under The Full Moon Of May: Wesak - celebrating 25 centuries of Buddhism**
 Stephen Coan..... Fri 5 May – Mon 7 May

Mist Rising, Rain Falling: A Qigong Retreat
 Dianne FranklinSun 7 May – Fri 12 May

Spiritual Friendship: Making The Practice Ordinary And The Ordinary, Practice
 Ajahn Candasiri Fri 12 May – Wed 17 May

Speak Your Truth, Listen Deeply
 Lucy Draper-Clarke and Felicity Hart.....Fri 19 May – Sun 21 May

Compassion in Action
 Lucy-Draper Clarke.....Fri 26 May – Sun 28 May

Sacred Union: Integrate The Divine Masculine And Feminine Energies, And Shift Into Your Authentic True Self - Part 1
 John Homewood and Michelle McClunanFri 02 Jun – Sun 04 Jun

Sacred Union: Integrate The Divine Masculine And Feminine Energies, And Shift Into Your Authentic True Self

- Part 2

John Homewood and Michelle McClunan Sun 04 Jun – Tue 06 Jun

Mindfulness And Movement For Life

Kerri Martinaglia and Chrissi Preuss Fri 9 Jun – Sun 11 Jun

Cultivating Mind-Heart Resonance Through Emotional Intelligence And Mindfulness

Shanil Haricharan Thu 15 Jun – Sun 18 Jun

Come As You Are: Secular Buddhism, Existential Philosophy And Psychotherapy. Can Buddhism effectively treat the struggles we face in life?

Jason Ross Fri 23 Jun – Wed 28 Jun

Traditional Hatha And Raja Yoga

Duncan Rice Fri 7 Jul – Sun 9 Jul

☸Active Hope - Practices For Difficult Times

Tsunma Tsondru Fri 14 Jul - Sun 16 Jul

☸Beginner's Mind, Quiet Mind: Meditation Instruction And Practice For Meaningful Daily Living

Tsunma Tsondru Sun 16 Jul - Fri 21 Jul

Yin And Restorative Yoga

Phumla Shongwe Fri 21 Jul - Sun 23 Jul

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

Tessa Pretorius Fri 28 Jul - Sun 30 Jul