

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

9 Sep 2022 - 11 Jun 2023

✿ indicates retreats held in noble silence

#### **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

#### **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 Haarhoff ..... 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

#### ✿ **Meditation For Beginners: Learning the basics of meditation practice**

Elizabeth Gaywood and Di Franklin ..... 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 and Anthony Shapiro ..... Mon 12 Dec - Fri 16 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

## **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 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 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 Franklin ..... Sun 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

**Mindfulness And Movement For Life**

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