

## **BUDDHIST RETREAT CENTRE, IXOPO**

### **Summary List of Retreats**

**12 June 2026 – 31 Jan 2027**

☸ indicates retreats held in noble silence

#### **Traditional Hatha And Raja Yoga**

Duncan Rice ..... Fri 12 Jun – Sun 14 Jun

#### **Wisdom Of Wintering - A Yoga Retreat**

Carey Would and Christie Holt ..... Fri 19 Jun – Sun 21 Jun

#### **Mid-year Solstice Immersion - Clarity through Constellations**

Karen Verburgh..... Mon 22 Jun – Thu 25 Jun

#### ☸ **From Seeking To Seeing - The Heart Of Meditation**

Dave Gardner..... Fri 26 Jun – Sun 28 Jun

#### ☸ **From Seeking to Seeing - The Heart Of Meditation (3 Day Extension)**

Dave Gardner..... Sun 28 Jun – Wed 1 Jul

#### **Iyengar Yoga: Nudging The Body Into Shape And Health**

Judy Farah..... Fri 3 Jul-Sun 5 Jul

#### **Iyengar Yoga: Deepening Your Practice**

Judy Farah..... Sun 5 Jul-Fri 10 Jul

#### **Pixels And Precepts: Navigating Mindfulness And Technology**

Shogan Parker..... Fri 10 Jul-Sun 12 Jul

#### **No Cure For You: If Buddha Were Your Psychoanalyst**

Dr. Jason Ross ..... Sun 12 Jul-Thu 16 Jul

#### **Fear To Fundamental Well-Being: Healing Relaxation, Yoga And Meditation**

Albert Osel ..... Fri 17 Jul-Mon 20 Jul

#### **Money As Spiritual Practice - Learn How Money Can Bridge Your Material And Spiritual Life And Become A Form Of Spiritual Practice**

Felicity Hart..... Tue 21 Jul-Thu 23 Jul

#### **Embracing Impermanence : A Raku Workshop – With A Taste Of Forest Bathing, Sound Therapy And Reflexology**

Sharon Paterson, Bernard Chatikobo, Belinda Best and Shogan Parker ..... Fri 24 Jul-Wed 29 Jul

#### **Reset for The Latter Half of 2026: Meditation, QiGong, Yoga And Healing Treatments**

Brendon Small, Kugan Naidoo, Warren Horsley and Nolwazi Bandezi..... Fri 31 Jul – Sun 2 Aug

#### **Light, Angles And Zen: A Photographic Workshop**

Andrew Brown ..... Mon 3 Aug – Wed 5 Aug

#### **Going With The Flow: Integrating Meditation And Mindfulness Into Our Daily Life**

Bruce van Dongen..... Fri 7 Aug – Sun 9 Aug

#### **A Journey Into Emotional Healing Through The Chakras**

Rose Rapson ..... Mon 10 Aug - Wed 12 Aug

#### **Feedme Slowly - Somatic Eating And Movement Retreat**

Nicholas McLean..... Fri 14 Aug – Sun 16 Aug

#### **Feedme Slowly - Holistic Gut Healing Retreat**

Nicholas McLean..... Sun 16 Aug – Wed 19 Aug

#### **Three Treasures For Mindful Living - A Pathway To Balance**

Bridget Hawkins..... Fi 21 Aug – Sun 23 Aug

**The Deepening - Find Your Way Back To Nature Healing**

Bernard Chatikobo and Chris Rooke ..... Mon 24 Aug – Wed 26 Aug

**Returning To Being: A Restorative Retreat**

Marrion Clarke and Carey Would ..... Fri 28 Aug – Sun 30 Aug

**Living With More Everyday Joy**

Jane McIntyre ..... Fri 4 Sep – Sun 6 Sep

**Always Already: An Exploration of Mindfulness Without Effort**

Dr. Simon Whitesman ..... Wed 9 Sep – Sun 13 Sep

**Somatic Movement - Ease of Being**

Lisa Firer ..... Fri 18 Sep – Sun 20 Sep

**Soft Body, Clear Mind, Open Heart : Somatic Movement For Relaxation**

Lisa Firer ..... Fri 25 Sep – Sun 27 Sep

**Family Systems Constellations And The Rhythms Of Nature**

Christel and Erik Andersen ..... Mon 28 Sep – Thu 1 Oct

**Iyengar Yoga : Moving into stillness**

Riva Herschovitz ..... Fri 2 Oct - Sun 4 Oct

**Standing Like A Tree To Power Up Your Chi: Chi Kung For Vitality**

Paul Dorrian ..... Fri 9 Oct - Tue 13 Oct

**Awaken The Lioness**

Prof Leonina Kaestele ..... Wed 14 Oct - Fri 16 Oct

**Zen Pen Words, Being And Breath**

Dorian Haarhoff ..... Fri 16 Oct - Sun 18 Oct

**Crafting Words In The Silence Of Shared Space**

Dorian Haarhoff ..... Sun 18 Oct - Tue 20 Oct

**☸ Open The Heart And Still The Mind: Infusing Mindfulness With Metta And Compassionate Wisdom**

Sue Cooper ..... Fri 23 Oct - Wed 28 Oct/Fri 30 Oct

**☸ The Practice Of Deep Listening: Integrating Mindfulness And Meditation, Movement And Therapeutic Sound**

Despina Forbes ..... Fri 30 Oct - Sun 1 Nov

**Qigong - Going With The Flow**

Dianne Franklin and Sharleen Lupke ..... Sun 1 Nov – Thu 5 Nov

**☸ Buddhism: The Basics**

Stephen Coan ..... Fri 6 Nov - Sun 8 Nov

**Practical Consciousness - A Weekend Your Soul Will Thank You For**

Dash Singh ..... Fri 13 Nov – Sun 15 Nov

**Awaken The Feminine – A Weekend Of Rest, Ritual And Reconnection**

Margarita Celeste and Michelle Strybis ..... Fri 20 Nov - Sun 22 Nov

**Transformation Through Mindfulness**

Nolitha Tsengiwe ..... Fri 27 Nov – Sun 29 Nov

**Art of Living Silence Retreat**

Vijaylakshmi Sewnarain ..... Thu 3 Dec – Sun 6 Dec

**Japanese Brush Painting And Ceramics: Sumie And Raku With Qigong And Meditation**

Ingrid Adams, Sharon Paterson, Bernard Charikobo, Chris Rooke, Shogan Parker ..... Fri 11 Dec – Tue 15 Dec

**Finding Meaning And Purpose - Buddhist Insights Into The Nature Of Mind**

Ven Khenpo Jamyang Gompo..... Fri 18 Dec – Sun 20 Dec

**☸ The Four Immeasurable Gifts At Christmas**

Tsunma Tsondru ..... Wed 23 Dec – Sun 27 Dec

**2027**

**☸ Three Wise Medicines For Living Your Life In The New Year**

Tsunma Tsondru ..... Mon 28 Dec – Fri 01 Jan

**Time To Focus And Tune Into 2027: Gently Kickstart The New Year With Qigong, Yoga, Meditation and Healing Treatments**

Brendon Small, Dianne Franklin, Marrion Clarke and Nolwazi Bandezi ..... Fri 1 Jan – Sun 3 Jan

**In 2027 Receive Clear Insights And Guidance To Plan Your Year Ahead**

Christel Anderson ..... Tue 5 Jan – Fri 8 Jan

**Take It Easy - Reconnect With Your True Self**

Nilam Narsee ..... Fri 8 Jan – Sun 10 Jan

**Nothing Is The Same For Everyone: An Ayurvedic Retreat**

Dr Keshia Abraham ..... Sun 10 Jan – Thu 14 Jan

**Cultivating Mind-Heart Resonance Through Emotional Awareness And Mindfulness**

Shanil Haricharan..... Fri 15 Jan – Sun 17 Jan

**Time To Renew Your Fire - A Weekend Retreat For Burnt-Out Phoenixes In Need Of Soul Rekindling**

Elana Bregin ..... Fri 22 Jan – Sun 24 Jan

**Healing Qigong For Health And Vitality**

Dr Hu Jin-Yun ..... Fri 29 Jan – Sun 31 Jan