

## **BUDDHIST RETREAT CENTRE, IXOPO**

### **Summary List of Retreats**

**13 Oct 2023 – 29 Apr 2024**

☸ indicates retreats held in noble silence

#### **The Sacred Feminine : Empowering The Feminine With Yoga, Meditation And Your Astrological Moon**

Margarita Celeste and Sandra Hedges ..... Fri 13 Oct – Sun 15 Oct

#### **Chi Kung: Stand Like A Tree To Power Up Your Chi**

Paul Dorian ..... Fri 20 Oct - Sun 22 Oct

#### **If The Buddha Found His Soulmate: Finding A Loving Relationship On A Spiritual Path**

Natascha Prussen and Warren Shaw ..... Fri 27 Oct – Sun 29 Oct

#### **Breath Is The Bridge: A Breath And Yoga Retreat With Guided Meditation**

Carol Segal ..... Fri 3 Nov – Sun 5 Nov

#### **Qigong - The Art Of Effortless Power**

Dianne Franklin ..... Sun 5 Nov – Fri 10 Nov

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

Ven Khenpo Jamyang Gampo ..... Fri 10 Nov – Sun 12 Nov

#### **Cleanse And Heal Your Internal Organs with Powerful Chi - Gung Exercises and Meditation**

Paul Dorrian ..... Fri 17 Nov – Sun 19 Nov

#### **☸Open The Heart And Still The Mind: Mist Rising, Dew Falling – Embracing Impermanence With Courage, Compassion And Joy**

Sue Cooper ..... Fri 24 Nov – Wed 29 Nov

#### **☸Quiet Mountain, Clear Sky: Meditating With Calmness And Clarity**

Mervyn Croft ..... Fri 1 Dec – Sun 3 Dec

#### **JOY: Tap Into Your Creative Energy**

Charisse Louw ..... Fri 08 Dec – Sun 10 Dec

#### **Shibuie - When Beauty Happens Accidentally: Sumie and Raku – Japanese brush painting and pottery**

Ingrid Adams and Lungelo Ncebo ..... Monday 11 Dec – Fri 15 Dec

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

Bruce van Dongen ..... Fri 15 Dec – Sun 17 Dec

#### **☸The Four Immeasurable Gifts at Christmas**

Tsunma Tsondru ..... Fri 22 Dec – Tue 26 Dec

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

Tsunma Tsondru ..... Fri 29 Dec – Tue 02 Jan

### **2024**

#### **Time To Focus And Tune Into 2024: Gently kickstart the new year with an ashram-style retreat offering qigong, hatha yoga, meditation and healing therapies**

Brendon Small, Kugan Naidoo, Di Franklin and Deborah Don ..... Fri 5 Jan – Sun 7 Jan

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

Duncan Rice ..... Fri 12 Jan - Sun 14 Jan

#### **☸Ten Day Vipassana Retreat**

Jonathan Preboy and Anna Scharfenberg ..... Mon 15 Jan – Thu 25 Jan

#### **☸Vipassana Meditation: How To Realise Ever-Present Mindfulness**

Jonathan Preboy and Anna Scharfenberg ..... Fri 19 Jan – Sun 21 Jan

**🌀A Vipassana Retreat: The Search For Truth**

Jonathan Preboy and Anna Scharfenberg ..... Sun 21 Jan – Thurs 25 Jan

**Vinyāsa Yoga And Meditation**

Hannelize Robinson ..... Fri 26 Jan – Sun 28 Jan

**Creative Intuition**

Theresa Hardman ..... Fri 2 Feb – Sun 4 Feb

**Healing Qigong For Health And Vitality**

Dr Hu Jin-Yun ..... Friday 9 Feb - Sun 11 Feb

**Regaining The Centre**

Ajahn Sucitto .....Sun 11 Feb - Sun 18 Feb

**Getting To Know The Birds At The BRC: 160 Birds Of A Feather**

Steve Davis.....Fri 23 Feb - Sun 25 Feb

**Speak Your Truth, Listen Deeply**

Felicity Joan Hart ..... Fri 1 Mar - Sun 3 Mar

**The Union Of Calm Abiding And Insight Meditation**

Chamtrul Rinpoche ..... Fri 8 Mar - Sun 10 Mar

**🌀Pranayama Yoga**

Cheryl Lancellas .....Sun 10 Mar - Fri 15 Mar

**Yin And Restorative Yoga**

Phumla Shongwe ..... Fri 15 Mar - Sun 17 Mar

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

Albert Osel (Buhr) and Lulu Erasmus ..... Thu 21 Mar - Sun 24 Mar

**🌀Open the Heart And Still the Mind: The Joy Of Heartfelt Presence**

Sue Cooper ..... Thu 28 Mar - Mon 1 Apr or Thu 28 Mar - Thu 04 Apr

**Active Hope - Practices For Difficult Times**

Tsunma Tsondru ..... Fri 05 Apr – Sun 07 Apr

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

Tsunma Tsondru ..... Mon 08 Apr - Fri 12 Apr

**Finding My Voice - A Mindfulness Retreat**

Annika Nicol.....Fri 12 Apr - Sun 14 Apr

**A Weekend Of Ishta Yoga And African Sound**

Buhle Mabanga.....Fri 19 Apr - Sun 24 Apr

**The Way Of Ubuntu: Exploring Traditional South African Healing**

John Lockley and Nomusa Mthembu ..... Fri 26 Apr - Mon 29 Apr