

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

06 Mar 2023 – 2 Jan 2024

☸ indicates retreats held in noble silence

☸ **Open the Heart and Still the Mind: The Joy of Heartfelt Presence**

Sue Cooper Thu 06 Apr – Mon 10 April or Thu 13 Apr

Eat Consciously - Live Consciously: Follow The Rainbow To Wholesome Health

Debbie Rich, Sascha Türk and Lauren Fairly Fri 14 Apr – Sun 16 Apr

A Weekend Of Ashram Style Hatha Yoga: Rekindle Your Life Energy

Kugan Naidoo Fri 21 Apr – Sun 23 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 – Sun 7 May

Qigong - The Art of Effortless Power

Dianne Franklin.....Sun 7 May – Fri 12 May

☸ **Nurturing Happiness**

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 McClunanSun 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

☸ **Saying Yes To Life -Taking Refuge In The Three Jewels**

Richard Chippindall..... Fri 30 Jun – Sun 02 Jul

Rejuvenating The BRC: A Family Retreat With Children In Mind

Anisha Maharaj..... Tue 4 Jul – Fri 7 Jul

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 Tsondra Sun 16 Jul - Fri 21 Jul
- A Weekend Of Ishta Yoga – Combining Hatha, Tantra and Ayurveda Practice**
Buhle Mabanga 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
- Iyengar Yoga: Nudging The Body Into Shape And Health**
Judy Farah Fri 4 Aug - Sun 6 Aug
- Iyengar Yoga: Deepening Your Practice**
Judy Farah Sun 6 Aug - Fri 11 Aug
- Three Treasures For Mindful Living - A Pathway To Balance**
Bridget Hawkins Fri 11 Aug - Sun 13 Aug
- Relaxation: Opening And Relaxing The Heart And Mind**
Pippa Cope Fri 18 Aug - Sun 20 Aug
- Enquiring Into The Tibetan Schemata Of The Five Elements Of Earth, Water, Fire And Space Externally And Within Ourselves**
Pippa Cope Sun 20 Aug - Tue 22 Aug
- Change Your Story - A Memoir Writing, Family Constellations And Meditation Retreat**
Dawn Garisch, Vasintha Pather, Alistair Blair Mon 28 Aug – Sun 3 Sep
- The Roots Of Sacred Drumming: Exploring Natural Rhythms**
Richard Ellis and Marc Kress Fri 8 Sep – Sun 10 Sep
- Yoga Mind, Body And Breath**
Marc Kress Sun 10 Sep – Fri 15 Sep
- Yoga Mind, Body And Breath: A Journey Of Self-Discovery**
Marc Kress Fri 15 Sep – Sun 17 Sep
- Healing The Family Tree: An Ancestor And Us Writing Retreat**
Dorian Haarhoff Fri 22 Sep – Sun 24 Sep
- Between First In-Breath And Last Out-Breath: The Art Of Story-telling**
Dorian Haarhoff Sun 24 Sep – Tue 26 Sep
- A Taste of Somatics: Feeling And Healing The Body From Within**
Lisa Firer Fri 29 Sep – Sun 1 Oct
- Practical Consciousness - A Simple Guide To Raising Your Consciousness**
Dash Singh Fri 6 Oct – Sun 8 Oct
- The Sacred Feminine : Empowering The Feminine With Yoga, Meditation And Your Astrological Moon**
Margarita Celeste and Sandra Hedges Fri 13 Oct – Sun 15 Oct
- 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
- 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

Gardening For Happiness: The Basics Of Gardening

Chris Dalzell Fri 24 Nov – Sun 26 Nov

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

Mervyn Croft Fri 1 Dec – Sun 3 Dec

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

Bruce van Dongen..... Fri 8 Dec – Sun 10 Dec

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

Ingrid Adams..... Monday 11 Dec – Fri 15 Dec

JOY: Tap Into Your Creative Energy

Charisse Louw Fri 15 Dec – Sun 17 Dec

☸ The Four Immeasurable Gifts at Christmas

Tsunma Tsonдру Fri 22 Dec – Tue 26 Dec

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

Tsunma Tsonдру Fri 29 Dec – Tue 02 Jan