

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

10 Aug 2026 – 28 Feb 2027

✿ indicates retreats held in noble silence

A Journey Into Emotional Healing Through The Chakras

Rose Rapson Mon 10 Aug - Wed 12 Aug

Slowly. Deeply. Nourish: A Sensory Journey Of Reconnection

Nicholas McLean and Minnelie Minnaar Fri 14 Aug - Sun 16 Aug

Feedme Slowly - Holistic Gut Healing Retreat

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

How To Draw What You See: A Pen And Ink Sketching Retreat

Julian Kiepiel, Terry Coleman..... Wed 19 Aug - Fri 21 Aug

Three Treasures For Mindful Living - A Pathway To Balance

Bridget Hawkins..... Fri 21 Aug - Sun 23 Aug

Qi Gong - Find Your Way Back To Health And Vitality

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

Hello Spring - A Gentle Yoga And Meditation Retreat

Keelan Naidoo..... Tue 1 Sep – Thu 3 Sep

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

Nowhere Else To Be - Spring Zazenkaï

William (Shogan)..... Tue 22 Sep - Thu 24 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 – Wed 4 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 TsengiweFri 27 Nov – Sun 29 Nov

Art of Living Silence Retreat

Vijaylakshmi SewnarainThu 3 Dec – Sun 6 Dec

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

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

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

Ven Khenpo Jamyang Gampo..... 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 Feb

Metaphysical Analytics™: Intuitive Intelligence In An Age of Uncertainty - An Immersive Retreat

Stephanie Salt Mon 1 Feb – Thu 4 Feb

Healing Qigong For Health And Vitality

Dr Hu Jin-Yun Fri 5 Feb – Sun 7 Feb

A Reiki Retreat: Returning To Self

Rose Rapson Wed 10 Feb – Fri 12 Feb

Traditional Hatha and Raja Yoga

Duncan Rice Fri 12 Feb – Sun 14 Feb

The Mindful Feast : A Foraging And Foodie Retreat With Yoga And Meditation

Kaz Wilson and Dael Lithgow..... Fri 19 Feb – Sun 21 Feb

Joanna Macy's Work That Reconnects: A Retreat For Recognising Ourselves As Part Of 'Nature', Connecting With Ourselves, Others And With Earth

Tsunma Tsonдру Wed 24 Feb – Fri 26 Feb

Change Your Mind - A Mindfulness Retreat

Mark Joseph..... Fri 26 Feb – Sun 28 Feb