

## **BUDDHIST RETREAT CENTRE, IXOPO**

### **Summary List of Retreats**

**12 Dec 2025 – 27 Sep 2026**

✿ indicates retreats held in noble silence

#### **2025**

##### **When Beauty Happens Accidentally: Japanese Brush Painting And Ceramics**

Ingrid Adams, Sharon Paterson, Bernard Charikobo and Chris Rooke ..... Fri 12 Dec – Tue 16 Dec

##### ✿ **Transformation Through Mindfulness**

Nolitha Tsengiwe ..... Fri 19 Dec – Sun 21 Dec

##### ✿ **The Four Immeasurable Gifts At Christmas**

Tsunma Tsondru ..... Tue 23 Dec – Sat 27 Dec

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

Tsunma Tsondru ..... Sun 28 Dec – Thu 1 Jan 2026

#### **2026**

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

Brendon Small, Marrion Clarke, Diane Franklin and Nolwazi Bandezi ..... Fri 2 Jan – Sun 4 Jan

##### **In 2026 - Receive Clear Insights And Guidance To Plan Your Year Ahead**

Christel Andersen ..... Mon 5 Jan – Thu 8 Jan

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

Shanil Haricharan ..... Fri 9 Jan - Sun 11 Jan

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

Duncan Rice ..... Fri 16 Jan – Sun 18 Jan

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

Elana Bregin ..... Fri 23 Jan – Sun 25 Jan

##### ✿ **Nowhere Else To Be – Zen Sitting**

Shogan Parker ..... Tues 27 Jan – Thu 29 Jan

##### **Healing Qigong For Health And Vitality**

Dr Hu Jin-Yun ..... Fri 30 Jan – Sun 01 Feb

##### ✿ **Three Lines, One Breath – Haiku As Practice**

Shogan Parker ..... Tue 3 Feb – Thu 5 Feb

##### **Use Your Body To Steady Your Heart**

Ajahn Sucitto ..... Fri 6 Feb - Fri 13 Feb

##### **Tibetan Dream Yoga: The Practice Of Lucid Dreaming**

Chamtrul Rinpoche ..... Fri 13 Feb - Sun 15 Feb

##### **Qigong - Gently Nurturing Life**

Dianne Franklin ..... Sun 15 Feb - Thurs 19 Feb

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

Steve Davis ..... Fri 20 Feb - Sun 22 Feb

##### **Moving Into Stillness: A Yoga And Meditation Retreat**

Hannelize Robinson ..... Fri 27 Feb - Sun 01 Mar

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

Kaz Wilson and Dael Lithgow..... Fri 06 Mar - Sun 08 Mar

**Change Your Mind - A Mindfulness Retreat**

Mark Joseph..... Fri 13 Mar - Sun 15 Mar

**Marrying The East With West - Hatha Yoga For Balance And Vitality**

Cheryl Lancellas ..... Fri 20 Mar - Sun 22 Mar

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

John Lockley and Nomusa Mthembu ..... Fri 27 Mar – Mon 30 Mar

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

Sue Cooper ..... Thu 2 Apr – Thu 9 Apr

**Ageing With Grace And Vitality: A Yoga Retreat**

Christine Withiel and Howard Lipschitz..... Thu 9 Apr – Mon 13 Apr

**Relationship Wellness And Renewal Retreat**

Shelley Lewin and Sav Goldridge ..... Fri 17 Apr - Sun 19 Apr

**Reclaim Your Power: A Journey To Inner Balance**

Heike Sym ..... Fri 24 Apr – Mon 27 Apr

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

Tsunma Tsonдру ..... Mon 27 Apr – Thu 30 Apr

**Cultivating Hope And Joy In Adversity**

Tsunma Tsonдру ..... Fri 1 May – Sun 3 May

☸ **Dirt And Dharma – A Nature Retreat**

Shogan Parker..... Tue 5 May – Thu 7 May

**THE AWAKENED MAN – Tame Your Mind, Revitalise Your Soul**

John Homewood..... Fri 8 May – Sun 10 May

**THE ALCHEMY OF PRESENCE – Transform Through Conscious Co-Creation**

John Homewood and Michelle McClunan ..... Fri 15 May – Sun 17 May

**Recovery To Self - How Free Do You Want To Be?**

Warren Shaw ..... Fri 22 May – Sun 24 May

☸ **Why Does The Buddha Smile?**

Stephen Coan..... Fri 29 May – Sun 31 May

**Izwi Lika Nomkhubulwane: The Voice Of The Mother Within - A Weekend Of Rest, Sacred Sound And Ancestral Remembrance**

Buhle Mabanga..... Fri 5 Jun – Sun 7 Jun

**Traditional Hatha And Raja Yoga**

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

**Rested And Rooted: Wintering Of Wisdom - A Yoga Retreat**

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

**Mid-year Solstice Immersion**

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

☸ **From Seeing To Seeking - 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 2025: 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

**Come Home To Yourself: A Women’s Retreat**

Magdarie Van Staden .....Fri 7 Aug – Mon 10 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 Everyday Joy: Living With More 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 – Sun 27 Sep