

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

19 Sep 2026 – 3 May 2027

✿ indicates retreats held in noble silence

Nowhere Else To Be – A Spring Zen Retreat

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 – Explore The Systems To Which You Belong

Christel and Erik Andersen Mon 28 Sep – Thu 1 Oct

Iyengar Yoga : Moving into stillness

Riva Hirschowitz 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 Kaestle 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

✿ Cultivating Self-Compassion for Burnout & Healing into Well-Being

Sue Cooper Fri 23 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 Tsengiwe Fri 27 Nov – Sun 29 Nov

Art of Living Silence Retreat

Vljaylakshmi Sewnarain Thu 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

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

Tsunma Tsonдру Mon 28 Dec – Fri 1 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

Guru Yoga: An Essential Tibetan Buddhist Tantric Practice

Chamtrul Rinpoche Fri 29 Jan – Sun 31 Jan

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

Sacred Drumming Retreat

Marc Kress Fri 5 Mar – Sun 7 Mar

Clarity Through Constellations

Karen Verburgh Mon 8 Mar – Thu 11 Mar

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

Steve Davis Fri 12 Mar – Sun 14 Mar

Return To Love: A Weekend Of Energy Healing, Sound And Heart-Centred Healing

Jules and Reagan Martinez Fri 19 Mar – Sun 21 Mar

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

Sue Cooper Thu 25 Mar – Thu 1 Apr

The Way Of Ubuntu: Exploring Traditional South African Healing

John Lockley and Nomusa Mthembu Fri 2 Apr – Mon 5 Apr

Antar Yatra - The Inner Journey: A Yoga, Pranayama, Meditation And Mindfulness Retreat

Kugan and Pam Naidoo Fri 9 Apr – Sun 11 Apr

Accepting Change - A Yoga Retreat

Christine Withiel, Howard Lipschitz and Mags van Staden Thu 15 Apr – Sun 18 Apr

Humble Healing Retreat

Pierre Buckley and Rudy Cupido.....Fri 23 Apr – Mon 26 Apr

Beginner's Mind, Quiet Mind: The Simple Joy Of Meditation

Tsunma Tsondru Fri 30 Apr – Mon 3 May