

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

23 Oct 2026 – 3 May 2027

✿ indicates retreats held in noble silence

✿ 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, 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, Magdarie van Staden 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 Tsonдру 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, 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, 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 Tsondru	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, 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, Nomusa Mthembu	Fri 2 Apr - Mon 5 Apr
Antar Yatra - The Inner Journey: A Yoga, Pranayama, Meditation And Mindfulness Retreat	
Kugan, Pam Naidoo	Fri 9 Apr - Sun 11 Apr
Accepting Change - A Yoga Retreat	
Christine Withiel, Howard Lipschitz, Mags van Staden	Thu 15 Apr - Sun 18 Apr
Humble Healing Retreat	
Pierre Buckley, 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