

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

2 Apr 2026 – 31 Jan 2027

✿ indicates retreats held in noble silence

✿ 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

The Architecture Of Relationship

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 Tsondru Mon 27 Apr – Thu 30 Apr

Cultivating Hope And Joy In Adversity

Tsunma Tsondru 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

Staying In The Flow - A Gentle Yoga And Meditation Retreat

Keelan Naidoo.....

THE ALCHEMY OF PRESENCE – Transform Through Conscious Co-Creation – Part One

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

THE ALCHEMY OF PRESENCE: Integration And Deepening – Part Two

John Homewood and Michelle McClunan Sun 17 May - Wed 20 May

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

Warren Shaw Fri 22 May – Sun 24 May

Baby Steps To Living Your Brilliance: Neuroscience, Gratitude, And The Art of Sustainable Transformation

Patti Good Tue 26 May - Thu 28 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

Wisdom Of Wintering - 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 Seeking To Seeing - 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 2026: 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

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

Bruce van Dongen..... Fri 7 Aug – Sun 9 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 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

Soft Body, Clear Mind, Open Heart : Somatic Movement For Relaxation

Lisa Firer..... Fri 25 – 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

☸ **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 – Thu 5 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

Vijaylakshmi Sewnarain Thu 3 Dec – Sun 6 Dec Dec

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

Ingrid Adams, Sharon Paterson, Bernard Charikobo, 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 Jan

Healing Qigong For Health And Vitality

Dr Hu Jin-Yun Fri 29 Jan – Sun 31 Jan