

## BRC Retreat Programme: February 2020 - January 2021

🌀 These retreats are in Noble Silence

**Freedom Through Somatic Practices: A 5-day transformational retreat of somasensing™, intuitive yoga, nature and wholefoods**

Yasmin Lambat, Nicholas Luqmaan McLean ..... 5 days: 23 - 28 February 2020

**A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology**

Ian Weinberg ..... Weekend: 28 February - 1 March 2020

**The Sacred Feminine: Empowering the feminine with yoga, meditation and your astrological moon**

Margarita Celeste and Michelle Strybis ..... Weekend: 6 - 8 March 2020

**The Healing Art Of Reiki (Level 1), Yoga And Meditation: Heal the body, relax the mind**

Katherine Fillmore ..... Weekend: 13 - 15 March 2020

**Deepening The Healing Art Of Reiki: Reiki (Levels 2 and 3), yoga and meditation**

Katherine Fillmore ..... 4 days: 15 - 19 March 2020

**The Wilderness Within: The subtle activism of engaged Buddhists**

Tsunma Tsondru ..... Weekend: 20 - 22 March 2020

**🌀 Saying Yes To Life: How we can live wholeheartedly in the midst of a challenging world**

Richard-John Chippindall ..... Weekend: 27 - 29 March 2020

**Vinyāsa Yoga: Stilling the mind**

Hannelize Robinson ..... Weekend: 3 - 5 April 2020

**🌀 Open The Heart And Still The Mind: Cultivating kindness and compassion**

Sue Cooper ..... 4 days: 9 - 13 April 2020

**Dyad Enquiry: Listening with your whole being. Speaking from your deepest authenticity**

Nicholas Burnand and Sarah Dekker ..... 3 days: 14 - 17 April 2020

**Healing Qigong (Chi Kung) - For Health And Vitality: Embodying and radiating the chi**

Dr Hu Jin-Yun ..... Weekend: 17 - 19 April 2020

**🌀 Dharma Circle - Mid-Week Meditation: How to remain calm and clear in everything we do and say: The practice of Sati**

Louis van Loon and Rudene Gerber ..... 2 days: 19 - 21 April 2020

**"Seeing The Light": A Photography Workshop: Explore your inner light through your camera**

Marlene Neumann ..... 3 days: 24 - 27 April 2020

**Awakening To Flow: Re-aligning and shifting your life**

John Homewood ..... 3 days: 30 April - 3 May 2020

**Going Deeper Into Flow: Applied knowledge creates wisdom and flow**

John Homewood ..... 2 days: 3 - 5 May 2020

**🌀 Under The Full Moon Of May: Wesak: The BRC - Forty years on**

Louis van Loon and Stephen Coan ..... Weekend: 8 - 10 May 2020

**Transforming Fear: How to turn stress and anxiety into well-being**

Albert Buhr ..... 2 days: 11 - 13 May 2020

**🌀 Meditation For Beginners: Learning the basics of meditation practice**

Elizabeth Gaywood ..... Weekend: 15 - 17 May 2020

**Stress: The Disease Of Our Age - The Buddhist Way Out: Finding an effective way of dealing with stress**

Melanie Polatinsky ..... Weekend: 22 - 24 May 2020

**Yogis Live Longer: Hatha yoga for health and resilience**

Christine Withiel and Howard Lipschitz ..... Weekend: 29 - 31 May 2020

**An Introduction To Mindfulness Based Living: "Knowing the present"**

Carey Would and Kerri Martinaglia ..... Weekend: 5 - 7 June 2020

**🌀 Get On The Write Track: Memoir And Mindfulness: Your path to freedom, enlightenment and perhaps \$\$**

Wanda Hennig ..... 3 days: 8 - 11 June 2020

**The Roots Of Sacred Drumming: Exploring natural rhythms**

Richard Ellis and Marc Kress ..... Weekend: 12 - 14 June 2020

**Your Precious Life: Discovering Avenues To Meaning And Purpose Based On The Principles of Logotherapy: How it is possible to live life powerfully despite adversity**

Klasie Wessels and Samantha Sparkes ..... Weekend: 19 - 21 June 2020

**Rejuvenating The BRC: A family retreat with children in mind**

Anisha Maharaj ..... 4 days: 22 - 26 June 2020

**Iyengar Yoga: Nudging the body into shape and health**

Judy Farah ..... Weekend: 26 - 28 June 2020

**Iyengar Yoga: Deepening your practice**

Judy Farah ..... 4 days: 28 June - 2 July 2020

**Radiant Grace - A Yogic Journey To Self-Acceptance: Taking kundalini yoga off the mat into your life**

Denise (Sohandev Kaur) ..... Weekend: 3 - 5 July 2020

**🌀 Dharma Circle: Mid-Week Meditation: How to remain calm and clear in everything we say and do: The practice of Sati**

Rudene Gerber ..... 2 days: 6 - 8 July 2020

**Re-Storying Our Lives: With Special Focus On Depression And Anxiety: Exploring a reconnection with well-being**

Dominique Garnett ..... Weekend: 10 - 12 July 2020

**Music And Mindfulness: Exploring sound and silence**

Hilary Kromberg and John Roff ..... 2 days: 12 - 14 July 2020

**Finding And Keeping Your Centre: Taking care of ourselves in order to be of service to others**

Tessa Pretorius ..... Weekend: 17 - 19 July 2020

**Exploring The Practices Of Meditation, Prayer, Generous Giving And Fasting As Four Foundations Of Spiritual Life: Focusing on universal spiritual practice**

Felicity Hart ..... Weekend: 24 - 26 July 2020

**🌀 A Secular Buddhist Retreat: Towards a practice of care**

Katrin Auf der Heyde ..... 4 days: 29 July - 2 August 2020

**Delicious Wellness: How to make your body your best friend**

Patti Good ..... 2 days: 4 - 6 August 2020

**🌀 Stoep Zen: When did Buddha come to Africa?**

Antony Osler and Margie Osler ..... 3 days: 7 - 10 August 2020

**A Neurosurgeon Probes Wellness And Performance: Psychoneuroimmunology**

Ian Weinberg ..... Weekend: 14 - 16 August 2020

**☸Dharma Circle: Mid-Week Meditation: How to remain calm and clear in everything we do and say: The practice of Sati**  
 Elizabeth Gaywood ..... 2 days: 17 - 19 August 2020  
**Life Writing: A workshop on memoir**  
 Dawn Garisch ..... 5 days: 21 - 26 August 2020  
**Life Tides And Word Links: A weekend course in poetry**  
 Dawn Garisch ..... Weekend: 28 - 30 August 2020  
**A Workshop On Astrology: Mapping out your inner blueprint**  
 Margarita Celeste, Corinna Botoulas ..... 3 days: 31 August - 3 September 2020  
**SoulCollage®: "Know yourself - and you will conquer the universe..."**  
 Corinna Botoulas ..... Weekend: 4 - 6 September 2020  
**☸Transformation With The Power Of Awareness: Developing awareness, compassion and insight**  
 Nolitha Tsengiwe ..... Weekend: 11 - 13 September 2020  
**A Taste Of Mindfulness: On being here - now**  
 Lisa Firer and Craig Henen ..... Weekend: 18 September - 20 September 2019  
**Between First In-Breath And Last Out-Breath: The art of story-telling**  
 Dorian Haarhoff ..... Weekend: 25 - 27 September 2020  
**The Poet Hiding Inside: How to live and write poetry**  
 Dorian Haarhoff ..... 2 days: 27 - 29 September 2020  
**☸A Taste Of Yoga And Zen: Yoga and Zen meditation practice**  
 Jane Treffry-Goatley and Kevin Treffry-Goatley ..... Weekend: 2 - 4 October 2020  
**☸Beginner's Mind, Quiet Mind: Meditation instruction and practice for meaningful daily living**  
 Tsunma Tsondru ..... 5 days: 4 - 9 October 2020  
**The Yoga Of Self-Love: A spiritual exploration**  
 Nerisha Maharaj ..... Weekend: 9 - 11 October 2020  
**At Ease In Mind And Body: An Introduction to qigong (chi kung)**  
 Paul Dorrian ..... Weekend: 16 - 18 October 2020  
**☸Heartfulness Meditation: A silent meditation retreat**  
 Lynne Marion ..... 3 days: 19 - 22 October 2020  
**"You Can't Fill The Hole In Your Heart With Food".... And Other Things - Jan Chozen Bays: Mindful eating: The hidden gifts of our compulsions**  
 Xenia Ayiotis ..... Weekend: 23 - 25 October 2020  
**Deepening Your Emotional Intelligence Through Mindfulness: Gaining insights into your emotional intelligence for resonant relationships**  
 Shanil Haricharan ..... Weekend: 30 October - 1 November 2020  
**Cultivating Mindful Leadership For The 21st Century Through Deepening Your Emotional Intelligence: Leading with compassion, hope and mindfulness in the 21st century**  
 Shanil Haricharan ..... 2 days: 1 - 3 November 2020  
**☸The Moon At The Window: A silent retreat with Ryokan**  
 Stephen Coan ..... Weekend: 6 - 8 November 2020  
**☸Silent Music: A meditation retreat**  
 Stephen Coan ..... 4 days: 8 - 12 November 2020  
**Buddhism, Existential Philosophy And Psychology: Can Buddhism effectively treat the struggles we face in life?**  
 Jason Ross ..... Weekend: 13 - 15 November 2020  
**Fully Human Activism: The way of gentle activists who make a difference**  
 Graham Williams ..... 2 days: 16 - 18 November 2020  
**Zen, Light And Angles: A photographic workshop**  
 Andrew Brown ..... Weekend: 20 - 22 November 2020  
**Going With The Flow: Integrating meditation and mindfulness into our daily life**  
 Bruce van Dongen ..... Weekend: 27 - 29 November 2020  
**Grounded In Space: A weekend of tai chi and qigong (chi kung)**  
 Alex Lister-James and Jeremy Lister-James ..... Weekend: 4 - 6 December 2020  
**☸Making The Practice Ordinary And The Ordinary, Practice: A meditation retreat**  
 Sister Candasiri ..... 5 days: 11 December - 16 December 2019  
**Shibuie: When Beauty Happens Accidentally: Seeing with deep-seeing eyes - Sumie and Raku: Japanese brush painting and pottery**  
 Louis van Loon, Ingrid Adams and Fay Keit ..... 4 days: 18 December - 22 December 2019  
**☸Stalking The Moment: Being At Home 24/7: Christmas at the BRC**  
 Tsunma Tsondru ..... 3 days: 23 - 26 December 2020  
**Time To Focus And Tune Into 2021: Gently kickstart the new year with an ashram-style retreat offering qigong (chi kung), hatha yoga, chanting and meditation and healing therapies**  
 Alex Lister-James, Colin Kemery, Deborah Don, Jeremy Lister-James, Marc Kress and Rudene Gerber ..... Weekend: 8 - 10 January 2021