

## BRC Retreat Programme: May 2019 - April 2020

🌀 These retreats are in Noble Silence

### **The Awakening Shift Experience: Realise your magnificence!**

John Homewood ..... Weekend: 03-05 May 2019

### **Going Deeper Into The Awakening: An extension of the awakening shift experience**

John Homewood ..... 2 days: 05-07 May 2019

### **Yin And Yang: A yoga retreat: Release, relax and restore**

Georgie Carter ..... Weekend: 10-12 May 2019

### 🌀 **Under The Full Moon Of May: Wesak - Celebrating 25 centuries of Buddhism**

Louis van Loon and Stephen Coan ..... Weekend: 17-19 May 2019

### **Sacred Drumming: Exploring natural rhythms**

Richard Ellis and Marc Kress ..... Weekend: 24-26 May 2019

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

Kerri Martinaglia and Carey Would ..... Weekend: 31 May-02 June 2019

### **Your Precious Life: Discovering avenues to meaning and purpose - Logotherapy**

Klasie Wessels and Samantha Sparkes ..... Weekend: 07-09 June 2019

### **Get On The Write Track: Memoir and mindfulness. Breathe, listen, write Your path to freedom, enlightenment and perhaps \$\$**

Wanda Hennig ..... 3 days: 10-13 June 2019

### **Ayurveda, Yoga And Meditation Retreat: A return to wholeness**

Helen Altman ..... Weekend: 14-16 June 2019

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

Sheila Berry, Lihle Mbokazi and Sipho Msiya ..... 3 days: 17-20 June 2019

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

Judy Farah ..... Weekend: 21-23 June 2019

### **Iyengar Yoga: Deepening your practice**

Judy Farah ..... 4 days: 23-27 June 2019

### **Life Writing: A workshop on memoir**

Dawn Garisch ..... 5 days: 28 June-03 July 2019

### **Change Your Relationship With Persistent Difficulties**

Dawn Garisch ..... Weekend: 05-07 July 2019

### **A Retreat On Mindful Communication**

Lucy Draper-Clarke and Felicity Hart ..... Weekend: 12-14 July 2019

### **Dharma Circle: Mid-week Meditation: How to remain calm and clear in everything we say and do: the practice of Sati**

Louis van Loon ..... 2 days: 15-17 July 2019

### **Yoga: An Effective Antidote To Our Stressful Lives: How to practise the pause**

Nicci Annette ..... Weekend: 19-21 July 2019

### **Reincarnation: What Happens During Death And Dying Beyond? Can this be known?**

Khentrul Lodrö T'hayé Rinpoche ..... 2 days: 23-25 July 2019

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

Tessa Pretorius ..... Weekend: 26-28 July 2019

### **Compassionate Communication: Listening with your whole being. Speaking from your deepest authenticity**

Nicholas Burnand ..... 4 days: 02-06 August 2019

### **Healing Therapies For Health and Harmony**

Deborah Don ..... Weekend: 02-06 August 2019

### **Working With The Elements: An enquiry into ourselves and the world around us through a deeper understanding of our environment**

Pippa Cope and Jane Pilosof ..... 3 days: 06-09 August 2019

### **Healing Relaxation: Opening and relaxing the heart and mind**

Pippa Cope and Jane Pilosof ..... Weekend: 09-11 August 2019

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

Patti Good ..... 2 days: 13-15 August 2019

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

Ian Weinberg ..... Weekend: 16-18 August 2019

### **Dharma Circle: Mid-week Meditation: How to remain calm and clear in everything we say and do: the practice of Sati**

Louis van Loon ..... 2 days: 18-20 August 2019

### **Nia Technique: How to love and appreciate your body through music, movement and dance**

Karyn Cardoso ..... Weekend: 23-25 August 2019

### **Authentic Ayurveda: Restorative yoga and mindful cooking**

Nalini ..... Weekend: 30 August-01 September 2019

### **Mindful Writing**

Dorian Haarhoff ..... Weekend: 06-08 September 2019

### **Mirror, Lens And Window: The art of journalling**

Dorian Haarhoff ..... 2 days: 08-10 September 2019

### **A Taste Of Mindfulness: On being here - now**

Lisa Firer and Craig Hemen ..... Weekend: 13-15 September 2019

### **The Karma And Drama Of Relationships: A practical Buddhist approach**

Melanie Polatinsky ..... 3 days: 20-23 September 2019

### **Tibetan Dream Yoga: The practice of lucid dreaming**

Geshe Lobsang Dhondup ..... Weekend: 27-29 September 2019

### **Deepening Your Emotional Intelligence Through Mindfulness**

Shanil Haricharan ..... Weekend: 04-06 October 2019

### **Mindful Body - Embodied Mind: Body Sense Alexander Technique and mindful movement**

Marguerite van der Merwe..... Weekend: 11-13 October 2019

**Deepening The Practice Of Mindful Body-Embodied Mind: The Alexander Technique continued**

Marguerite van der Merwe ..... 2 days: 13-15 October 2019

**"You Can't Fill The Hole In Your Heart With Food" ...And Other Things - Jan Chozen Bays: Mindful Eating**

Xenia Ayiotis and Richard-John Chippindall ..... Weekend: 18-20 October 2019

🌀 **Beginner's Mind, Quiet Mind: Meditation instruction and practice for meaningful daily living**

Tsunma Tsondru ..... 5 days: 20-25 October 2018

**Yoga Mind, Body And Breath: A journey of self-discovery**

Marc Kress ..... Weekend: 25-27 October 2018

**Spring Writing Retreat: Let your inspiration flow and renew your writing impetus with nature's most creative show**

Elana Bregin ..... 3 days: 29-31 October 2018

**If The Buddha Found His Soulmate: Finding a loving relationship on a spiritual path**

Natascha Prussen and Warren Shaw ..... Weekend: 01-03 November 2019

**A Pilates Retreat: Moving with agility**

Kim McCusker-Bartlett ..... 3 days: 04-07 November 2019

🌀 **Eyes Horizontal, Nose Vertical: A weekend of meditation practice**

Stephen Coan ..... Weekend: 08-10 November 2019

🌀 **Playing A Lute With No String: A meditation practice retreat**

Stephen Coan ..... 4 days: 10-14 November 2019

**An Introduction To Chi Kung: Boost your health and longevity**

Paul Dorrian ..... Weekend: 15-17 November 2019

🌀 **Being Our Own Best Friend In This Crazy World**

Chandasara ..... Weekend: 22-24 November 2019

**Going With The Flow: Integrating yoga into daily life as a mindfulness practice**

Bruce van Dongen ..... Weekend: 29 November-01 December 2019

🌀 **Quiet Mountain, Clear Sky: Meditating with calmness and clarity**

Mervyn Croft ..... Weekend: 06-08 December 2019

**Grounded In Space: A weekend of tai chi and chi kung**

Jeremy and Alex Lister-James ..... Weekend: 13-15 December 2019

**Shibuie: When Beauty Happens Accidentally: Seeing with deep-seeing eyes - Sumie and Raku: Japanese brush painting and pottery**

Fay Keit, Ingrid Adams and Louis van Loon ..... 4 days: 17-21 December 2019

🌀 **Stalking The Moment: Being At Home 24/7: Christmas at the BRC**

Tsunma Tsondru ..... 3 days: 24-27 December 2019

🌀 **Welcoming The New Year With Compassion And Joy: New Year at the BRC**

Sue Cooper ..... 4 days: 28 December 2019-01 January 2020

**Time To Reminisce, Reflect and Refocus: Gently kickstart the new year with an ashram-style retreat**

Colin Kemery, Bruce van Dongen, Deborah Don and Kerri Martinaglia... Weekend: 03-05 January 2020

**Awakening The Writer In You: The art of writing from the heart**

Elana Bregin ..... 3 days: 06-09 January 2020

**Getting To Know The Birds And Trees At The BRC: 160 Birds of a feather**

Chris Dalzell and Steve Davis ..... Weekend: 10-12 January 2020

🌀 **Vipassana Meditation: How to realise ever-present mindfulness**

Jonathan Preboy and Anna Scharfenberg ..... Weekend: 17-19 January 2020

🌀 **A Vipassana Retreat: The search for truth**

Jonathan Preboy and Anna Scharfenberg ..... 4 days: 19-23 January 2020

**Happy Healthy Yoga: Kickstart the new year with yoga for health and harmony**

Margot McMaster ..... Weekend: 24-26 January 2020

**The Way Of Ubuntu: Exploring traditional South African healing**

John Lockley ..... 3 days: 27-30 January 2020

**Out To Lunch Where Green Is The New Colour For The Palate: Going vegan with wholesome food**

Debbie Rich and Sascha Türk ..... Weekend: 31 January-02 February 2020

**Moving Meditation: Cultivating the four energies of tai chi**

Brett Vallis ..... Weekend: 07-09 February 2020

🌀 **Firm Centre, Open Heart: A retreat with Ajahn Sucitto**

Ajahn Sucitto ..... 6 days: 12-18 February 2020

**Reclaim Your Power: A journey to inner balance**

Heike Sym ..... Weekend: 21-23 February 2020

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

Ian Weinberg ..... Weekend: 28 February-01 March 2020

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

Margarita Celeste and Michelle Strybis ..... Weekend: 06-08 March 2020

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

Katherine Fillmore ..... Weekend: 13-15 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**

Xenia Ayiotis and Richard-John Chippindall ..... Weekend: 27-29 March 2020

**Vinyāsa Yoga And Meditation: Stilling the mind**

Hannelize Robinson ..... Weekend: 03-05 April 2020