

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 Siphon 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?

Khentrol 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

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, dance and martial arts

Susan Sloan and 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

Chamtrul Rinpoche 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 Tsonдру 5 days: 20-25 October 2018

Yoga Mind, Body And Breath: A journey of self-discovery
 Marc Kress Weekend: 25-27 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 Tsonдру 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

New Year Intentions And Yoga Retreat: Connecting with what brings us joy
 Lucy Draper-Clarke 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 Sunito**
 Ajahn Sunito 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 Tsonдру 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