

SUMMARY LIST OF RETREATS AT THE BRC

July 2018 - July 2019

Rejuvenating The BRC: A family retreat with children in mind

Sheila Berry, Lihle Mbokazi and Siphon Msiya 4 days: 06 - 10 July 2018

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

Elana Bregin 3 days: 10- 13 July 2018

How To Draw What You See: A pen and ink sketching retreat

Louis van Loon Weekend: 13- 15 July 2018

Strong In Body, Peace In Mind: Rejuvenate and restore with yoga

Margot McMaster Weekend: 20- 22 July 2018

Shape The Clay, Knead The Dough, Mould The Mind

Natasha Hawley, Rose Gelderblom, Louis van Loon Weekend: 27 - 29 July 2018

More Room For Miracles: Making space in our life for what we truly love

Patti Good 2 days: 31 July - 02 August 2018

The Zen Of Recovery: Twelve Steps to wholeness and well-being

Warren Shaw and Graeme Butchart Weekend: 03 - 05 August 2018

Stoep Zen: Living a Zen life in South Africa

Antony & Margie Osler 4 days: 09 - 13 August 2018

“Soul Origami” – Unfolding Me: Listening with your whole being

Nicholas Burnand & Sarah Dekker 2 days: 14 - 16 August 2018

Finding And Keeping Your Centre

Tessa Pretorius Weekend: 17 - 19 August 2018

A Neurosurgeon probes Wellness and Performance

Ian Weinberg Weekend: 24 - 26 August 2018

Being Our Own Best Friend In This Crazy World

Chandasara Weekend: 31 August - 02 September 2018

Opening The Heart: The healing power of the Four Immeasurable Practices

Ven. Chamtrul Rinpoche Weekend: 07 - 09 September 2018

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

Albert Buhr Weekend: 14 - 16 September 2018

Open The Heart And Still The Mind: Finding joy within stillness

Sue Cooper 4 days: 20- 24 September 2018

A Taste Of Mindfulness: On being here - now

Lisa Firer & Craig Henen Weekend: 28- 30 September 2018

Biodanza: The still point of the dance

Lisa Firer Weekend: 05 - 07 October 2018

Tibetan Medicine And Tibetan Astro Science

Dr. Tenzin Lhanzey and Mrs Tenzin Lhamo..... 2 days:: 10 - 11 October 2018

The Genius Programme: How to move from habit thinking to genius living

Graeme Butchart Weekend: 12 - 14 October 2018

Zen Pen: A writing - being and meditation retreat

Dorian Haarhoff Weekend: 19 - 21 October 2018

Mirror, Lens And Window: The art of journaling

Dorian Haarhoff 3 days: 21 - 24 October 2018

Nia Technique: Music, movement and dance

Susan Sloan & Karyn Cardoso Weekend: 26 - 28 October 2018

You Can't Fill The Hole In Your Heart With Food

Richard-John Chippindall & Xenia Ayiotis.... Weekend: 02 -04 November 2018

An Introduction To Chi Kung

Paul Dorrian Weekend: 09 -11 November 2018

Astrology: Mapping Out Your Inner Blueprint

Corinna Botoulas & Margarita Celeste 3 days: 16 -19 November 2018

Eyes Horizontal, Nose Vertical: A weekend of meditation practice

Stephen Coan Weekend: 23 -25 November 2018

Playing A Lute with No String: A meditation practice retreat

Stephen Coan 4 days: 25 - 29 November 2018

Grounded In Space - A Tai Chi - Chi Kung Retreat: Hands wave like clouds

Alex & Jeremy Lister - JamesWeekend: 30 November - 02 December 2018

Going With The Flow: Integrating yoga into daily life

Bruce van Dongen Weekend: 07 - 09 December 2018

The Heart Sutra: Loosening the grip of ego-grasping

Ven Robina Courtin Weekend: 14 - 16 December 2018

Shibuie: When Beauty Happens Accidentally: Sumie and Raku

Louis van Loon, Ingrid Adams & Fay Morris 4 days: 18 - 22 December 2018

Stalking The Moment - Being at Home 24/7: Christmas at the BRC

Tsunma Tsondru2 days: 24 - 26 December 2018

Catching The Ungraspable Moment: New Year at the BRC

Louis van Loon , Tsunma Tsondru 3 days: 29 December 2018 - 01 January 2019

Time To Reminisce, Reflect And Re-assess: A self-retreat

The BRC staff and Deborah Donal Weekend: 04 - 06 January 2019

Finding The Writer In You: The art of writing from the heart

Elana Bregin3 days: 07 - 10 January 2019

Vinyāsa Yoga And Meditation Retreat: Stilling the mind

Hannelize RobinsonWeekend: 11 - 13 January 2019

New Year Intentions And Yoga Retreat

Lucy Draper - ClarkeWeekend: 18 - 20 January 2019

Mindfulness - Always Available, Everywhere: A Vipassana retreat

Jonathan Preboy & Anna ScharfenbergWeekend: 25 - 27 January 2019

A Vipassana Retreat: The search for truth

Jonathan Preboy & Anna Scharfenberg4 days: 27 - 31 January 2019

Getting To Know The Birds, Trees And Wild Flowers At The BRC

Chris Dalzell & Steve DavisWeekend: 01 - 03 February 2019

The Way Of Ubuntu: Exploring traditional South African healing

John Lockley3 days: 04 - 08 February 2019

Reclaim Your Power: A journey to inner balance

Heike SymWeekend: 08 - 10 February 2019

The Healing Art Of Reiki, Yoga And Meditation

Katherine FillmoreWeekend: 15 - 17 February 2019

The Wilderness Within: The subtle activism of engaged Buddhists

Tsunma TsondruWeekend: 22 - 24 February 2019

Radiant Grace - A Yogic Journey To Self-Acceptance: Kundalini yoga

Denise (Sohandev Kaur)Weekend: 01 - 03 March 2019

A Neurosurgeon Probes Wellness And Performance

Ian WeinbergWeekend: 08 - 10 March 2019

Healing Chi Kung - For Health And Vitality: Radiate the chi

Dr Hu Jin-Yun Weekend: 15 - 17 March 2019

Open The Heart And Still The Mind: Embracing change and loss

Sue Cooper 4 days: 20 - 24 March 2019

Yes, You Too Can Sing! A celebration of singing and chanting

Sally Bosch & François Möller Weekend: 29 - 31 March 2019

Meditation For Beginners

Elizabeth Gaywood Weekend: 05 - 07 April 2019

"Seeing The Light": A photography workshop

Marlene Neumann Weekend: 12 - 14 April 2019

Enter In The Hills Of Ixopo: Settle the mind, radiate the chi, heal the body

Louis van Loon, Alex de la Rouviere, Deborah Donal: 3 days:19 - 22 April 2019

Yogis Live Longer: Hatha yoga for health and resilience

Howard Lipschitz & Christine Withiel Weekend: 26 - 28 April 2019

The Awakening Shift Experience: Realise your magnificence!

John Homewood Weekend: 03 - 05 May 2019

Going Deeper Into The Awakening

John Homewood2 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 - 25 centuries of Buddhism

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

Sacred Drumming: Exploring natural rhythms

Richard Ellis & Marc Kress Weekend: 24 - 26 May 2019

Mindfulness-Based Living - “Knowing the Present”

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

Integrating Yoga And Zen Meditation: Wake up your vitality

Jane & Kevin Treffry-Goatley Weekend: 07 - 09 June 2019

Get On The Write Track: Memoir and Mindfulness Breathe, listen, write

Wanda Hennig 3 days: 10 - 13 June 2019

Ayurveda, Yoga And Meditation Retreat: A return to wholeness

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

Iyengar Yoga: Nudging the body into shape and health

Judy FarahWeekend: 21 - 23 June 2019

More 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

If Your Chronic Complaint Was A Work Of Art, What Would It Be?

Dawn Garisch Weekend: 05 - 07 July 2019