

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

14 June 2024 – 02 Feb 2025

☸ indicates retreats held in noble silence

#### 2024

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

Heike Sym ..... Fri 14 Jun - Mon 17 Jun

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

Bruce van Dongen.....Fri 21 Jun - Sun 23 Jun

##### **The BRC Goes Juvenile: A Family Retreat With Children In Mind**

Anisha Maharaj..... Mon 24 Jun - Thu 27 Jun

##### **Iyengar Yoga: Nudging The Body Into Shape And Health**

Judy Farah.....Fri 28 Jun - Sun 30 Jun

##### **Iyengar Yoga: Deepening Your Practice**

Judy Farah.....Sun 30 Jun - Fri 5 Jul

##### **The Intersection Between Mindful Meditation And Integrative Clinical Psychotherapy - An Online Course**

CPD Points: 11. 6 Sessions

Beatrice Kidd..... 3 Jul – 18 Jul

##### **Self-care And Centredness - Finding And Keeping Your Centre**

Tessa Pretorius ..... Fri 5 Jul - Sun 7 Jul

##### **A Calligraphy Course - A Meditative Arts Experience**

Sana-Bella Ebrahim ..... Tue 9 Jul – Thu 11 Jul

##### **The Healing Power Of Music, Movement And Nature**

Christel Anderson, Anja Gerbers and Harold Epstein ..... Fri 12 Jul - Sun 14 Jul

##### **Traditional Hatha And Raja Yoga**

Duncan Rice ..... Fri 19 Jul - Sun 21 Jul

##### **Find Your Way Back To Nature For Self-Healing**

Bernard Chatikobo.....Wed 24 Jul – Fri 26 Jul

##### **The Roots Of Sacred Drumming: Exploring Natural Rhythms**

Richard Ellis and Marc Kress ..... Fri 26 Jul - Sun 28 Jul

##### **Qigong For Healing And Vitality**

Marc Kress .....Mon 29 Jul – Thu 1 Aug

##### **Yoga Mind, Body And Breath: A Journey Of Self-Discovery**

Marc Kress ..... Fri 2 Aug - Sun 4 Aug

##### **Working With Polarities - The Mandala Practice**

Clémence Kitching-Barres..... Thu 8 Aug - Sun 11 Aug

##### **Nature Nurture Nourish - Mindful Movement And Yoga**

Carey Would ..... Fri 16 Aug - Sun 18 Aug

##### **Three Treasures For Mindful Living - A Pathway To Balance**

Bridget Hawkins..... Fri 23 Aug - Sun 25 Aug

##### **Relaxation: Opening And Relaxing The Heart And Mind**

Pippa Cope..... Fri 30 Aug - Sun 1 Sep

##### **Enquiring Into The Tibetan Schemata Of The Five Elements Of Earth, Water, Fire And Space Externally And Within Ourselves**

Pippa Cope.....Sun 1 Sep - Tue 3 Sep

**The Strengthening Power Of Imagery: Regaining Hope And Wisdom In Difficult Times**  
 Prof Leonina Kaestele.....Tue 3 Sep - Thu 5 Sep

**Practical Consciousness - A Simple Guide To Raising Your Consciousness Part 1**  
 Dash Singh ..... Fri 6 Sep - Sun 8 Sep

**Delving Deeper Into Practical Consciousness Part 2**  
 Dash Singh .....Sun 8 Sep - Tue 10 Sep

**Thoughts, Words, Breath And Blood - A Story Writing Retreat**  
 Dorian Haarhoff.....Fri 13 Sep - Sun 15 Sep

**Write Away At The BRC**  
 Dorian Haarhoff.....Sun 15 Sep - Tue 17 Sep

**Somatic Movement - Ease of Being**  
 Lisa Firer.....Fri 20 Sep - Sun 22 Sep

**Chi Kung - Standing like a Tree To Power Up Your Chi**  
 Paul Dorrian.....Tue 24 Sep - Thu 26 Sep

**Stillness-Dancing**  
 Lisa Firer.....Fri 27 Sep - Sun 29 Sep

☸ **The Moon In The Water**  
 Stephen Coan..... Fri 4 Oct – Sun 6 Oct

**Cultivating Peace Through Patience And Perseverance: Yoga, Breathwork And Mindfulness**  
 Marrion Clarke and Carey Would ..... Thu 10 Oct – Sun 13 Oct

**Finding Meaning And Purpose - Buddhist Insights Into The Nature Of Mind**  
 Ven Khenpo Jamyang Gampo..... Fri 18 Oct – Sun 20 Oct

**On Being “No-thing-ness”: An Existential Buddhist Exploration Of The Self As The Struggle To Exist**  
 Jason Ross.....Fri 25 Oct – Mon 28 Oct

**Discovering And Appreciating Italian Vegetarian Cooking**  
 Rosetta and Mario Giuricich .....Fri 1 Nov – Sun 3 Nov

☸ **Open The Heart And Still The Mind : Infusing Mindfulness With Metta And Compassionate Wisdom**  
 Sue Cooper ..... Fri 08 Nov – Wed 13 Nov

**Qigong - Gently Nurturing Life**  
 Di Franklin..... Wed 13 Nov – Fri 15 Nov

**Meditation For Beginners And Qigong For Relaxation**  
 Elizabeth Gaywood and Di Franklin .....Fri 15 Nov – Sun 17 Nov

**The White Stork Displays Its Wing - A Beginner’s Introduction To Yang Style Tai Chi**  
 Paul Dorrian.....Fri 22 Nov – Sun 24 Nov

**Natural Grace, Effortless Joy**  
 Charisse Louw..... Fri 29 Nov – Sun 01 Dec

**Getting To Know The Birds At The BRC: 160 Birds Of A Feather**  
 Steve Davis.....Fri 6 Dec – Sun 8 Dec

**Shibuie - When Beauty Happens Accidentally: Sumie And Raku – Japanese Brush Painting And Ceramics**  
 Ingrid Adams, Sharon Paterson and Bernard Chatikobo, Chris Rooke ..... Thu 12 Dec – Mon 16 Dec

**Going With The Flow: Integrating Meditation And Mindfulness Into Our Daily Life**  
 Bruce van Dongen..... Fri 20 Dec – Sun 22 Dec

**The Four Immeasurable Gifts at Christmas**

Tsunma Tsondru ..... Mon 23 Dec – Fri 27 Dec

**Three Wise Medicines For Living Your Life In The New Year**

Tsunma Tsondru ..... Sat 28 Dec – Wed 01 Jan 2025

**Time To Focus And Tune Into 2025: Gently Kickstart The New Year With Qigong, Hatha Yoga, Meditation And Healing Treatments**

Brendon Small, Kugan Naidoo, Di Franklin and Nolwazi Bandezi ..... Fri 3 Jan – Sun 5 Jan

**Recovery To Self**

Warren Shaw ..... Fri 10 Jan – Sun 12 Jan

**🌀 Ten Day Vipassana Retreat**

Jonathan Preboy and Anna Scharfenberg ..... Mon 13 Jan – Thu 23 Jan

**🌀 Vipassana Meditation: How To Realise Ever-Present Mindfulness**

Jonathan Preboy and Anna Scharfenberg ..... Fri 17 Jan – Sun 19 Jan

**🌀 A Short Vipassana Retreat**

Jonathan Preboy and Anna Scharfenberg ..... Sun 19 Jan – Thu 23 Jan

**Quiet Mountain, Clear Sky: Meditating With Calmness And Clarity**

Mervyn Croft ..... Fri 24 Jan – Sun 26 Jan

**Finding Stillness: A Yoga And Meditation Retreat**

Hannelize Robinson ..... Fri 31 Jan – Sun 02 Feb