

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

12 December 2024 – 27 July 2025

☸ indicates retreats held in noble silence

#### 2024

#### **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

#### 2025

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

Brendon Small, Di Franklin, Marrion Clarke and Nolwazi Bandezi ..... Fri 3 Jan – Sun 5 Jan

#### **Numerology In 2025 - Receive Clear Insights And Guidance To Plan Your Year Ahead**

Christel Anderson ..... Mon 6 Jan – Wed 8 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

#### **Mindful Compassion -Transforming Your Life Through The Power Of Compassion**

Choden.....Fri 31 Jan – Sun 02 Feb

#### **Blossoming Into Joy: Your Personal Roadmap To Thriving - A Women's Retreat**

Patti Good.....Tue 4 Feb - Thu 6 Feb

#### **Sounding The Body To Well-Being: Integrating Mindfulness, Yoga And Therapeutic Sound: A loosely structured retreat with the support of guided daily practices**

Despina Forbes ..... Fri 7 Feb - Sun 9 Feb

#### ☸ **A Mindfulness Retreat**

Ajahn Jutindharo.....Thu 13 Feb - Tue 18 Feb

#### **Getting To Know The Birds At The BRC: 160 Birds Of A Feather**

Steve Davis.....Fri 21 Feb - Sun 23 Feb

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

Dr Hu Jin-Yun ..... Fri 28 Feb – Sun 2 Mar

#### **Speak Your Truth, Listen Deeply**

Felicity Joan Hart .....Wed 5 Mar - Fri 7 Mar

**Relational Mindfulness Retreat**  
Annika Nicol ..... Fri 7 Mar - Sun 9 Mar

**Money As Spiritual Practice - Learn How Money Can Bridge Your Material And Spiritual Life And Become A Form Of Spiritual Practice**  
Felicity Joan Hart ..... Tue 11 Mar - Thu 13 Mar

**Tibetan Yantra Yoga And Meditation**  
Max Weier ..... Fri 14 Mar - Sun 16 Mar

**The Way Of Dao Qigong - Meditation – Wisdom**  
Max Weier ..... Tue 18 Mar – Thu 20 Mar

**Finding Stillness: A Yoga And Meditation Retreat**  
Hannelize Robinson ..... Fri 21 Mar - Sun 23 Mar

**Time To Renew Your Fire - A Weekend Retreat For Burnt-Out Phoenixes In Need Of Soul Rekindling**  
Elana Bregin ..... Fri 28 Mar - Sun 30 Mar

**The Power of Ancestral Wisdoms Through Storytelling: Celebrating Mother Earth And Father Time**  
Dr Gcina Mhlophe..... Fri 4 Apr - Sun 6 Apr

**A Men’s Retreat - Master Your Mind, Revitalise Your Soul : The Power Of Shifting Perception**  
John Homewood..... Sun 6 Apr – Tue 8 Apr

**Ageing With Grace And Vitality: A Yoga Retreat**  
Christine Withiel and Howard Lipschitz..... Tue 8 Apr – Thu 10 Apr

**THE SHIFT EXPERIENCE: The Art of Being - Part 1**  
John Homewood and Michelle McClunan ..... Fri 11 Apr – Sun 13 Apr

**THE SHIFT EXPERIENCE: Living in Joy - Part 2**  
John Homewood and Michelle McClunan ..... Sun 13 Apr – Tue 15 Apr

☸ **Open The Heart and Still The Mind: The Joy of Courageous, Heartfelt Presence**  
Sue Cooper ..... Thu 17 Apr - Thu 24 Apr

**Reclaim Your Power: A Journey To Inner Balance**  
Heike Sym .....Fri 25 Apr – Mon 28 Apr

☸ **Beginner's Mind, Quiet Mind: Meditation Instruction And Practice For Meaningful Daily Living**  
Tsunma Tsonдру ..... Mon 28 Apr – Thu 1 May

☸ **Active Hope - Practice For Difficult Times**  
Tsunma Tsonдру ..... Fri 2 May – Sun 4 May

**The Way Of Ubuntu: Exploring Traditional South African Healing**  
John Lockley and Nomusa Mthembu ..... Mon 5 May – Thu 8 May

☸ **Wesak: Doing What The Buddha Did**  
Stephen Coan..... Fri 9 May – Sun 11 May

**Buddha - Intuitive Awareness. Our intuition Knows What To Do - The Challenge Is To Silence The Mind**  
Isabelle Light ..... Mon 12 May – Thu 15 May

**Unveiling The Deeper Layers of Yoga: The Philosophy Of Posture**  
Sushmitha Shrikanth ..... Fri 16 May – Sun 18 May

**The Sacred Feminine : Empowering The Feminine With Yoga, Meditation And Your Astrological Moon**  
Margarita Celeste and Michelle Strybis ..... Fri 23 May – Sun 25 May

**Change Your Mind - A Mindfulness Retreat**

Mark Joseph..... Fri 30 May – Sun 1 Jun

**Journey To Self - Explore Your Connection With Your True Self**

Sadhna Hamchander and Ravika Ramnath.....Fri 6 Jun - Sun 8 Jun

**Traditional Hatha And Raja Yoga**

Duncan Rice ..... Fri 13 Jun – Mon 16 Jun

**Buddhanalysis: What if Buddha was your psychoanalyst?**

Jason Ross..... Fri 20 Jun – Mon 23 Jun

**Ishta Yoga And African Sound**

Buhle Mabanga, Zawadi Yamungu, Tinashe ..... Fri 27 Jun – Tue 1 Jul

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

Judy Farah..... Fri 4 Jul – Sun 6 Jul

**Iyengar Yoga: Deepening Your Practice**

Judy Farah..... Sun 6 Jul – Fri 11 Jul

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

Christel Anderson and Eleen Polson ..... Fri 11 Jul – Sun 13 Jul

**From Seeking to Seeing - The Heart Of Meditation**

David Gardner..... Fri 18 Jul – Sun 20 Jul

**Reset for The Latter Half Of 2025: Meditation, Qigong, Yoga And Healing Treatments**

Brendon Small, Kugan Naidoo, Warren Horsley and Nolwazi Bandezi ..... Fri 25 Jul – Sun 27 Jul