

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

13 September 2024 – 1 July 2025

☸ indicates retreats held in noble silence

2024

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

Somatic Movement Relaxation

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

Buddhanalysis: What If Buddha Was Your Psychoanalyst?

Jason Ross Fri 25 Oct – Mon 28 Oct

Discovering And Appreciating Italian Vegetarian Cooking

Rosetta and Mario Giuricich Fri 1 Nov – Sun 3 Nov

Renewed Bonds Retreat: A Relationship Well-Being Focus

Merishka Megnath Tue 5 Nov – Thu 7 Nov

☸ Open The Heart And Still The Mind : Infusing Mindfulness With Metta And Compassionate Wisdom

Sue Cooper Fri 8 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

Curious Embodiment: Coming Home To The Wisdom Of The Body

Kirsten Hunneyball Wed 20 Nov – Fri 22 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 Tsonдру Mon 23 Dec – Fri 27 Dec

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

Tsunma Tsonдру Sat 28 Dec – Wed 01 Jan 2025

2025

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

Brendon Small, Di Franklin, Sailesh Bhatt, 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 HartWed 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

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 Tsondru Mon 28 Apr – Thu 1 May

☸ Active Hope - Practice For Difficult Times

Tsunma Tsondru 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

Let India Come To You: A Yoga Retreat: Part 1

Sailesh Bhatt Fri 16 May – Sun 18 May and Sun 18 May – Fri 23 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 15 Jun

From Seeking to Seeing - The Heart Of Meditation

David Gardner..... Fri 20 Jun – Sun 22 Jun

Ishta Yoga And African Sound

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