

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

20 December 2024 – 27 July 2025

✿ indicates retreats held in noble silence

2024

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 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

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

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

Bruce van Dongen..... Fri 8 Aug – Sun 10 Aug