

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

21 March 2025 – 8 January 2026

☸ indicates retreats held in noble silence

2025

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

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

Embracing Impermanence - A Raku Workshop

Sharon Paterson and Bernard Chatikobo Sun 13 Jul - Fri 18 Jul

From Seeking to Seeing - The Heart Of Meditation

Dave 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

Stillness, Silence, Spaciousness

Albert Osel Fri 1 Aug – Sun 3 Aug

Find Your Way Back To Nature For Self-Healing: Breath Work, Forest Bathing, Energy Healing And Mbira Music

Bernard Chatikobo and Chris Rooke..... Wed 6 Aug – Fri 8 Aug

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

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

Three Treasures For Mindful Living - A Pathway To Balance

Bridget Hawkins Fri 15 Aug – Sun 17 Aug

A Yoga, Breathwork And Mindfulness Retreat

Marrion Clarke and Carey Would Fri 22 Aug – Sun 24 Aug

Working With Polarities - The Mandala Practice

Clémence Kitching-Barres..... Fri 29 Aug- Sun 31 Aug

Discovering And Appreciating Italian Vegetarian Cooking: Delving Further Into Nonna's Repertoire

Rosetta and Mario Giuricich Fri 5 Sep – Sun 7 Sep

Somatic Movement - Ease of Being

Lisa Firer..... Fri 12 Sep – Sun 14 Sep

Somatic Movement Relaxation

Lisa Firer..... Fri 19 Sep – Sun 21 Sep

Travelling Light: Words To Lighten The Load Along The Road

Dorrian Haarhoff..... Fri 26 Sep – Sun 28 Sep

Writing In The Twilight: Leave A gift, Leave A Legacy

Dorrian Haarhoff..... Sun 28 Sep – Tue 30 Sep

Finding Meaning And Purpose - Buddhist Insights Into The Nature Of Mind

Ven Khenpo Jamyang Gampo..... Fri 3 Oct – Sun 5 Oct

A Family Retreat With Children In Mind 30% discount for a family

Natasha Sauer..... Tue 7 Oct – Thu 9 Oct

Practical Consciousness - A Simple Guide To Raising Your Consciousness

Dash Singh Fri 10 Oct – Sun 12 Oct

- RUMI And His Messages: Bringing Rumi's Wisdom Into Everyday Life**
Leonina Kaestle..... Tue 14 Oct – Thu 16 Oct
- Dreaming Is A Birthright**
Nomfundo Zama Fri 17 Oct – Sun 19 Oct
- Sacred Drumming: Exploring Natural Rhythms**
Richard Ellis and Marc Kress Fri 24 Oct – Sun 26 Oct
- Expel the Fire from Your Heart. Pa Tuan Chin Qigong**
Paul Dorrian Mon 27 Oct – Fri 31 Oct
- Wellness In Yoga**
Nilam Narsee Fri 31 Oct – Sun 2 Nov
- ✿ **Open The Heart And Still The Mind : Infusing Mindfulness With Metta And Compassionate Wisdom**
Sue Cooper Fri 7 Nov – Wed 12 Nov
- ✿ **Buddhism: The Basics**
Stephen Coan..... Fri 14 Nov – Sun 16 Nov
- The White Stork Displays Its Wings - A Beginner's Introduction To Yang Style Tai Chi**
Paul Dorrian Mon 17 Nov – Fri 21 Nov
- ✿ **Living Ayurveda**
Helen Altman Fri 21 Nov – Sun 23 Nov
- Going With The Flow: Integrating Meditation And Mindfulness Into Our Daily Life**
Bruce van Dongen..... Fri 28 Nov – Sun 30 Nov
- Natural Grace, Effortless Joy**
Charisse Louw Fri 5 Dec – Sun 7 Dec
- Shibuie - When Beauty Happens Accidentally: Sumie And Raku – Japanese Brush Painting And Ceramics**
Ingrid Adams, Sharon Paterson, Bernard Charikobo and Chris Rooke Fri 12 Dec – Tue 16 Dec
- ✿ **Transformation Through Mindfulness**
Nolitha Tsengiwe and Phumla Shongwe Fri 19 Dec – Sun 21 Dec
- ✿ **The Four Immeasurable Gifts At Christmas**
Tsunma Tsondru Tue 23 Dec – Sat 27 Dec
- ✿ **Three Wise Medicines For Living Your Life In The New Year**
Tsunma Tsondru Sun 28 Dec – Thu 1 Jan 2026

2026

- Time To Focus And Tune Into 2026: Gently Kickstart The New Year With Qigong, Yoga, Meditation And Healing Treatments**
Brendon Small, Marrion Clarke, Diane Franklin and Nolwazi Bandezi Fri 2 Jan – Sun 4 Jan
- In 2026 - Receive Clear Insights And Guidance To Plan Your Year Ahead**
Christel Andersen Mon 5 Jan – Thu 8 Jan