

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

23 August 2024 – 1 July 2025

☸ indicates retreats held in noble silence

#### 2024

##### **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

##### **Empowering Imagery: Unlocking Your Inner Wisdom And Paving The Way To A Bright Future**

Prof Leonina Kaestle ..... 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

##### **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 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

**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 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, Hatha Yoga, Meditation And Healing Treatments**

Brendon Small, Di Franklin, Sailesh Bhatt, 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

**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

**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

**☸ 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

**Change Your Mind - A Mindfulness Retreat**

Mark Joseph..... Fri 23 May – Sun 25 May

**The Sacred Feminine : Empowering The Feminine With Yoga, Meditation And Your Astrological Moon**

Margarita Celeste and Michelle Strybis..... 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