

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

24 July 2024 – 28 April 2025

☸ indicates retreats held in noble silence

2024

Find Your Way Back To Nature For Self-Healing

Bernard Chatikobo.....Wed 24 Jul – Fri 26 Jul

The Roots Of Sacred Drumming: Exploring Natural Rhythms

Richard Ellis and Marc Kress Fri 26 Jul - Sun 28 Jul

Qigong For Healing And Vitality

Marc Kress Mon 29 Jul – Thu 1 Aug

Yoga Mind, Body And Breath: A Journey Of Self-Discovery

Marc Kress Fri 2 Aug - Sun 4 Aug

Working With Polarities - The Mandala Practice

Clémence Kitching-Barres..... Thu 8 Aug - Sun 11 Aug

Nature Nurture Nourish - Mindful Movement And Yoga

Carey Would Fri 16 Aug - Sun 18 Aug

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

The Strengthening Power Of Imagery: Regaining Hope And Wisdom In Difficult Times

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 Gompo..... Fri 18 Oct – Sun 20 Oct

On Being “No-thing-ness”: An Existential Buddhist Exploration Of The Self As The Struggle To Exist

Jason Ross..... Fri 25 Oct – Mon 28 Oct

Discovering And Appreciating Italian Vegetarian Cooking

Rosetta and Mario Giuricich Fri 1 Nov – Sun 3 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

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

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

Brendon Small, Kugan Naidoo, Di Franklin 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 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 Mon 17 Mar - Wed 19 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 SymFri 25 Apr – Mon 28 Apr