

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

24 May 2024 – 02 Feb 2025

☸ indicates retreats held in noble silence

#### 2024

#### ☸ An Introduction to Zen – Just Sitting Over The Full Moon Of May

Roux Malan ..... Fri 24 May - Sun 26 May

#### Autumn Abundance: A Weekend on Edible Weeds with Walks And Talks On Rewilding

Nikki Brighton ..... Fri 31 May - Sun 2 Jun

#### Qigong - Gently Nurturing Life

Dianne Franklin ..... Sun 2 Jun - Tue 4 Jun

#### Qigong - The Mindful Way To Serenity

Dianne Franklin ..... Tue 4 Jun - Fri 7 Jun

#### Cultivating Mind-Heart Resonance Through Emotional Intelligence And Mindfulness

Shanil Haricharan ..... Fri 7 Jun - Sun 9 Jun

#### Reclaim Your Power: A journey to inner balance

Heike Sym ..... Fri 14 Jun - Mon 17 Jun

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

Bruce van Dongen ..... Fri 21 Jun - Sun 23 Jun

#### Rejuvenating The BRC: A Family Retreat With Children In Mind

Anisha Maharaj ..... Mon 24 Jun - Thu 27 Jun

#### Iyengar Yoga: Nudging The Body Into Shape And Health

Judy Farah ..... Fri 28 Jun - Sun 30 Jun

#### Iyengar Yoga: Deepening Your Practice

Judy Farah ..... Sun 30 Jun - Fri 5 Jul

#### The Intersection Between Mindful Meditation And Integrative Clinical Psychotherapy - An Online Course

CPD Points: 11. 6 Sessions

Beatrice Kidd ..... 3 Jul – 18 Jul

#### Self-care And Centredness - Finding And Keeping Your Centre

Tessa Pretorius ..... Fri 5 Jul - Sun 7 Jul

#### The Calligraphic Call - A Meditative Arts Experience

Sana-Bella Ebrahim ..... Tue 9 Jul – Thu 11 Jul

#### The Healing Power Of Music, Movement And Nature

Christel Anderson, Anja Gerbers and Harold Epstein ..... Fri 12 Jul - Sun 14 Jul

#### Traditional Hatha And Raja Yoga

Duncan Rice ..... Fri 19 Jul - Sun 21 Jul

#### 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

#### 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 Kaestele ..... 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

**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 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

**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

**Finding Stillness: A Yoga And Meditation Retreat**

Hannelize Robinson ..... Fri 31 Jan – Sun 02 Feb