

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

7 February 2025 – 12 October 2025

✿ indicates retreats held in noble silence

2025

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

Aldo Berutti 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

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
- Buddhi - 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
- Embracing Impermanence - A Raku Workshop**
 Sharon Paterson and Bernard Chatikobo Sun 13 Jul - Fri 18 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
- 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..... Tue 5 Aug - Thu 7 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

Rosetta and Mario Giuricich Fri 7 Sep - Sun 9 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

Practical Consciousness - A Simple Guide To Raising Your Consciousness

Dash Singh Fri 10 Oct - Sun 12 Oct