

## BUDDHIST RETREAT CENTRE, IXOPO

### Summary List of Retreats

8 November 2024 – 27 July 2025

✿ indicates retreats held in noble silence

#### 2024

✿ **Open The Heart And Still The Mind : Infusing Mindfulness With Metta And Compassionate Wisdom**

Sue Cooper ..... Fri 8 Nov – Wed 13 Nov

**Qigong - Gently Nurturing Life**

Di Franklin ..... Wed 13 Nov – Fri 15 Nov

**Start Your Meditation Journey With Awareness Practices And Qigong**

Alex Welte 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 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

#### 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

**Numerology In 2025 - Receive Clear Insights And Guidance To Plan Your Year Ahead**

Christel Anderson ..... Mon 6 Jan – Wed 8 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
- 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 Tsondru ..... Mon 28 Apr – Thu 1 May

**☸ Active Hope - Practice For Difficult Times**

Tsunma Tsondru ..... 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

**Nature - Our Partner In Living In Peace**

Isabelle Light ..... Mon 12 May – Thu 15 May

**Let India Come To You: A Yoga Retreat**

Sailesh Bhatt ..... Fri 16 May – Sun 18 May and Sun 18 May – Fri 23 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 – 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

**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