

BUDDHIST RETREAT CENTRE, IXOPO

Summary List of Retreats

21 June 2024 – 02 Feb 2025

☸ indicates retreats held in noble silence

2024

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

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

The BRC Goes Juvenile: 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

A Calligraphy Course - A Meditative Arts Experience

Sana-Bella Ebrahim Tue 9 Jul – Thu 11 Jul

The Healing Power Of Music, Movement And Nature

Christel Anderson, Eleen Polson..... 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

Qigong For Healing And Vitality

Marc KressMon 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 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 Tsonдру 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

Mindful Compassion -Transforming Your Life Through The Power Of Compassion

Choden..... Fri 31 Jan – Sun 02 Feb