

Holding On, Letting Go & Navigating Change

an Autumn Circle of Trust[®] with yoga — a half-day retreat

Develop your sense of identity, integrity and purpose.

Listen more deeply to your inner wisdom and to others.

Strengthen your capacity to build relational trust.

Embrace paradox in dealing with challenges.

Build reflective practices to help sustain your heart and hope.

Sunday, 31 May 2026

9.00am – 12.30pm

Tauranga Yoga Centre

Autumn reminds us that life brings constant change. For beneath its outward appearance of diminishment and decay, new buds are forming and seeds are being scattered in preparation for spring's new growth.

Autumn offers a powerful metaphor by which we can frame the important cycles and questions in our own life and work. Like the seasons, our lives also move in constant cycles of change — beginnings and endings, times of growth and new initiatives, times of rest and letting go.

In this half-day Circle of Trust[®] seasonal retreat, we will reflect on our own personal themes of transition, seeds of possibility and new growth. This will be guided by yoga movement, breath practice, poetry, personal journalling and shared stories of our own experiences.

In a Circle of Trust[®] you are invited to put aside the busyness and external distractions of daily life and turn your focus within, to connect with your knowledge and experience, values and beliefs, feelings and intuition, and your own inner source of wisdom.

the lesson of the falling leaves

the leaves believe
such letting go is love
such love is faith
such faith is grace
such grace is god.
i agree with the leaves.

Lucille Clifton



What people are saying about Mennie's retreats

The open format and use of poetry, shared experiences, and reflection were wonderful.

Rebecca Benton, NZ

The time of reflection feeds my soul and reminds me how important my self-care is, so that I can be the best version of myself.

Chris Earp, Tauranga, NZ

I would describe the Circle of Trust approach as authentic, inviting, non-judgmental, respectful, deep and candid. I came away feeling deeply encouraged and with an understanding of the importance of embedding reflective practice into the rhythm of life.

Joseph Janiszewski, DP, Horizon School, Snells Beach, NZ

Circle of Trust retreats are grounding, enriching, soulful, safe and real. I always leave with seeds planted for the future.

Tracey Carlton, Street Kai, Tauranga, NZ

A stunning day - a very authentic, safe and inclusive experience.

Aroha mai to you, Mennie, for creating the space and place. This was an opportunity to celebrate our seasons, connect with our world and our place in it, and to be deliberate about growing ourselves in new ways that enable us to see and think in new ways.

Pip Woodward, Tauranga, NZ

***Throw yourself like seed
as you walk,
and into your own field.***

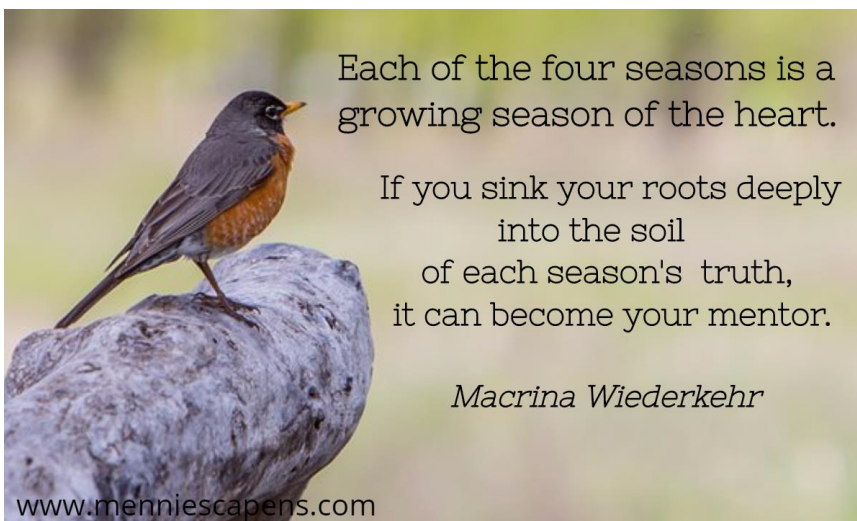
— Miguel de Unamuno —

Program description:

In this half-day retreat, Mennie Scapens and Louise Thompson will bring together the principles and practices of yoga and the [Circle of Trust®](#) approach, which are closely aligned.

A Circle of Trust offers trustworthy space for personal and shared reflective practice. Yoga encourages mindfulness and being fully present in the moment. Both emphasise the importance of the mind, body and spirit connection, and invite us to come home to ourselves.

The metaphor of autumn will guide personal enquiry into themes of change in our lives. We will use poetry, journaling and dialogue, and will bring our enquiries home to our body through yoga practice. Suitable for all levels of experience.



TO REGISTER:

Numbers are limited, and early registration is recommended.

Please email your registration to Mennie at scapens@xtra.co.nz

Program Fee: \$ 50.00

(Includes all materials and morning tea.)

Payment to Bank Account: 12-3263-0003290-02

(with your name + AUTUMN as reference)

Payment with registration please.

For further information, please contact Mennie by email or phone at 027 686 7449.

About the venue:

Tauranga Yoga Centre is a place where people have been coming together for fifty years to practice yoga and find connection, support, and personal growth.

Website: <http://www.taurangayoga.org.nz>



Address:

Tauranga Yoga Centre,
173 Elizabeth St. West,
Tauranga,
New Zealand.



Meet your facilitators:

Mennie Scapens, MEd, is a facilitator prepared by the [Center for Courage & Renewal](#). She is the co-founder and former principal of [Matahui School](#), an independent primary school near Katikati in the Bay of Plenty.

Today Mennie designs and leads leadership development programs, professional renewal retreats, and programs for personal and professional development, using the Circle of Trust® approach, developed by Parker J. Palmer and the Center for Courage & Renewal.

Mennie is passionate about helping people uncover and grow their unique talents and dreams, to discover personal pathways to living and leading authentic lives, and to access the courage to step into personal and professional leadership.

Further information can be found at www.menniescapens.com



Louise Thompson is a physiotherapist and acupuncturist. She practices a form of acupuncture strongly influenced by the way of nature, the seasons and our unique constitutions.

A Yoga instructor for many years Louise enjoys the challenge of adapting her classes to meet the changing needs, moods and seasons of participants and in a broader global context. Louise is a lover of learning and is currently studying Cranio-sacral Therapy with Somato-emotional Release.

Further information can be found at www.dhanastudio.nz

