



Turner

Winter Wellness Festival

30 Jan–22 Feb 2026

Turner Contemporary
Rendezvous, Margate

Winter Wellness Festival 2026 at Turner Contemporary: Three weeks of deep reset, connection and renewal

Rooted in Margate's creative spirit and easy connection between sea, gallery and town, the festival brings together movement, sound, shared meals and quiet rituals for winter. From somatic practice and breathwork to Ayurvedic suppers, yoga and sound baths—the programme invites a gentle winter recalibration.

Talks & Tours

Q&A with Katherine May & Opening Gong Bath with Cherelle Sappleton

We open the festival with an intimate evening featuring internationally acclaimed author Katherine May, in conversation with writer and broadcaster Daisy Buchanan. Together they explore the inner seasons that shape us, the role of attention and ritual, and what it means to move through winter with steadiness and care.

The evening gently closes with an immersive gong bath led by multidisciplinary artist and sound practitioner Cherelle Sappleton—a resonant, grounding experience inviting guests into softness, spaciousness and winter's slower rhythm as we begin a weekend of reflection, rest and renewal.

Fri 30 Jan, 6–10pm

£20/£15 low income | Ages 18+

(Includes non-alcoholic welcome drink)



Q&A with Katherine May (photo: Alexa Loy Dent)

Workshops & Courses

Ecstatic Dance Takeover: Full Moon Astrology Workshop

A soft, expansive introduction to the Taurus Full Moon with intuitive astrologer Charlotte Donachie. Explore how lunar cycles shape emotion, clarity, and inner rhythm while learning to interpret your own energetic landscape. This reflective session blends insight, intuition and embodied awareness to help you navigate change with intention. No prior astrology knowledge required.

Sat 31 Jan, 11am-12.30pm

£22 | Ages 18+

Ecstatic Dance Takeover: Somatic Deep Dive

A trauma-informed somatic workshop exploring the body's deeper layers through floor work, breathwork, micro-movement and intuitive dance. Hana and Vic weave psychotherapy, embodiment and movement therapeutics to guide participants into emotional release, nervous-system settling and grounded presence. Expect gentle discovery, supported exploration and a space to reconnect with your physical and emotional patterns.

Sat 31 Jan, 2-4pm

£27 | Ages 18+

Ecstatic Dance Takeover: Cacao & Sound Bath

A full-spectrum evening beginning with a ceremonial cacao circle, opening the heart and deepening emotional presence. Move freely through a 90-minute ecstatic dance journey with live DJ guidance, followed by a deeply restorative sound bath to soothe the nervous system. Expect expression, release, connection and an ancient remembering in shared movement.

Sat 31 Jan, 6-9pm

£30 | Ages 18+

Workshops & Courses

Shala Women: New Year Circle

A nurturing women's circle led by yoga teacher Anna Brook, blending yoga, cacao, deep breathwork, guided visioning and creative exploration. This restorative session invites clarity, intention and emotional renewal for the year ahead. Held with kindness and deep listening, it offers space for women to reconnect, share and create a meaningful vision for 2026.

Sun 1 Feb, 2-5pm

£40 | Ages 18+ (women only)

Cleopatra Yoga: Yoga for Every Body

A warm, welcoming seated yoga class designed for everybody—including disabled participants, those with limited mobility, LGBTQ+ folks, and anyone who has felt out of place in mainstream yoga spaces. Lily offers grounding, nurturing movement and self-massage practices that honour comfort, compassion and personal pace, supporting confidence and ease in your own body.

Wed 4 Feb, 1-2pm

£Free | All ages

Philly Rose Scott: Waves of Calm

Step into a tranquil, immersive drop-in retreat with a soothing visual and sensory installation inspired by the shifting tides of the Kent coastline. This is not a traditional workshop but a calm, restorative escape designed for easy enjoyment using large-scale projection and soft lighting to transform the space into a peaceful sanctuary for rest and reflection. An experience brought to you by NBE FITNESS x Temple of Kulture to cultivate communal rest and togetherness. Please note: includes gentle flashing lights, shifting projections, and ambient sound.

Thu 5 Feb, 11am-5pm

£25 / £10 / £5 / £Free | All ages

Workshops & Courses

Wave Wellness: The Deep Reset

A powerful embodied workshop blending self-enquiry, Kundalini-inspired active meditation and mindful movement to support emotional clarity, release and reset. Guided by Claire Baker (Cloudzen) and Ronnie Traynor (Sober Social), this immersive session explores the habits, emotional cycles and coping strategies that shape how we move through life—including dependency, addictive patterns and stored tension in the body. Through somatic awareness, intentional movement and guided stillness, participants are supported to release what no longer serves and reconnect with greater clarity, self-trust and inner freedom.

Thu 5 Feb, 6–8pm
£22 | Ages 18+

Ted Rogers: Mindful Movement

Artist and mover Ted Rogers leads a candlelit workshop exploring continuous movement as embodied meditation. Through improvised pacing, sensory awareness and uninterrupted flow, Ted guides participants into new relationships with their bodies and the room around them. Deeply exploratory, this session invites curiosity, softness and presence.

Fri 6 Feb, 5–7pm
£20 / £15 low income | Ages 18+



Ted Rogers: Mindful Movement

Workshops & Courses

Shai Space: Day to Night Listening

A three-part day of restoration and deep listening. Moving with the energy of the day, each event offers a distinct atmosphere and sound, while all holding space for music and relaxation. Based in South East London, Shai Space create warm, intentional experiences where music, wellbeing and community meet.

Morning Herbal & Sound Workshop

A winter wellbeing workshop led by Earthchild Remedies exploring the healing properties of herbs and plants, and how they can support you during the winter months. Expand your knowledge on herbalism, taste and create your own tea blend, and finish the session with a restorative sound bath hosted by Earthchild Remedies & Sami Hayes.

Sat 7 Feb, 11am–1pm
£25 / £15 low income | Ages 18+

Tara Lily—Afternoon Listening Session

A 90-minute listening session with the incredible multi-instrumentalist and DJ, Tara Lily. Tara will be performing a DJ set as part of her Shakti Jazz project, sharing Jazz and Hindustani Classical music, largely from the Indian subcontinent. The musical journey will move with the natural light of the gallery's ocean-facing windows, beginning in daylight and flowing through to sunset.

Saturday 7 February, 3pm–6pm
£20 / £15 low income | Ages 18+

Auntie Flo—Immersive Listening Session

A multisensory listening session with renowned musician and DJ Auntie Flo. Born in Scotland, but with strong musical ties to Africa and Latin America, Auntie Flo's selections are deep, worldly and rhythmic. There will be live visual projections in response to the music, creating an immersive improvised dance between the DJ and visual artist. Please note: this session will feature flashing light.

Sat 7 Feb, 7–9pm
£20 / £15 low income | Ages 18+



Deep Rest: Eleanor Yankah

Workshops & Courses

Sea Of Purpose: Sea Trippin' for Restless Souls

A gentle, neuro-informed workshop exploring *Blue Mind Theory* as a powerful tonic for modern life. Led by certified Blue Health Coach™ Sarah Hakewill, this 60-minute session invites you to step out of anxious “Red Mind” and into the calm, restorative state of “Blue Mind” through connection with water, imagination and sensory awareness. Discover why blue spaces support regulation, creativity and play, and learn simple, practical tools for inviting the calm, clarity and inspiration of the sea into everyday life—even when you’re far from the coast. Leave feeling nourished, grounded and more deeply connected to yourself and the blue world around you.

Sun 8 Feb, 11am–Noon
£25/£10 low income | Ages 18+

Workshops & Courses

Deep Rest: A Multi-Instrumental Sound Experience

A gentle, immersive sound bath guided by practitioner Eleanor Yankah, weaving Himalayan bowls, chimes, crystal quartz, shruti and gong. Rooted in Ayurveda and vibrational therapy, this session supports emotional release, nervous-system regulation and deep restorative rest. Expect spaciousness, resonance and a softening into clarity and stillness.

Sun 8 Feb, 4–5pm
£25 | Ages 18+

Cleopatra Yoga: Flow & Mindful Creativity

Lily Cleo Hewitt leads a warming, winter-focused yoga flow inspired by Imbolc’s return of light. After movement, participants create hand-woven Brigid crosses using natural materials in a gentle, meditative craft ritual. A soothing blend of embodied practice, creativity and quiet rest, designed to support grounding and inner renewal.

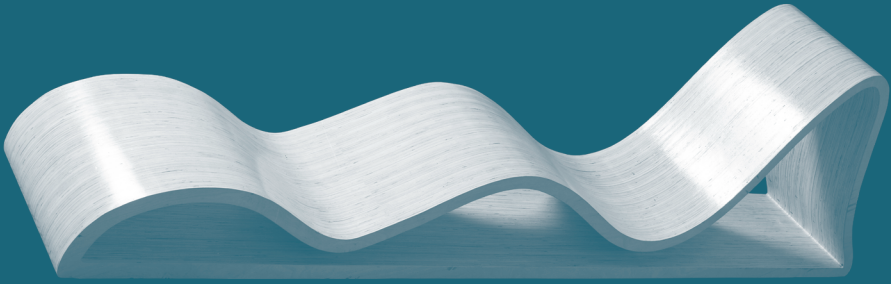
Wed 11 Feb, 12–2pm
£20/£18/£14 | Ages 16+

Talks & Tours

Wellness by Design: Creating With and For the Living World

A facilitated conversation with designers whose practices centre the wellbeing of the natural world. Explore how care, reciprocity and ecological awareness can shape creative work that nourishes both people and place. This session invites reflection on bioregional materials, regenerative thinking, multispecies relationships and design approaches that support the health of all living systems.

Wed 11 Feb, 7–8pm
£Free / Ticketed | Ages 16+



Workshops & Courses

Inner Farmacy x ShapedSound: The Sonaform Frequency Lab

An immersive vibroacoustic therapy experience combining sculptural sonic furniture by Dr Julie Freeman (ShapedSound) with personalised Ayurvedic insight from Jodey Simmonds of Inner Farmacy. Across this intimate 30-minute session, participants explore how vibration, touch and ancient healing principles can rebalance inner rhythms and support deeper mind-body harmony. A collaboration uniting contemporary sound innovation with holistic wellbeing and embodied research.

12-13 Feb, 10am-5pm

£22 | Ages 18+

The Love Coach: The Path to Secure Attachment

Love coach Vicki Pavitt leads an energising, insight-filled workshop on transforming dating patterns and building emotional security. Blending psychology, embodied tools and practical mindset shifts, this session helps you understand attachment, break old cycles and move toward relationships that feel safe, reciprocal and fulfilling. Designed for anyone ready for real change in love.

Sat 14 Feb, 2-3.30pm

£40 | Ages 18+

Workshops & Courses

NANDA: Guided Meditation & Intuitive Energy Healing

An immersive evening of guided meditation, intuitive energy healing and deep nervous system restoration led by Rebecca of Nanda Healing & Wellness. This gentle, energetically attuned session supports emotional clarity, balance and inner alignment, using breathwork, somatic awareness and intuitive insight to help you reconnect with calm, strength and your natural energetic rhythm.

Sat 14 Feb, 5-7pm

£30 | Ages 18+

Salt in the Wound: Writing Workshop

Award-winning writer Caroline Druitt guides a reflective workshop exploring how erosion, renewal and bodily experience mirror the shifting winter coastline. Beginning outdoors, participants tune into sound, texture and landscape before returning inside to write. Caroline offers gentle, sensory-led guidance for creating work rooted in vulnerability, imagination and lived presence.

Sun 15 Feb, 12.30-2.30pm

£20 / £10 low income | Ages 16+

Workshops & Courses

Read Yourself Happy Workshop

Bestselling author and podcaster Daisy Buchanan shares how reading can soothe anxiety, spark imagination and create joyful pockets of escape. Learn to build a sustainable, pleasure-led reading habit that supports your wellbeing, boosts resilience and reconnects you to curiosity. A warm, lively session for readers and reluctant readers alike.

Sun 15 Feb, 3.30–5.30pm
£5 (redeemable) | All ages

Lates & Music

Tiny Disco Club

A joyful daytime rave for kids and parents featuring house, disco, hip-hop and high-energy play. A safe space where grown-ups can dance freely, children can explore and everyone can connect. Expect movement, laughter, community and a morning that feels alive—followed by soft seating and brekkie treats from Zen Kitchen.

Tue 17 Feb, 10am–Noon
£12 adults / £5 kids



David Willis: Tracing Time with Qigong

Workshops & Courses

Yogaman: Yoga for kids

Simeon Wright leads playful, supportive yoga sessions designed to help children build confidence, body awareness and emotional regulation. Through movement, breath and imaginative exploration, kids learn tools for calm and resilience. Warm, uplifting and neurodiversity-inclusive, this workshop supports young people in feeling grounded, capable and joyfully connected to themselves.

Wed 18 Feb
10–11am / 12–1pm / 2–3pm
£10 | Ages 5–11

Alchemy of Rest: R.E.S.T. Circle

A soothing evening ritual led by Laura, blending guided meditation, breath, somatic softening and intuitive energetic support. This calm, heart-led circle invites participants to gently unwind, reconnect with themselves and create space for emotional release and nervous-system reset. A deeply nourishing session for those seeking quiet, grounding and inner restoration.

Wed 18 Feb, 7–9pm
£33 | Ages 18+

David Willis: Tracing Time With Qigong

Artist and Qigong instructor David Willis leads a meditative drawing workshop exploring movement, intention and presence through ink, breath and chance-based techniques. Beginning with slow Qigong to attune the body, participants create layered drawings that record their motion through space, revealing the subtle traces we leave across time.

Thu 19 Feb, 10–11am / 1–2pm
£12 / £8 low income | Ages 12+

Food & Drink

Ayurvedic Winter Supper Club

Ayurvedic practitioner Jodey Simmonds and chef Sara Ratcliffe host a warm, seasonal supper celebrating the six Ayurvedic tastes. Through vibrant vegetarian sharing plates and communal dining, guests explore nourishment, balance and winter wellbeing. A thoughtful evening honouring local produce, ancient principles and the joy of gathering around food.

Thu 19 Feb, 6.30–9pm
£47.50 | Ages 18+

Workshops & Courses

Sunrise Surround

A dawn immersion blending slow yoga, breath-led movement, live DJ sound and crystal bowls. Katya and James guide participants into grounded presence, sensory awakening and deep internal spaciousness. Designed to reset the day from the inside out, this signature Surround session offers calm, clarity and embodied connection at first light.

Fri 20 Feb, 6.30–8am
£30 | All ages

A Sensory Journey for Hormonal Cyclical Health

A multi-sensory exploration of how the five elements—Earth, Air, Fire, Water and Ether—reflect the shifting phases of the female hormonal lifecycle. Guided by naturopath Vanessa Jaich and sound practitioner Ellie of Floating Frequencies, this nourishing workshop blends Inner Seasons teachings, somatic movement, hormone-supportive tasting and an immersive sound bath to support balance, embodiment and a renewed connection with your inner cyclical rhythm. No prior experience required

Sat 21 Feb, 2–5pm
£40 | Ages 18+

Workshops & Courses

JAW Ceramics: Mini Pottery Throw Down

Artist Jayne Wright leads a playful, hands-on pottery session exploring creativity, tactility and joy. Using electric wheels and shared tools, participants craft their own small ceramic pieces while learning from Jayne's community-rooted approach to clay. A lively, welcoming workshop suitable for beginners, families and anyone curious about making.

Sun 22 Feb, 10am–1pm
£45/£25 low income parent & child ticket

Thixotropia: Mapping the Fascia & Closing Celebration

A sensory movement experience led by Emily Robinson and DJ Ellie Graham, exploring the body's fascia through self-massage, free movement and immersive sound. This sunset session invites participants into the fluid, electric architecture beneath the skin, blending somatics, journaling and integration to deepen body awareness and internal mapping.

Sun 22 Feb, 7.30–9pm
£10 | Ages 18+



Sensory Journey for Hormonal Health (photo:Joanie Simon)