

# The Guide

*Early spring events in the south-west*

Words — Clemmie Millbank

IF YOU WOULD LIKE  
TO PROMOTE YOUR EVENTS  
ON THESE PAGES,  
PLEASE EMAIL  
[simon@circusjournal.com](mailto:simon@circusjournal.com)



Women in Wine at KASK Wine



# Wellbeing

Restore Day Retreat at  
Campwell Woods



reBalance Festival

## Eating for Resilience with Sarah Bayliss Cooking It, Bristol

February 5

Kick-start your metabolism with this useful workshop and practical cook-along, which includes essential tools for becoming a well-balanced eater. [sarahbaylissnutrition.co.uk](http://sarahbaylissnutrition.co.uk)

## reBalance Festival Bath

February 7-25

Bringing together various venues, hotels, therapists and practitioners, Bath's first ever wellbeing festival promises a diverse programme of events to rejuvenate and refocus. [welcometobath.co.uk](http://welcometobath.co.uk)

## PS, I Love You – Writing, Reflection and Meditation for Self-Love on Valentine's Day Persephone Books, Bath

February 14

Led by local author Sarah Robinson, this relaxed mini writing workshop features enchanting tales and a guided visualisation on love. Don't forget to bring a pen and paper to jot down your own reflections. [persephonebooks.co.uk](http://persephonebooks.co.uk)

## Mindfulness for Stress and Anxiety

Rengen House, Bath

February 16

Nicola MacDonald, founder of Bath Mindfulness, is hosting this free event which will introduce you to the incredible power of mindfulness as an antidote to stress and anxiety. The session also includes a seated body scan. [bathmindfulness.co.uk](http://bathmindfulness.co.uk)

## Aromatherapy and Herbs for Wellbeing Prior Shop, Bristol

February 16

Follow your nose to this sweet-smelling workshop. Learn about the science of blending, and make two of your own bespoke products to take away with you. [priorshop.uk](http://priorshop.uk)

## Restore Day Retreat Campwell Woods, near Chippenham

February 18

Set in magical woodland, this one-day retreat is a holistic experience, with yoga, breathwork, meditation, reviving cold water dips, comforting saunas and healing gong baths. [campwell.co.uk](http://campwell.co.uk)

## Metabolic Health Retreat Combe Grove, Bath

February 20-27 + March 27-April 2

Combining medical science with a tailored wellbeing programme, this brand new retreat takes place in 70 acres of mature woodland and meadow in Bath. It features acupuncture, kinesiology, shiatsu, counselling and more. [combegrove.com](http://combegrove.com)

## Trika Yoga North Devon Retreat by the Sea Watermouth, Devon

March 2-6

Bristol's North Street Trika Yoga studio is on tour. This extended weekend break will be filled with good food, sea views, lovely company and dynamic yoga. [trikayoga.co.uk](http://trikayoga.co.uk)

## Spring Equinox Retreat Somercecil, Badminton

March 17-19

Awaken from your winter hibernation and embark on a weekend of foraging, stretching, meditating, feasting on plant-based deliciousness and, finally, taking part in Somercecil's memorable cacao ceremony. [somercecil.com](http://somercecil.com)

## Bright Blue Yoga Mini Relaxation Retreat

Upper Swainswick, near Bath

March 18

Can't manage a whole weekend away? Book yourself in for an afternoon escape to a countryside yurt, complete with woodburner, gentle yoga stretches, guided relaxation and hot herbal teas. [brightblueyoga.co.uk](http://brightblueyoga.co.uk)

## Women's Wellness Summit Stoke Bishop Village Hall, Bristol

March 25

Time to talk all things womanhood and hear from some of the south-west's leading experts on pregnancy, menopause and mental health. Plus, you'll pick up an amazing goodie bag too. [stokebishopvillagehall.co.uk](http://stokebishopvillagehall.co.uk)

## Icebreakers

Warleigh Weir or Dundas  
Aqueduct, Bath

Sunday and Wednesday mornings

Take the plunge with a group of friendly fellas braving the icy water each Sunday (at 8am) and Wednesday (for a spicy 6.30am start!). Message the guys on Instagram if you fancy an invigorating start to your day. [@icebreakers.uk](https://www.instagram.com/icebreakers.uk)



Icebreakers

All details correct at the time of going to press. Please check event websites and social media for updates.  
Photography: Felix Russett-Sew



## Let the power of a full symphony orchestra sweep you away this spring!

Standard tickets start from £15 incl. bf  
Plus £10 tickets available for U26s

Bristol Beacon presents  
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with **Barbara Hannigan**  
**7pm, Mon 13 March 2023**  
**Bath Forum**

Olivier Messiaen – L'Ascension  
Gustav Mahler – Symphony No. 4

[bristolbeacon.org](http://bristolbeacon.org) / 0117 203 4040  
[bathboxoffice.org.uk](http://bathboxoffice.org.uk) / 01225 463 362

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# Art

## Wake the Tiger Bristol

*Throughout February + March*  
Have you been to the Meridia Luxury Homes marketing suite yet? No? Well, you're in for a treat. Step into Bristol's own amazement park, where everything is something, and nothing is what it seems.  
[wakethetiger.com](http://wakethetiger.com)

## Photo Open Exhibition RWA, Bristol

*Until May 1*  
An open-call exhibition which invites artists at any stage of their career to submit their best photographic works. Prepare to be astounded by the quality, talent and range on offer.  
[rwa.org.uk](http://rwa.org.uk)

## Rodney Graham: Getting it Together in the Country Hauser & Wirth, Bruton

*Until May 8*  
Into photography, painting, sculpture, film, video and music? Luckily, polymath Graham brings all these art forms and more to his latest exhibition.  
[hauserwirth.com](http://hauserwirth.com)

## Wildlife Photographer of the Year M Shed, Bristol

*Until May 29*  
With entries from over 90 countries across the world, this treat of an annual exhibition showcases the beauty and brutality of nature in 100 powerful images.  
[bristolmuseums.org.uk](http://bristolmuseums.org.uk)

## Bristol Light Festival Across Bristol

*February 3-12*  
This ten-day event will light up the centre with commissioned works from a variety of artists. Don't miss the bright halos in Broadmead or the mesmerising holographic Ophelia in St Mary Redcliffe Church.  
[bristollightfestival.org](http://bristollightfestival.org)

## The Printed Line The Wilson Art Gallery and Museum, Cheltenham

*February 18 – May 14*  
Explore how artists use printmaking, through works by Matisse and Picasso, Bridget Riley and David Hockney, and Rachel Whiteread's LOnDOn 2012.  
[cheltenhammuseum.org.uk](http://cheltenhammuseum.org.uk)

## Howardena Pindell: A New Language Spike Island, Bristol

*February 18 – May 21*  
Absorb Pindell's six-decade career with this exhibition, featuring early abstract paintings and later political works tackling slavery, violence against black and indigenous people, and the AIDS pandemic.  
[spikeisland.org.uk](http://spikeisland.org.uk)

## Garry Fabian Miller: ADORE Arnolfini, Bristol

*February 18 – May 28*  
In his third show at the Arnolfini, Fabian Miller presents an expansive look at his work and the recurring themes and characters that have inspired decades of no-camera photography and darkroom experiments.  
[arnolfini.org.uk](http://arnolfini.org.uk)

## Bath Art Fair Bath Pavilion

*February 24-26*  
Discover over 80 of the UK's best artists at this mega weekend for art lovers. From original paintings to hand-finished prints, and unique jewellery to figurative sculptures, you can find it all under one roof.  
[bathartfair.co.uk](http://bathartfair.co.uk)

## Thiébaut Chagué Messums Wiltshire

*March 4 – April 30*  
Witness the act of making becoming part of the exhibition, as Chagué creates an on-site wood-fired kiln, and fires a series of new pieces to be displayed alongside existing works.  
[messumswiltshire.com](http://messumswiltshire.com)



The Wilson Art Gallery and Museum





## Wellness Cookery and Yoga – Three-day Course

Natural Cookery School, Nailsworth

February 17-19

A nurturing course stuffed with restoring yoga sessions and cookery classes. Rebalance your body and mind, and master the skills of baking and seed sprouting along the way. [naturalcookeryschool.com](http://naturalcookeryschool.com)

## Feast Night

Yard Space, Cirencester

February 21 + March 24

Need a little more banqueting in your life (don't we all)? Book in for a feast at Old Gore Barn and wait for a plethora of delicacies and delights to come your way. [yardspace.co.uk](http://yardspace.co.uk)

## A Fermentation Deep Dive by Get Pickled

Redford House, Frome

February 25

Give your gut some love by learning how to make your own ferments, including milk kefir and fermented vegetables (which are a lot tastier than they sound). Includes a nutritious fermented lunch. [getpickledsomeset.com](http://getpickledsomeset.com)

## Curing and Smoking Day

Empire Farm, Templecombe

February 26

Learn about hot and cold smoking processes, salt curing and more. Plus, you'll produce plenty of appetizing preserved treats to take home with you. [empirefarm.co.uk](http://empirefarm.co.uk)

## Wassail Prune The Newt, Bruton

March 3

Combine the ancient pagan custom of chasing off evil winter spirits and welcoming in good spirits, and the practical tradition of giving the apple trees a final prune before spring arrives. [thenewtinsomerset.com](http://thenewtinsomerset.com)

## Women in Wine KASK, Bristol

March 8

Celebrate International Women's Day - with wine! KASK will pop the cork on bottles crafted by some of the bar's favourite female winemakers, and offer a selection of cheeses to pair with each. [kaskwine.co.uk](http://kaskwine.co.uk)

## Spring Feast fforest, Cardigan

March 31 - April 2

Featuring plenty of smoked stuff, cured stuff, stuff roasted over fires, sharing plates piled high with fish, meat and cheese - and even some vegetables. A bountiful celebration of the greenest season. [coldatnight.co.uk](http://coldatnight.co.uk)

## Bristol Cider & Cheese Festival Cider Box, Bristol

April 1

Indulge in a day of cider and cheese from the finest indie suppliers, while participating in talks and workshops, and jiving along to live music. [theciderbox.com](http://theciderbox.com)



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## Bistronomie

February 4

This February, for one day only, enjoy an indulgent, lazy bistro-style lunch in the barn. Guests will be treated to an Italian feast where homemade pasta is the star of the show.

## That's Amore

February 11, 18 + 25

Exploring the theme of romance in Italian culture and history, the Castle Farm supper clubs for February will share a love for Italian food.

## Indian Road Trip

March 4, 11, 18, 25

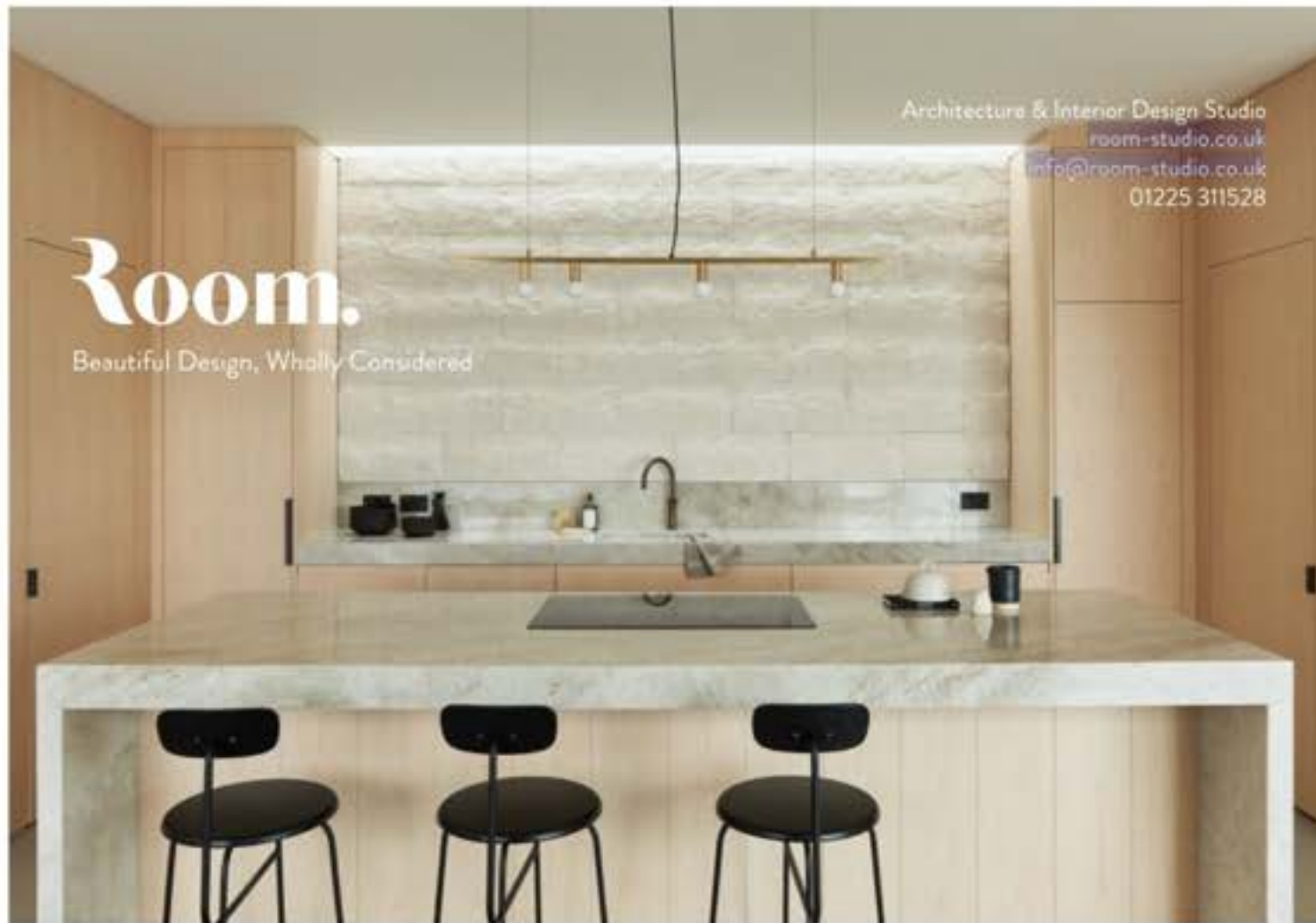
Inspired by a road trip around India, exploring Kerala, Delhi, Agra and Jaipur, Chef Pravin returns with the dishes he experienced on his travels. A journey through Indian food, not to be missed.

[castlefarmcafemidford@gmail.com](mailto:castlefarmcafemidford@gmail.com)  
[castlefarmmidford.co.uk](http://castlefarmmidford.co.uk)

All supper clubs are  
booked through  
the website







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# Workshops

### **Moonrise Face Oil Workshop** Weven, Stroud

February 5

Learn how to blend your own skincare potion and welcome in the Snow Moon with an afternoon of plantlore, plus a gentle introduction to the wonder of folk magic.

[weven.co.uk](http://weven.co.uk)

### **Sew Your Love Embroidery Workshop** Hidden Store, Bath

February 9

Personalise a favourite shirt with details, emblems or initials, guided by fabric fanatic Clemency Calkin. Bring a shirt or choose from a selection in store. Hot drinks and snacks provided.

[@hiddenstorebath](https://www.instagram.com/hiddenstorebath)

### **Weave a Cushion Cover** Creative Space, Bristol

February 10 + 11

Weaver and textile designer Angie Parker will thread up the loom with your desired colours (there's loads to choose from) and guide you on technique and weave structures, until you have your own cushion cover.

[creativespacebristol.co.uk](http://creativespacebristol.co.uk)

### **Robots Stay & Play** Children's Scrapstore, Bristol

February 17

Scissors and glue sticks at the ready! The Scrapstore is inviting children and their parents in to design and build their very own scraptastic robots.

[childrensscrapstore.co.uk](http://childrensscrapstore.co.uk)

### **My Wild City: Winter Bird Survey Walk** Lawrence Weston Moor, Bristol

February 19

Take a walk in the low winter sun and be wowed by the local wildlife. Your guide will explain where and how to record what you see, and help conservation action.

[avonwildlifetrust.org.uk](http://avonwildlifetrust.org.uk)

### **Papermaking & Sculptural Forms** Hole & Corner, Bruton

February 25

Follow artist Jane Ponsford as she demonstrates how to make paper sheets, then explore this medium creatively by making a vessel or sculptural organic paper form.

[holeandcorner.com](http://holeandcorner.com)

### **Casting with Plaster** East Quay, Watchet

February 25

Sculptor Melanie Deegan goes through the process of casting with plaster to create simple tiles and ornaments. Design a mould, cast a plaster object and decorate it.

[eastquaywatchet.co.uk](http://eastquaywatchet.co.uk)

### **Paint by Wine Workshop - Lupins** Studio LX, Bath

March 10

Enjoy a leisurely afternoon painting pretty lupins in this fun instructor-led boozy art workshop with all of the kit supplied.

[paintbywine.com](http://paintbywine.com)





# ALBERTA WHITTLE

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## Performance

### The Quantum Horse

The Cube Cinema, Bristol

February 4

Take an adventurous canter through time and space with this 21st-century re-imagining of the classic panto. It's behind you, it's in front of you... it's all over the place!

[cubecinema.com](http://cubecinema.com)

### Sophie Duker: Hag

Wardrobe Theatre, Bristol

February 9

The *Taskmaster* favourite is back on tour and taking us on a chaotic journey into her thirties, complete with travels across Ghana with her badass fedora-clad grandmother.

[thewardrobetaatre.com](http://thewardrobetaatre.com)

### The Shawshank Redemption

Everyman Theatre, Cheltenham

February 13-18

Based on the Stephen King novella and following in the footsteps of the acclaimed movie, this stage show charts the life of Andy Dufresne as he is handed a double life sentence for the brutal murders of his wife and her lover.

[everymantheatre.org.uk](http://everymantheatre.org.uk)

### Slapstick Festival

Various Bristol

February 14-19

Get ready for belly laughs at this multi-venue celebration of silent and visual on-screen comedy. This year, to celebrate patron Sir Michael Palin's 80th birthday, you'll be treated to his hand-picked comedy film favourites, plus introductions from him and his Monty Python pals.

[slapstick.org.uk](http://slapstick.org.uk)



Lissie at Komedia

### Lissie

Komedia, Bath

February 16

Taking her fifth, and most personal album, *Carving Canyons*, on tour, be dazzled by Lissie's indelible melodies and honest vocals.

[komedia.co.uk](http://komedia.co.uk)

### Spark

Tobacco Factory Theatres, Bristol

February 18

An antidote to all the sickly sweet Valentine's messages, this show is a celebration and exploration of unconventional love in all its surprising and wonderful forms.

[tobaccofactorytheatres.com](http://tobaccofactorytheatres.com)

### Noughts and Crosses

Theatre Royal, Bath

February 28 - March 4

Malorie Blackman's Romeo and Juliet-inspired story of racial and social divides comes to the stage in this adaptation by Sabrina Mahfouz. A captivating tale of love and revolution.

[theatreroyal.org.uk](http://theatreroyal.org.uk)

### Gordon Buchanan: 30 Years in the Wild

Cheese & Grain, Frome

March 23

Having produced some of the most popular wildlife programmes on the BBC, Buchanan draws on stories from 30 years of working both behind and in front of the camera.

[cheeseandgrain.com](http://cheeseandgrain.com)

### Ritual Union

Dareshack, Bristol

March 23

Taking place across four Bristol music venues, this one-day festival features headliners such as Porridge Radio and Bristol fave Rozi Plain, plus plenty of undiscovered gems.

[dareshack.com](http://dareshack.com)

### Orbital

O2 Academy, Bristol

March 31

The electronic music duo are back with their tenth album, *Optical Delusion*. Partly written during lockdown, there's a darker edge to the infectious beats.

[academymusicgroup.com](http://academymusicgroup.com)

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