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**GOVERNORS ISLAND TO HOST FREE BLACK HISTORY MONTH GATHERING,
RETURNING TO SELF, ON FEBRUARY 28**

Governors Island's third annual Black History Month culmination to feature workshops and activations rooted in sound, movement, poetry, and plant medicine

NEW YORK, NY (February 5, 2026) – The Trust for Governors Island announced today *Returning to Self*, a free indoor gathering in honor of Black History Month that centers healing, creativity, and collective care, presented in partnership with A Safe Space Mentor. Taking place on Saturday, February 28, 2026, from 1:00 to 6:00 p.m. at the Lower Manhattan Cultural Council (LMCC) Arts Center at Governors Island, *Returning to Self* will bring together artists, healers, and educators for an afternoon of restorative experiences that allows participants to slow down, honor their feelings, and begin to return to themselves. Workshops and activations include:

- **Sound Bath: “On Gathering,” with Rena Anakwe** – A grounding sonic experience featuring tank drums, chimes, crystal harp, and ocean drum, paired with readings inspired by Black women and femmes. Participants will be guided through a body scan to release tension and open to sound vibrations before closing with time to reflect and gather. Participants will receive custom essential oil rollerballs to support their healing journey.
- **Hydrosols: The Healing Power of Plants with Adaku Utah and Oko Farms** – An educational and meditative workshop exploring hydrosols and their role in plant medicine and self-care. Participants will learn how water carries medicinal and energetic properties while they engage in hands-on exploration and guided reflection.
- **Breath & Body: A Somatic Exploration with A Safe Space Mentor** – An interactive workshop that will begin with gentle breathwork to calm the nervous system and support emotional release before flowing into intuitive somatic movement. Participants are invited to explore free-form motion that will awaken joy, expression, and embodied connection.
- **Typewriter Poetry with Dylan Gilbert and the Poetry Society of New York** – Throughout the day, typewriter poet Dylan Gilbert will engage guests in short conversations inspired by the event themes before transforming responses into original poems typed live on a typewriter for participants to take home.
- **Make Your Own Bouquet with Governors Island Nature** – Using a selection of seasonal plants and dried cuttings, participants create winter bouquets celebrating natural beauty in all seasons while connecting directly with Governors Island’s landscapes.
- **Food and drink from Makina Café** – A selection of tea, coffee, and light bites from year-round Governors Island vendor Makina Café will be available to participants on a first come, first served basis.

Free with RSVP at www.govisland.org/returning-to-self. *Returning to Self* is presented by the Trust for Governors Island in partnership with A Safe Space Mentor, with event space generously provided by LMCC.

Governors Island is open to the public daily from 7:00 a.m. to 6:00 p.m. during the winter months. Cold-season activities include Winter Dog Days, outdoor exploration in the Island's award-winning park, recreation activities and amenities including bike rentals and QC NY Spa, and more. Governors Island Arts public artworks—which includes pieces by Sheila Berger, Chakaia Booker, Lenka Clayton & Phillip Andrew Lewis, Mark Dion, Mark Handforth, Shantell Martin, Duke Riley, Sam Van Aken, and Rachel Whiteread—are on view daily, with a self-guided public art tour available via the Governors Island Guide on Bloomberg Connects, the free arts and culture app.

Trust for Governors Island-operated ferries run daily between the Battery Maritime Building at 10 South Street in Lower Manhattan and Soissons Landing on the Island. Round-trip ferry tickets cost \$5 for adults. Governors Island ferries are always free for children 12 and under, older adults ages 65 and up, residents of NYCHA, IDNYC holders, current and former military service members, and Governors Island members. Ferries before 11a.m. on Saturdays and Sundays are free for all. There is no surcharge for bicycles or strollers at any time. For schedules and tickets, visit www.govisland.org/ferry.

NYC Ferry, the city's public ferry service, also serves Governors Island daily on the South Brooklyn Route during the winter months, with stops in Lower Manhattan and along the Brooklyn waterfront. Find schedules and more information on their website at www.ferry.nyc.

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About the Trust for Governors Island

The Trust for Governors Island is the nonprofit corporation created by the City of New York that is responsible for the redevelopment and operation of 150 acres of Governors Island. The Trust's mission is to realize the full potential of Governors Island for the inspiration and enjoyment of all New Yorkers, demonstrating a bold vision for public space. For more information, visit www.govisland.org.