

June 2024



Activities in Bournemouth

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Bournemouth	Park Yoga, Bournemouth	Weekly, Sunday 9.30am – 10.30am, May to September	Slades Park Pavillion, Ensbury Avenue, Bournemouth, BH10 4HG	Park yoga is a free one-hour outdoor yoga session. It will be held every Sunday morning throughout the summer starting in May and running until late September. Everyone is invited and all abilities are welcome. During this one-hour session we will practise mindful breathing techniques in synchronisation with basic flow movement, with a combination of strengthening and flexibility. It starts with gentle opening and relaxation at the end.	Free	Snack and drink. Yoga mat or towel.	No need to book

Bournemouth	Park Yoga, Bournemouth	Weekly. Sunday 9.30am – 10.30am May to September	Bournemouth Central Gardens, BH2 6EY	Park yoga is a free one-hour outdoor yoga session. It will be held every Sunday morning throughout the summer starting in May and running until late September. Everyone is invited and all abilities are welcome. During this one-hour session we will practise mindful breathing techniques in synchronisation with basic flow movement, with a combination of strengthening and flexibility. It starts with gentle opening and relaxation at the end. Provided by experienced teacher Kao (Joy) Mu-Jung	Free	Snack & drink. Yoga mat or towel	No need to book
Bournemouth	Wessex Orienteering Club Running session, Bournemouth	Weekly. Tuesday 6- 7pm	Bournemouth University, Sports Centre, Wallisdown Campus	We are a regular running group of mixed ages and abilities. The youngest is early twenties and the oldest early seventies. We do a session of approximately an hour split into different ability groups followed by a sociable drink afterwards.	Free	Waterproofs, suitable walking footwear (preferably trainers), money for refreshments (optional drink during the session)	01202 484523
Bournemouth	Boscombe Health Walks	Weekly. Thursday 10am – 10.45am	Boscombe woodlands, off Christchurch road, BH7 6DW	Walking for Health trained volunteer led walk. Meet at 9.50 ready for a 10am start. Join us for a leisurely stroll down through Boscombe Chine Gardens to the seafront, and back again before stopping for a cup of tea and a chat for those who can stay!	Free	Waterproofs, Suitable walking footwear, Money for refreshments (café), camera	01202 055780

Bournemouth	West Howe Health Walks	Weekly. Friday 10am – 10.30am	Kingfisher Barn, Granby Road, Muscliff, Bournemouth BH9 3NZ	We meet weekly on Mondays at 10am for a Ranger led gentle guided walk around our lovely Nature Reserve, stopping to look at wildlife and anything of interest, it's a great opportunity to enjoy being outside surrounded by Nature and fresh air.	Free	Waterproofs, suitable walking footwear, money for refreshments	07952 317894
Bournemouth	Wessex Orienteering Club Running session, Bournemouth	Weekly. Tuesday 6-7pm	Bournemouth University, Sports Centre, Wallisdown Campus	We are a regular running group of mixed ages and abilities. The youngest is early twenties and the oldest early seventies. We do a session of approximately an hour split into different ability groups followed by a sociable drink afterwards.	Free	Waterproofs, suitable walking footwear (preferably trainers), money for refreshments (optional drink during the session)	01202 484523