



Weymouth and Portland

Area	Activity summary	Day and time of activity	Meeting point for activity	Description of activity	Cost	Additional comments	To Book
Weymouth and Portland	Park Yoga, Weymouth	Weekly. Sunday 9.30-10.30am July to September	Lodmoor Country Park, Weymouth, DT4 7SX	Every Sunday (weather permitting) July to late September, 9.30-10.30am. Free outdoor family yoga. All ages and abilities welcome to come and try yoga, stretch, relax, and connect with nature and the community. Provided by The Lotus yoga	Free	Suitable footwear, money for refreshments (café), camera, mat/towel, blanket	01305 750023
Weymouth and Portland	Mindfulness in the Natural Environment, Weymouth	Weekly. Sunday 11.30-1pm On hold until further notice	Alternates between Radipole (Radipole Lake, Swannery Car Park, Weymouth DT4 7TZ) and Lorton Meadows Conservation Centre, (Lorton Lane, Weymouth, DT3 5QH) meeting at the reception areas.	Outdoor Guided Mindfulness provided by Dorset Mental Health Forum	£2.50	Waterproof coat, walking footwear, money for refreshments and camera	01305 257172

<p>Weymouth and Portland</p>	<p>Nature Walk, Lorton Meadows Weymouth</p>	<p>Weekly. Monday 10-11am</p>	<p>Lorton Meadows Conservation Centre, Lorton Lane, Weymouth, DT3 5QH</p>	<p>A gentle walk (30-45mins) through the Lorton Meadows Nature Reserve, focusing on the natural environment. Recommended for beginners. Walks runs from the Easter holidays to October Half Term. Please note this will not run on Bank Holidays. Provided by Dorset Wildlife Trust</p>	<p>£3 to include a drink</p>	<p>Waterproof coat, walking footwear, money for refreshments</p>	<p>01305 816546</p>
<p>Purbeck. West Dorset. Weymouth (for pick up)</p>	<p>Mid-week Wildlife Conservation Volunteering</p>	<p>Weekly. Wednesday 9am-4pm</p>	<p>Conservation tasks are held in a variety of different places mainly in south and west Dorset, minibus pickups are arranged from Weymouth and Dorchester and en route.</p>	<p>The EuCAN DMV activities range from hedge laying and dry-stone walling to scrub clearance and fencing. We operate on a number of different sites between Wareham in the east of Dorset and as far west as Lyme Regis, working on nature reserves and private sites. We recommend that you telephone or email the organiser, David Searle to discuss the plans and to reserve a seat on the minibus if necessary.</p>	<p>Free</p>	<p>Waterproofs, suitable walking footwear, snack and drink, mug for hot drinks. Bring work/gardening gloves if you have them. Soup is generally provided but volunteers are recommended to bring their own lunch and snacks as well.</p>	<p>07790 219463 or eucan.dmv@gmail.com</p>