

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



September 2018

Cuppa and Chat opening times:-

Monday 10.30-6pm

Thursday 10.30-5pm

Tuesday 10.30-8pm

Friday 10.30-5pm

Wednesday 10.30-5pm

Regular Weekly Groups:

Mon: 12.30: Relaxation and Meditation Group

6pm: Gong Relaxation (except first Monday of the month)

7.30pm: Drumming Circle (see over page for details)

Tues: 12.30pm: Mantra Meditation

2pm: Healing Sounds

7pm: Relaxation and Meditation Group

6.30-8.30pm: WISH Healing

Wed: 2pm: Gardening Group

Thurs: 12.30: Lunchtime Relaxation and Meditation Group

2pm: Afternoon Drumming and Mantra Group

Fri: 12.30: Gong Relaxation

Therapists available:

Monday: Liz- Integrated Coaching Therapies, Reiki **07931 534474**

Tuesday: Kelly- Massage, Reiki, Indian Head **07762 184617**

Wed: Kate- Massage, Reflexology, Reiki, Indian Head **07492 641116**

Chris- Solution Focussed Coaching, Sound Therapy **07931 532533**

Thurs: Denise-Reflexology, Metamorphic Tech, Indian Head **07843903559**

Friday: Kate- Massage, Reflexology, Reiki, Indian Head **07492 641116**





Other Groups, Courses and Events:

- Sun 2nd: Sunday at The Hub- Metamorphic Technique- Denise
Mon 3rd: 1.30-3.30pm- A Course In Miracles meet-up group
7.30-9.30pm- The Olive Jar Evening Circle
7.30-9.30pm- Reiki Share at The Sanctuary of Healing
Tues 4th: 2-3pm and 6-7pm: Belly Bolly Dance in The Dojo
Wed 5th: 10.30am- Colour for Wellbeing Workshop with Denise
Fri 7th: 10-5pm- Feel Good Friday- Health and Wellbeing Day
Sun 9th: ICGT Precision Crystal Therapy Course- Jill Edmundson
Mon 10th: 10-1pm- Time For A Treat
1.30-3.30pm Beacon of Light Discussion Group
7.30pm- Healing Drum Circle
Wed 12th: 10.30-12.30- Wellbeing for Wellness- 4-week Course
7.30-9pm- Mantra Circle
7.30-9.30pm- The Olive Jar- 6-week Course
Sat 15th: 10-5pm- Chill-out Saturday- Health and Wellbeing Day
11-2pm- Yoga Workshop with Jenny in The Dojo
Sun 16th: 7.30pm- Sound Bath at Cannon Street, Accrington
Mon 17th: 1.30-3.30pm- Pathways Circle with Chris G
7.30pm-9pm- Drumming and Mantra Circle
Wed 19th: 7-9pm- EFT Tapping Circle
Thurs 20th: 7.30-9.30pm- Mindfulness Based Stress Reduction
(8-week Course) with Liz
Fri 21st: 1.30-3pm- Stillness Group with Helen
7pm- Gong Meditation, The Tao Temple, Little Hulton
Sat 22nd: 10.30-1pm- Craft Workshop with Gerry and Andrea
4.30-9pm: Circles of Sound
(Community Sound Event at Chorley Unitarian Chapel Hall)
Sun 23rd: Earthsong Gatherings- Autumn Equinox
Mon 24th: 1.30-3.30pm- Olive Jar Afternoon Circle
7.30pm-9pm- Sacred Drumming and Chanting Circle
Wed 26th: 10.30-4.30pm- Reiki level 1 Course with Liz
Fri 28th- Sun 30th: Reiki level 2 Retreat- Kendal- Chris, Julie, Liz



