

# The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / [theharmonyhub.co.uk](http://theharmonyhub.co.uk)



## December 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: 6.30-8.30pm: WISH Healing

Wed: 12.30pm: Mantra Meditation

2pm: Healing Sounds

2-4pm: Gardening Group

Thurs: 12.30: Lunchtime Relaxation and Meditation Group

2pm: Afternoon Drumming and Mantra Group

Fri: 12.30: Gong Relaxation

### Therapists available:

Mon: Vicky- Reflexology, Aroma Massage, Facials, Reiki 07752 382726

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

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

Chris- Sound Therapy, Reiki 07931 532533

Thurs: Denise- Reflexology, Metamorphic Tech, Indian Head

07843903559

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





## Other Groups, Courses and Events:

**Fri 30<sup>th</sup>- Mon 3<sup>rd</sup>: Yoga and Sound Retreat, Kendal**

**Sun 2<sup>nd</sup>: Hub Sunday: 'From Pills to Peace'- Midnight McBride**

**Mon 3<sup>rd</sup>: 1.30-3.30pm- A Course In Miracles meet-up group**

**7.30-9.30pm- The Olive Jar Evening Circle**

**Thurs 6<sup>th</sup>: 7-9pm- Astrology Workshop: Heavenly Bodies**

**Fri 7<sup>th</sup>: 10-5pm- Feel Good Friday- Health and Wellbeing Day**

**Fri 7<sup>th</sup>- Mon 10<sup>th</sup>: Inner Harmony Retreat, Kendal**

**Sat 8<sup>th</sup>: 11-2pm- Yoga End of Year Workshop**

**Mon 10<sup>th</sup>: 1.30-3.30pm Beacon of Light Discussion Group**

**7.30pm- Healing Drum Circle**

**Wed 12<sup>th</sup>: 7.30-9pm- Mantra Circle**

**Fri 14<sup>th</sup>: 1.30-3pm- Stillness Group with Helen**

**7pm- Gong Meditation, The Tao Temple, Little Hulton**

**Sat 15<sup>th</sup>: 10-5pm- Chill-out Saturday- Health and Wellbeing Day**

**4.30-9pm: Circles of Sound**

**(Community Sound Event at Chorley Unitarian Chapel**

**Hall)**

**Sun 16<sup>th</sup>: 10.30-4.30pm- Retreat Day at the Hub**

**7.30pm- Sound Bath at Cannon Street, Accrington**

**Mon 17<sup>th</sup>: 1.30-3.30pm- Pathways Circle with Chris G**

**7.30pm-9pm- Drumming and Mantra Circle**

**Wed 19<sup>th</sup>: 7-9pm- EFT Tapping Circle**

**Fri 21<sup>st</sup>: 3.30-5pm- Solstice Sunset Gong Bath**

**Mon 31<sup>st</sup>: 3.30pm- 'Drum the Year Down' Drumming Circle**

**Tues 1<sup>st</sup> January- 2-3pm- New Year Gong Bath**

