

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



May 2018

Drop-in 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

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

7.30-9.30pm: 'The Olive Jar' 6-week Course (From Wed 16th)

7.30-9.30pm: 'Step Out Of Thought' 4-week Course (From Wed 16th)

Thurs: 12.30: Lunchtime Relaxation and Meditation Group

2pm: Afternoon Drumming and Mantra Group

7.30-9.30pm: Reiki level 1 4-week Course

Fri: 12.30: Gong Relaxation

7-9pm: 'Pathways to Self-Discovery' 4-week Course (From Fri 4th)

Therapists available:

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

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

Wednesday: Karen- Reiki, Personal Development **07985 102245**

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

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

WELCOME

Other Groups, Courses and Events:



Fri 4th: 10-5pm- Feel Good Friday- Health and Wellbeing Day

Mon 7th: 1.30-3.30pm- A Course In Miracles meet-up group

Wed 9th: 10.30-4.30pm- Reiki level 1 Course

7.30pm- Mantra Chanting Circle

Sat 12th: 10.30-1pm- Small Furry Animals!- Andrea and Gerry

Sun 13th: 10-1.30pm- Journey to Recovery- half day workshop

2-4pm: First Sunday- 'Introduction to Astrology'

Mon 14th: 1.30-3.30pm Beacon of Light Discussion Circle

7.30pm- Healing Drum Circle

Wed 16th: 7-9pm- EFT Tapping Circle

Fri 18th: 7pm- Gong Meditation, The Tao Temple, Little Hulton

Sat 19th: 10-5pm- Chill-out Saturday- Health and Wellbeing Day

4.30-9pm: Circles of Sound

(Community Sound Event)

Sun 20th: 10.30-4.30pm- Retreat Day at The Hub

7pm- Sound Bath at Accrington School of Healing

Mon 21st: 1.30-3.30pm- Pathways Circle

7.30pm- Drumming and Mantra Circle

Wed 25th: 7.30pm- Reiki Share

Sat 26th: 10-1pm- Women's Yoga Workshop with Jenny Dowling

Mon 27th: Sacred Drumming and Chanting Circle

Wed 30th: 7.30pm- Reiki Share



