

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



October 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: 10.30-12.30: Pathways (level 2) Course (From Mon 1st)
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
7.30-9.30pm: Pathways (level 1) Course (From Wed 3rd)

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:

- Mon 1st:** 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
- Fri 5th:** 10-5pm- Feel Good Friday- Health and Wellbeing Day
- Fri 5th- Sun 7th:** Yoga and Sound Retreat- Kendal
- Sun 7th and Sun 14th:** Inviting Angels with Andrea
- Mon 8th:** 1.30-3.30pm Beacon of Light Discussion Group
7.30pm- Healing Drum Circle
- Wed 10th:** 10.30-12.30: Colour Therapy (level 2) Course with Denise
7.30-9pm- Mantra Circle
- Mon 15th:** 10-1pm- Time For A Treat
1.30-3.30pm- Pathways Circle with Chris G
7.30pm-9pm- Drumming and Mantra Circle
- Wed 17th:** 7-9pm- EFT Tapping Circle
- Fri 19th:** 1.30-3pm- Stillness Group with Helen
7pm- Gong Meditation, The Tao Temple, Little Hulton
- Sat 20th:** 10-5pm- Chill-out Saturday- Health and Wellbeing Day
4.30-9pm: Circles of Sound
(Community Sound Event at Chorley Unitarian Chapel Hall)
- Sun 21st:** 7.30pm- Sound Bath at Cannon Street, Accrington
- Mon 22nd:** 1.30-3.30pm- Olive Jar Afternoon Circle
7.30pm-9pm- Sacred Drumming and Chanting Circle
- Fri 26th- Sun 28th:** Mindfulness Meditation Sound Retreat- Kendal
- Sat 27th:** The Witch in You Workshop with Gerry and Andrea
- Sun 28th:** Earthsong Gatherings- Samhain
- Wed 31st:** 10.30-4.30pm- Reiki Share at The Hub

