Gggggg/\*‘



 **The Harmony Hub**

 **15 Queen’s Road, Chorley**

 **Phone: 07931 534474 / theharmonyhub.co.uk**

**April 2019**

**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 1st Monday of the month) (Dojo)**

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

**Tues: 6.30-8.30pm: WISH Healing**

**Wed: 12.30pm: Healing Moves- Anne Kingston (Dojo)**

 **2pm: Healing Sounds (Dojo)**

 **2-4pm: Gardening Group**

 **7.30pm: ‘Step Into Peace’ 4 week course- Liz**

**Thurs: 12.30: Lunchtime Relaxation and Meditation Group- Liz**

 **2pm: Afternoon Drumming and Mantra Group- Chris**

 **7pm: One Heart Healing Meditation Group- Jill (4th & 18th)**

 **12.30: Gong Relaxation (Dojo)**

**Sat: 2-3.30pm: Yoga with Gail (Dojo)**

**Therapists available:**

**Mon: Vicky- Reflexology, Aroma, Massage, Facials, Reiki 07463 255175**

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

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

 **Chris- Sound Therapy, Reiki 07931 532533**

 **Jenny- 1:1 Yoga, Ayurveda and Massage**

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

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





**Other Groups, Courses and Events:**

**Mon 1st: 10-12- ‘Moody Bitches’ Menopause Support- Denise**

 **1.30-3.30pm- A Course In Miracles Meet-Up Group**

 **7.30-9pm- Earthsong Moon Drumming Circle (Dojo)**

 **7.30-9pm- Reiki Share at The Sanctuary of Healing**

**Tues 2nd: 10-12- Colour for Wellbeing (Stage 2) course- Denise**

**Wed 3rd: 7.30-9.30pm- Mindfulness Stress Reduction (Course)- Liz**

**Thurs 4th: 10-12- Pathways (Stage 2) (4 week Course)- Chris G**

**Fri 5th: 10-5pm- Feel Good Friday- Treatment Taster Day**

**Fri 5th- Mon 8th: Yoga and Sound Retreat, Kendal- Jenny, Liz, Chris**

**Mon 8th: 10-12- ‘SOAR’ Survivors of Abuse Rise- Denise**

 **1.30-3.30pm- Beacon of Light Discussion Group- Janet**

 **7.30pm- Healing Drum Circle- Chris**

**Wed 10th: 7.30-9pm- Mantra Circle- Chris**

**Thurs 11th: 7.30-9.30pm- Olive Jar Circle- Veronica**

**Fri 12th: 10.30-4.30pm- Reiki (Level 1) Course- Liz**

 **1.30-3pm- Eckhart Tolle Stillness Group- Helen**

 **6pm & 7.30pm-Sound Chill-Out- Chetham Farm Retreat**

**Sun 14th: 2-4pm- Hub Sunday- EFT for Pain & Fatigue- Veronica**

**Mon 15th: 1.30-3.30pm- Pathways Circle with Chris G**

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

**Tues 16th: 10-12am- Colour for Wellbeing (intro) course- Denise**

**Wed 17th: 7-8.30pm- EFT Tapping Circle- Sheila**

**Fri 19th: 7.30pm- Gong Meditation, The Tao Temple, Little Hulton**

**Sat 20th: 10-5pm- Chill-out Saturday- Health and Wellbeing Day**

**Sun 21st: 7.30pm- Sound Bath at Cannon Street, Accrington**

**Mon 22nd: 7.30-9pm- Sacred Drumming and Chanting- Linda**

**Tues 23rd: Colour for Wellbeing (Stage 3) course- Denise**

**Wed 24th: Reiki Share at The Hub- Julie, Karen, Chris**

**Fri 26th: Reiki (Level 2) Course- Liz**

**Sat 27th: 4.30-9pm- 4.30-9pm: Community Sound Event- (Dojo)**

**Sun 28th: 10.30-4.30pm: Retreat Day at The Hub- Liz, Chris, Julie**

****

\

**Contact Carol (07584293506) or Liz (07931534474)**

**For more information.**