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 **The Harmony Hub**

 **15 Queen’s Road, Chorley**

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

**December 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**

 **1.30-3pm: Discussion/Meet-up Groups (see over page)**

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

 **2-4pm: ‘Every Little Cell’ Living with Cancer Support- Liz/Rita**

 **2-4pm: Gardening Group**

**Thurs: 10.30pm: Healing Moves (5th, 12th & 19th) Anne Kingston (Dojo)**

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

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

 **7pm: One Heart Healing Meditation Group- Jill (5th and 19th)**

 **Fri: 10.30: Tai Chi with Julie Swift (Dojo)**

 **12.30: Gong Relaxation (Dojo)**

**Sat: 12.15: Tai Chi with Paul (Dojo)**

**Therapists available:**

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

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

 **Julie Murphy-Coaching, Reiki, Massage, Facials 07788 876522**

 **Jill Kirkham- Healing Massage, Mental Health Support 07837 184068**

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

**Thurs: Peace- Womens’ Health/ Abdominal Health 07846 824364**

 **Jayne- Shiatsu, TRE, Reflexology 07716 848598**

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

**By Appointment: Liz- Coaching, Reiki, Mindfulness 1:1 07931 534474**

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





**Other Groups, Courses and Events:**

**Sun 1st: 10-5pm- Pop-up Card Making with Joyce**

 **Mon 2nd: 1.30-3.30pm- A Course In Miracles Intro Group- Stuart**

 **2-4pm- Joyce’s Crafty Felters**

 **7.30-9pm- Earthsong Drumming Gathering (Dojo)**

 **7.30-9pm- Sanctuary Reiki Share**

**Wed 4th: 6-7.30pm- Yoga with Sound at Singleton- (Chris/Liz/Jayne)**

**Fri 6th: 10-5pm- Feel Good Friday Treatment Taster Day**

 **6-8.30pm- Chetham Farm Sound Baths (Liz)**

**Sat 7th: 1-4pm- ‘Journey to Self Love’ HYL workshop- Julie Murphy**

**Mon 91h: 11am- Qabalah Group (David)**

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

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

**Wed 11th: 1.30-3pm- Eckhart Tolle New Earth Group**

 **7.30-9pm- Mantra Circle**

**Fri 13th- Mon 16th: Inner Harmony Winter Retreat- Kendal**

**Sun 15th: 11am- Community Dog Walk- Dee**

**Mon 16th: 7.30pm-9pm- Drumming and Mantra Circle- Chris H**

**Wed 18th: 7-8.30pm- EFT Tapping Circle- Sheila**

**Thurs 19th: 7-9.30pm- 2020 Horoscope Drop-In- Philip Heaton**

**Fri 20th: 1.30-3pm- Eckhart Tolle Stillness Group- Helen P**

**Sat 21st: 10-5pm- Chill-out Saturday- Health and Wellbeing Day**

 **7.30-9.30pm- Earthsong Sound Journey (Dojo)**

**Sun 22nd: 12-3pm- Earthsong Winter Solstice Sabbat (Dojo)**

 **4.30-8.30pm- Winter Solstice Sound Event- Accrington**

**Mon 23rd: 7.30-9pm- Sacred Drumming and Chanting- Linda**

**Sun 29th: 11am- ‘Blow the cobwebs away’ Dog Walk- Dee**

**Tues 31st: 3.30-7.30- ‘Drum the Year Down’ Sound Event (Dojo)**

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

**For more information.**