

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



February 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 first Monday of the month) (Dojo)
7.30pm: Drumming Circle (see over page for details)
Tues: 10am: Yoga with Gail (Dojo)
6.30-8.30pm: WISH Healing
Wed: 12.30pm: Healing Moves- Anne Kingston (6th and 13th only) (Dojo)
2pm: Healing Sounds (Dojo)
2-4pm: Gardening Group
Thurs: 12.30: Lunchtime Relaxation and Meditation Group- Liz
2pm: Afternoon Drumming and Mantra Group- Chris
7pm: Astrology Group- Philip Heaton
Fri: 11-12: Pilates with Rachel (Dojo)
12.30: Gong Relaxation (Dojo)
Sat: 2-3.30pm: Yoga with Gail (Dojo)

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
Jenny- 1:1 Yoga, Ayurveda and Massage
Thurs: Denise-Reflexology, Metamorphic Tech, Indian Head 07843903559
Friday: Kate- Massage, Reflexology, Reiki, Indian Head 07492 641116

WELCOME



Other Groups, Courses and Events:

- Fri 1st: 10-5pm- Feel Good Friday- Treatment Taster Day**
Sun 3rd: 11am- Earthsong Gatherings- Imbolc (Dojo)
Mon 4th: 10-12- 'Moody Bitches' Menopause Support- Denise
1.30-3.30pm- A Course In Miracles meet-up group- Jane
7.30-9.30pm- The Olive Jar Circle- Veronica
7.30-9pm- Earthsong Moon Drumming Circle (Dojo)
7.30-9pm- Reiki Share at The Sanctuary of Healing
Tues 5th: Colour for Wellbeing (level 2) Workshop- Denise
Thurs 7th: 7.30-9pm- One Heart Healing Meditation- Jill Kirkham
Fri 8th: 1.30-3pm- Eckhart Tolle Stillness Group- Helen
Mon 11th: 10-12- 'SOAR' Survivors of Abuse Rise- Denise
1.30-3.30pm Beacon of Light Discussion Group- Janet
7.30pm- Healing Drum Circle- Chris
Tues 12th: 1-4.30pm- Reiki 1 day 1- Liz
Wed 13th: 7.30-9pm- Mantra Circle- Chris/Liz
Fri 15th: 7.30pm- Gong Meditation, The Tao Temple, Little Hulton
Sat 16th: 10-5pm- Chill-out Saturday- Health and Wellbeing Day
4.30-9pm: Circles of Sound
(Community Sound Event at Chorley Unitarian Chapel Hall)
Sun 17th: 1-3pm- Mindful Writing Taster Workshop
7.30pm- Sound Bath at Cannon Street, Accrington
Mon 18th: 10.15-12.15- The Olive Jar 6-week course
7.30pm-9pm- Drumming and Mantra Circle- Chris
Tues 19th: 10-12- Colour for Wellbeing (intro) course- Denise
Wed 20th: 7-8.30pm- EFT Tapping Circle- Sheila
Thurs 21st: 7.30-9pm- One Heart Healing Meditation- Jill Kirkham
Sun 24th: 10.30-4.30pm- Retreat Day at the Hub- Chris/Julie/Liz
Mon 25th: 1.30-3.30pm- The Olive Jar Circle- Veronica
7.30-9pm- Sacred Drumming and Chanting- Linda
Thurs 28th: 7.30-9.30- The Moon in your Life- Philip Heaton

