

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



May 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 for details)
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
Thurs: 12.30: Lunchtime Relaxation and Meditation Group- Liz
2pm: Afternoon Drumming and Mantra Group- Chris
7pm: One Heart Healing Meditation Group- Jill (2nd & 16th)
Fri: 12.30: Gong Relaxation (Dojo)
Sat: 2-3pm: 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

Jenny- 1:1 Yoga, Ayurveda and Massage

Thurs: Chris- Sound Therapy, Reiki 07931 532533

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



Other Groups, Courses and Events:



Fri 3rd: 10-5pm- Feel Good Friday- Treatment Taster Day
Sat 4th-Sun 5th- Earthsong Gatherings Beltaine- Contact Caroline
Mon 6th: 1.30-3.30pm- A Course In Miracles Meet-Up Group
Wed 8th: 1-3pm- 'Step Into Peace' (4-week course at 'Zen' Clitheroe-Liz)
7.30-9pm- Mantra Circle- Chris
Thurs 9th: 7-9pm- 'Step Into Peace' (4-week course at Chetham Farm-
(Liz)
7.30-9.30pm- Olive Jar Circle- Veronica
Fri 10th-Mon 13th: Reiki 2 Retreat, Kendal
Mon 13th: 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 15th: 7-8.30pm- EFT Tapping Circle- Sheila
Fri 17th: 1.30-3pm- Eckhart Tolle Stillness Group- Helen
7.30pm- Gong Meditation, The Tao Temple, Little Hulton
Sat 18th: 10-5pm- Chill-out Saturday- Health and Wellbeing Day
4.30-9pm- 4.30-9pm: Community Sound Event- (Dojo)
Sun 19th: 2-4pm: Sunday at The Hub with Chris G
7.30pm- Sound Bath at Cannon Street, Accrington
Mon 20th: 1.30-3.30pm- Pathways Circle with Chris G
7.30pm-9pm- Drumming and Mantra Circle- Chris
Tues 21st: 10-12am- Colour for Wellbeing Meet-up Group- Denise
Fri 24th: 10.30-4.30pm- Reiki (Level 1) Course- Liz
Sat 25th: 10-4.30- Retreat Day at 'Zen', Clitheroe
Sun 26th: 10-4.30pm- Retreat Day at The Hub
Mon 27th: 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
Wed 29th: Reiki Share at The Hub- Julie, Karen, Chris
Fri 31st: 6pm & 7.30pm-Sound Chill-Out- Chetham Farm Retreat

