

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



February 2020

Cuppa and Chat opening times:-

Monday 10.30-6pm Wednesday 10.30-5pm Friday 10.30-5pm
Tuesday 10.30-7.30pm Thursday 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
1-2pm: Gardening Group
1-3pm: Eckhart Tolle New Earth Group- Helen (5th and 19th)
7.30-8.30pm: Tai Chi with Paul (Dojo)

Thurs: 10.30pm: Healing Moves (6th, 20th and 27th)) 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 (6th and 20th)

Fri: 10.30: Tai Chi with Julie Swift (Dojo)
12.30: Gong Relaxation (Dojo)

Sat: 10-11am: 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, Tropic Facials 07788 876522
Jill Kirkham- Massage and Energy work including Vortex Healing 07837 184068

Wed: Liz- Coaching, Mindfulness, Reiki, Reiki Drum and/or Gongs 07931 534474

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: Chris- Sound Therapy, Reiki 07931 532533

WELCOME

Other Groups, Courses and Events:



Sat 1st-Sun 2nd: Imbolc Celebration with Earthsong- Dojo

Sat 1st: 10.15am- Indian Head massage Course- Jilly

Mon 3rd: 11.30- Gentle Mindful Walk at Yarrow- Dee

11am- Qabalah Group (David)

11.30-1pm and 2-4pm- Joyce's Crafty Felters

1.30-3.30pm- A Course In Miracles Intro Group- Stuart

7.30-9pm- Earthsong Drumming Gathering (Dojo)

7.30-9pm- Sanctuary Reiki Share

Fri 7th: 10-5pm- Feel Good Friday Treatment Taster Day

Sat 8th: 10.30-4.30pm: 'Original Usui Reiki' Course- Ray Goldy

Sun 9th: 10.30-4.30pm- Vision Board Retreat Day

Mon 10th: 10-12- 'Practical Meditation' 4-week Course- Liz

1.30-3.30pm- Beacon of Light Discussion Group

7.30pm- Healing Drum Circle- Chris

Wed 12th: 7.30-9pm- Mantra Circle

Thurs 13th: 7.30-9pm- 'Mindfulness for a Happier Life' Meet-up- Liz

Fri 14th: 10.30-4.30pm- Reiki 1 Course- Liz

6-8.30pm- Chetham Farm Sound Baths- Liz

Sat 15th: 10-5pm: Chill-Out Saturday Treatment Taster Day

4.30-8.30pm- Community Sound Event

Sun 16th: 10.30-2.30pm- 'Ordering from the Cosmic Kitchen'- Julie M

7-8.30pm- Accrington Sound Bath, Cannon Street, Accrington

Mon 17th: 7.30-9pm- Drumming and Mantra Circle- Chris

Wed 19th: 7-8.30pm- EFT Tapping Circle- Sheila

7.30-9.30pm- 'Intro to Mindfulness' (4 week course)- Liz

7-8.30pm- Accrington Sound Bath

Fri 21st: 1.30-3pm- Eckhart Tolle Stillness Group- Helen

7-8.30pm- Gong Bath at The Tao Temple, Little Hulton

Sun 23rd: 11am- Community Dog Walk

Mon 24th: 2-3.30pm- Writing for Joy with Jill

7.30-9pm- Sacred Drumming and Chanting- Linda

Tues 25th: 1-3pm- 'Heal Your Life' Meet-up Group- Julie Murphy

Wed 26th: 7.30-9pm- Reiki Share at The Hub

Thurs 27th: NLP Meet-up group- Liz

Fri 28th- Mon 2nd March- Sound and Stillness Spring Retreat

