

# November What's On!

## Weekly Groups:

- Mon: 10.30-12.30: The Olive Jar- Veronica Simister (6 week Course)**  
6pm: Gong Relaxation
- Tues: 1pm: Lunchtime Relaxation and Meditation**  
2pm: Healing Sounds  
7pm: Relaxation and Meditation Group  
6.30-8.30pm: W.I.S.H. Spiritual Healing
- Wed: 12: Mindfulness and Awareness Group**  
2pm: Gardening Group
- Thurs: 12.30: Lunchtime Relaxation and Meditation Group**  
2pm: Afternoon Drumming and Mantra Group  
7pm: Angel Meditation
- Friday: 12: Lunchtime Gong Meditation**  
5.30pm: Gong Relaxation  
7-9pm: Spiritual Development Group

## Other Groups, Courses and Events:

- Wed 2<sup>nd</sup> 7.30pm: Healing Circle with Louise Kay**
- Fri 4<sup>th</sup>: Feel Good Friday- Health and Wellbeing Day**
- Sat 5<sup>th</sup> 7pm: Sound Bath at The Unitarian Chapel Hall**
- Sun 6<sup>th</sup>: First Sunday- Introduction to EFT- Veronica Simister**
- Mon 7<sup>th</sup>: 7pm Laughter Yoga**  
7.30pm Just Drumming Circle
- Wed 9<sup>th</sup>: 6.15pm Qi Gong- Paul Blundell**  
7.30pm Mantra Chanting Circle
- Fri 11<sup>th</sup>: 11-4.30pm Reiki 1 Course- Liz Whittall**
- Sat 12<sup>th</sup>: 10.30-2.30- Vision Board Workshop- Lynn Meadowcroft**
- Sun 13<sup>th</sup>: 2-5pm Aromatherapy with Bev Higham**
- Mon 14<sup>th</sup>: 7.30 Healing Drum Circle**
- Wed 16<sup>th</sup>: 7pm EFT Tapping Circle with Veronica Simister**
- Fri 18<sup>th</sup>: 10.30-4.30 Reiki Master Practitioner Course- Liz Whittall**
- Sat 19<sup>th</sup>: 11-5pm Chill-out Saturday- Health and Wellbeing Day**
- Sun 20<sup>th</sup>: 10-4.30pm- Retreat Day at The Hub**
- Mon 21<sup>st</sup>: 2-4pm Reiki Share**  
7.30pm Drumming and Mantra Circle
- Mon 21<sup>st</sup>- Tues 22<sup>nd</sup>: 11-4.30pm Reiki level 2 course- Liz Whittall**
- Wed 21<sup>st</sup>: 7pm EFT Tapping Circle with Veronica Simister**
- Fri 25<sup>th</sup>-28<sup>th</sup> Lake District Retreat with Lynn and Liz**
- Mon 28<sup>th</sup>: 7.30pm Sacred Drumming and Chanting- Linda Ainsworth**