

# The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / [theharmonyhub.co.uk](http://theharmonyhub.co.uk)



## December

### Opening times:-

**Monday 10.30-7.30pm**

**Tuesday 10.30-8pm**

**Wednesday 10.30-5pm**

**Thursday 10.30-5pm**

**Friday 10.30-5pm**

### Regular Weekly Groups:

**Mon: 12: Mindfulness Meditation**

**6pm: Gong Relaxation**

**7.30pm: Drumming Circle (see over page for details)**

**Tues: 12.30pm: Mantra Meditation**

**2pm: Healing Sounds- with Gongs**

**7pm: Relaxation and Meditation Group**

**6.30-8.30pm: WISH Healing**

**Wed: 2pm: Gardening Group**

**Thurs: 12.30: Lunchtime Relaxation and Meditation Group**

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

### Therapists available:

**Monday: Liz- Integrated Coaching Therapies 07931 534474**

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

**Wednesday: Karen- Reiki, Personal Development 07985 102245**

**Thursday: Liz- Reiki, Integrated Coaching Therapies 07931 534474**

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



## Other Groups, Courses and Events:



- Fri 1<sup>st</sup>: Feel Good Friday- Health and Wellbeing Day**  
**Fri 1<sup>st</sup>- Sun 3<sup>rd</sup>: Yoga and Sound Retreat- Kendal, Je**  
**Sat 2<sup>nd</sup>: 2-4.30pm- Craft n' Chat 'til Christmas- Andrea/Gerry**  
**Mon 4<sup>th</sup>: 10-12- The Art and Science of Happiness for Parents (2)**  
**7.30pm: Reiki Share at The Sanctuary**  
**Thurs 7<sup>th</sup>: Gong Meditation, The Tao Temple, Little Hulton**  
**Fri 8<sup>th</sup>- Sun 10<sup>th</sup>: Inner Harmony Retreat- Kendal**  
**Sat 9<sup>th</sup>: 2-4.30pm- Craft n' Chat 'til Christmas- Andrea/Gerry**  
**Mon 11<sup>th</sup>: 10-12-The Art and Science of Happiness**  
**for Parents (3)**  
**1.30-3.30pm Cygnus Community Cafe**  
**6pm Gong Relaxation**  
**7.30pm Healing Drum Circle**  
**Fri 15<sup>th</sup>- Sun 17<sup>th</sup>- NLP 'Just Be' Share Retreat- Kendal**  
**Sat 16<sup>th</sup>: 11-5pm Chill-out Saturday- Health and Wellbeing Day**  
**Mon 18<sup>th</sup>: The Art and Science of Happiness for Parents (4)**  
**1.30pm- 'Food For Thought'**  
**6pm Gong Relaxation**  
**7.30pm: Mantra and Drumming Circle**  
**Wed 20<sup>th</sup>: 7pm EFT Tapping Circle**  
**Thurs 21<sup>st</sup>: Solstice Gong Meditation, The Temple, Little Hulton**  
**Sat 23<sup>rd</sup>: Circles of Solstice Sound**  
**(Community Sound Event at Chorley Unitarian**  
**Chapel Hall)**

