

# The Harmony Hub

15 Queen's Road, Chorley

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



## January

### Regular Weekly Groups:

**Mon: 6pm: Gong Relaxation**

**7.30pm: Drumming Circle (see below for details)**

**Tues: 10.30-12.30: The Olive Jar- Veronica (6 weeks from 10th)**

**12 o'clock: Lunchtime Relaxation and Meditation- Janet**

**1pm: Sleepy Yoga with Cheryl**

**2pm: Healing Sounds**

**7pm: Relaxation and Meditation Group- Liz**

**6.30pm: The Olive Jar- Veronica (6 week Course from 17th)**

**6.30-8.30pm: W.I.S.H. Spiritual Healing**

**Wed: 11-3pm: Woolly Wednesdays**

**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 with Andrea**

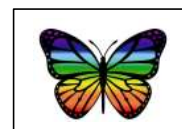
**7-8.30pm: Yin Yoga with Cheryl**

**Friday: 12: Lunchtime Gong Meditation**

**5.30pm: Gong Relaxation**

**7-9pm: Spiritual Development Group**





## **Other Groups, Courses and Events:**

**Sun 1st 12 o'clock 'In with the new!'- Gong Meditation**

**Wed 4th 7.30pm: Reiki Share**

**Fri 6th: Feel Good Friday- Health and Wellbeing Day**

**Sun 8th: Sunday at The Hub- 2017 and Beyond...!**

**Mon 9th: 1.30-3.30pm Cygnus Community Cafe**

**7.30 Healing Drum Circle**

**Wed 11th: 6.15pm Qi Gong- Paul**

**7.30pm Mantra Chanting Circle**

**Fri 13th: 11-4.30pm Reiki 1 Course- Liz**

**Sat 14th: 7pm- Spheres of Sound (Chorley Unitarian Chapel Hall)**

**Sun 15th: Children and Young People's Spiritual Group**

**Mon 16th--Tues 17th: 11-4.30pm Reiki level 2 course- Liz**

**Mon 16th: 2-4pm Reiki Share**

**7.30pm Drumming and Mantra Circle**

**Wed 18th: 7pm EFT Tapping Circle with Veronica Simister**

**Fri 18th: 10.30-4.30 Reiki Master Practitioner Course- Liz**

**Sat 21st: 11-5pm Chill-Out Saturday- Health and Wellbeing Day**

**4-9.30pm Circles of Sound**

**(Community Sound Event at Chorley Unitarian Chapel Hall)**

**4pm- Drumming Circle**

**5pm- Gong Relaxation**

**6pm- Supper**

**7.30pm- Kirtan with the Bhajan Band**

**Sun 22nd: 10-4.30pm- Retreat Day at The Hub**

**Mon 23rd: 7.30pm Sacred Drumming and Chanting- Linda**

**Fri 27th: 7.30- 9pm Kirtan Evening**

**Sat 28th- Sun 29th: Spheres of Light**

