

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



January 2020

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)
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
7.30-9pm: 'Shine Your Light with Janet' 4-week Course- Janet
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 (8th and 22nd)
Thurs: 10.30pm: Healing Moves (9th, 23rd and 30th) 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 (9th and 23rd)
Fri: 10.30: Tai Chi with Julie Swift (Dojo)
12.30: Gong Relaxation (Dojo)
Sat: 12.15: 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





Other Groups, Courses and Events:

Mon 6th: 10-12- 'Introduction to Mindfulness' 4-week course- Liz

11am- Qabalah Group (David)

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

2-4pm- Joyce's Crafty Felters

7.30-9pm- Earthsong Drumming Gathering (Dojo)

7.30-9pm- Sanctuary Reiki Share

Wed 8th: 7.30-9pm- Mantra Circle

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

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

6-8.30pm- Chetham Farm Sound Baths (Liz)

Sat 11th: 10.30-5pm- Reiki Retreat Day

Sun 12th: 10.30-4.30pm- Vision Board Retreat Day

Mon 13th: 1.30-3.30pm- Beacon of Light Discussion Group

7.30pm- Healing Drum Circle- Chris

Wed 15th: 11.30am- Gentle Mindful Walk at Yarrow Valley- Dee

7-8.30pm- EFT Tapping Circle- Sheila

7.30-9.30pm- Reiki 1 as a 4-week course- Liz

Thurs 16th: NLP Meet-up group- Liz

Fri 17th: Eckhart Tolle Stillness Group- Helen

Sat 18th: 10-5pm: Chill-Out Saturday Treatment Taster Day

4.30-8.30pm- Community Sound Event

Sun 19th: 1-4.30pm- Felted Drum Beater Workshop- Joyce

7-8.30pm- Accrington Sound Bath

Mon 20th: 7.30-9pm- Drumming and Mantra Circle- Chris

Fri 24th: 'Teaching Reiki'- Masters Course Part 3- Liz

Sat 25th-Sun 26th: The Munay Ki Foundation Rites Course- Liz

Sun 26th: 11am- Community Dog Walk- Dee

Mon 27th: 7.30-9pm- Sacred Drumming and Chanting- Linda

Tues 28th: 1-3pm- 'Heal Your Life' Meet-up Group- Julie Murphy

Wed 29th: 7.30-9pm- Reiki Share at The Hub

