

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



March 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 (11th and 25th)
7.30-8.30pm: Tai Chi with Paul (Dojo)

Thurs: 10.30pm: Healing Moves (5th, 19th and 26th) 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 (5th and 19th)

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**



Other Groups, Courses and Events:



Mon 2nd: 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 6th: 10-5pm- Feel Good Friday Treatment Taster Day

Sat 7th: 10-4.30pm- Animal Communication Course- Yvette W
4.30-8.30pm- Community Sound Event (Dojo)

Sun 8th: 10.30-4.30pm- Retreat Day at The Hub

Mon 9th: 10-12- 'Practical Meditation' 4-week Course- Liz
1.30-3.30pm- Beacon of Light Discussion Group
7.30pm- Healing Drum Circle- Chris

Tues 10th: 7.30-9pm 'Shine Your Light' 4-week Course- Janet

Wed 11th: 7.30-9pm- Mantra Circle- Chris

Thurs 12th: 7.30-9pm- Mindfulness for a Happier Life Meet-up- Liz

Fri 13th: 10.30-4.30pm- Reiki 1 Course- Liz
6-7pm & 7.30-8.30pm- Chetham Farm Sound Baths- Liz

Sat 14th-Sun 15th: Heal Your Life Weekend Workshop- Julie M

Mon 16th: 7.30-9pm- Drumming and Mantra Circle- Chris

Wed 18th: 11am- Gentle Mindful walk in Nature- Dee
7-8.30pm- EFT Tapping Circle- Sheila
7.30-9.3pm 'Step Into Peace'- 4 Week Course- Liz

Fri 20th: 1.30-3pm- Eckhart Tolle Stillness Group- Helen
7-8.30pm- Sound Bath at The Tao Temple, Little Hulton

Sat 21st: 10-5pm: Chill-Out Saturday Treatment Taster Day
7.3pm: Earthsong Sound Journey (Dojo)

Sun 22nd: 12 o'clock- Earthsong Ostara Sabbat
4.30-8.30pm- Accrington Spring Equinox Community Sound Event

Mon 23th: 2-3.30pm- Writing for Joy with Jill
7.30-9pm- Sacred Drumming and Chanting- Linda

Wed 25th: 7.30-9pm- Reiki Share at The Hub

Thurs 26th: NLP Meet-up group- Liz

Sat 28th- Sun 2th: The Munay Ki Lineage Rites

Sun 29th: 11am- Community Dog Walk

Tues 31st: 1-3pm- 'Heal Your Life' Meet-up Group- Julie Murphy

