

# The Harmony Hub

15 Queen's Road, Chorley

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



## October

### Opening times:-

**Monday 10.30-7.30pm**

**Thursday 10.30-5pm**

**Tuesday 10.30-8pm**

**Friday 10.30-5pm**

**Wednesday 10.30-5pm**

### Regular Weekly Groups:

**Mon: 12: Mindfulness Meditation**

**6pm: Gong Relaxation (except Mon 4<sup>th</sup>)**

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

**Tues: 12.30pm: Lunchtime Relaxation and Meditation**

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

**7.30pm: 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**

**7.30-9.30pm 'Stay out of Thought' (Starting 19<sup>th</sup> October)**

**Friday: 12.30: Lunchtime Gong Meditation**

### 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: Tara- Sound Therapy 07546 853611**

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



## Other Groups, Courses and Events:



- Sun 1<sup>st</sup>: 2-4pm- Hub 1<sup>st</sup> Sunday “Positive Psychology”  
10-4pm- Reiki Master Teacher course (part 3)**
- Mon 2<sup>nd</sup>: 7.30pm: The Olive Jar Circle  
7.30pm: Reiki Share (at The Sanctuary of Healing)**
- Fri 6<sup>th</sup>: Feel Good Friday- Health and Wellbeing Day**
- Fri 6<sup>th</sup>: 7.30pm: Gong Meditation (at The Tao Temple)**
- Sat 7<sup>th</sup>- Sun 8<sup>th</sup>: Reiki Drum Technique Course**
- Sat 7<sup>th</sup>: 7pm- Spheres of Sound (Chorley Unitarian Chapel Hall)**
- Mon 9<sup>th</sup>: 1.30-3.30pm Cygnus Community Cafe  
6pm Gong Relaxation  
7.30pm Healing Drum Circle**
- Wed 11<sup>th</sup>: 6.15pm: Qi Gong  
7.30pm Mantra Meditation Circle**
- Fri 13<sup>th</sup>-16<sup>th</sup>: Yoga and Sound Retreat- Kendal, Jenny/Liz**
- Sat 14<sup>th</sup>: 10.30-4.30pm ‘Walk with your Soul’ Andrea Holbrook**
- Mon 16<sup>th</sup>: 1.30pm- ‘Food For Thought’  
6pm Gong Relaxation  
7.30pm: Mantra and Drumming Circle**
- Wed 18<sup>th</sup>: 7pm EFT Tapping Circle**
- Fri 20<sup>th</sup>: 7pm Spheres of Sound (The Sanctuary of Healing)**
- Sat 21<sup>st</sup>: 11-5pm Chill-out Saturday- Health and Wellbeing Day  
4.30pm Circles of Sound  
(Community Sound Event at Chorley Unitarian Chapel Hall)**
- Sun 22<sup>nd</sup>: 10-4.30 Retreat Day at The Hub**
- Mon 23<sup>rd</sup>: 1.30-3.30pm The Olive Jar (afternoon) Circle  
6pm Gong Relaxation  
7.30pm Sacred Drumming and Chanting Circle**
- Tues 24<sup>th</sup>: 1.30-4pm Chorley Charitable Crafting**
- Wed 25<sup>th</sup>: 7.30pm- Reiki Share at The Hub**
- Fri 27<sup>th</sup>: 10.30-4.30pm Reiki Master Practitioner Course  
7.30-9.30pm Kirtan Evening  
7.30pm: Gong Meditation (at The Tao Temple)**
- Sat 28<sup>th</sup>/Sun 24<sup>th</sup>: The Witness Weekend Workshop**

