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 **The Harmony Hub**

 **15 Queen’s Road, Chorley**

 **Phone: 07931 534474 / theharmonyhub.co.uk**

**October 2019**

**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**

**Wed: 2pm: Healing Sounds (Dojo)**

 **2-4pm: Gardening Group**

 **7.30-9.30pm: Evening Courses with Liz (see over page)**

**Thurs: 10.30pm: Healing Moves (10th, 17th and 24th) 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 (10th & 24th)**

 **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, Facials 07788 876522**

 **Jill Kirkham- Healing Massage, Mental Health Support 07837 184068**

**Wed: Kate- Massage, Reflexology, Reiki, Indian Head 07492 641116**

**Thurs: Chris- Sound Therapy, Reiki 07931 532533**

 **Peace- Womens’ Health/ Abdominal Health**

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

**By Appointment: Liz- Coaching, Reiki, Mindfulness 1:1 07931 534474**





**Other Groups, Courses and Events:**

**Fri 4th: 10-5pm- Feel Good Friday- Treatment Taster Day**

 **7-8.30pm- ‘Shine Your Light’ with Janet Crosby**

**Fri 4th- Sun 6th: Reiki Immersion Retreat- Kendal**

**Mon 7th: 1.30-3.30pm- A Course In Miracles Intro Group- Stuart**

 **7.30-9pm- Sanctuary Reiki Share**

 **7.30-9pm- Earthsong Drumming in the Dojo- Caroline**

 **7.30-9.30pm- Olive Jar Circle- Veronica**

**Wed 9th: 7.30-9pm- Mantra Circle**

**Thurs 10th: 7-9pm- ‘Mindfulness for a happier Life’ Meet-up- Liz**

**Fri 11th: 6pm and 7.30pm- Chetham Farm Retreat Sound Bath- Liz**

**Sun 13th: 10.30-2.30pm- ‘Cosmic Kitchen’ workshop-Julie Murphy**

**Mon 14th: 1.30-3.30pm- Beacon of Light Discussion Group**

 **7.30pm- Healing Drum Circle- Chris H**

**Wed 16th: 1.30-3pm- ‘A New Earth’ fortnightly discussion**

 **7-8.30pm- EFT Tapping Circle- Sheila**

**Fri 18th: 10.30-4.30pm- Reiki (Level 1) Course- Liz**

 **7pm- Gong Meditation at the Tao Temple, Little Hulton**

**Sat 19th: 10-5pm- Chill-out Saturday- Health and Wellbeing Day**

**Sun 20th: 11am- Community Dog Walk- Dee**

 **7pm- Sound Bath at Cannon Street, Accrington**

**Mon 21st: 7.30pm-9pm- Drumming and Mantra Circle- Chris H**

**Fri 25th: 10.30-4.30pm- Reiki (Level 2) Course- Liz**

 **1.30-3pm- Eckhart Tolle Stillness Group- Helen**

**Sat 26th: 4.30-9pm: Community Sound Event- (Dojo)**

**Sun 27th: Reiki Support Day**

**Mon 28th: 1.30-3.30pm- Writing For Joy- Jill Ritchie**

 **7.30-9pm- Sacred Drumming and Chanting- Linda**

**Tues 29th: 1-3pm- ‘Heal Your Life’ Meet-up Group- Julie Murphy**

**Wed 30th: 1.30-3pm- ‘A New Earth’ fortnightly discussion**

 **7.30-9pm- Reiki Share**

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**Contact Carol (07584293506) or Liz (07931534474)**

**For more information.**