

# The Harmony Hub

15 Queen's Road, Chorley  
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## October

### Weekly Groups:

- Mon: 11.30: Gong Meditation**  
12.30-2.30: The Olive Jar- Veronica Simister (6 week Course)  
6pm: Gong Relaxation
- Tues: 12: Angel Meditation**  
7pm: Relaxation and Meditation Group  
7-8.30pm: W.I.S.H. Spiritual Healing  
7-9pm: Heal Your Life Weight Awareness course with Lynn
- Wed: 12: Mindfulness and Awareness Group**  
12-2pm: Creative Writing Group  
2pm: Gardening Group
- Thurs: 10.30-12.30: Heal Your Life 10 week course (from 15<sup>th</sup> September)**  
12.30: Lunchtime Relaxation and Meditation Group  
2pm: Afternoon Drumming and Mantra Group  
6pm: Angel Meditation  
7-8.30pm: Inviting Angels- 5 week course (from 15<sup>th</sup> September)  
7-9pm: Heal Your Life- 10 week course (from 15<sup>th</sup> September)  
7-9pm: The Olive Jar- 6 week Course (from 29<sup>th</sup> September)
- Friday: 11.30: Lunchtime Gong Meditation**  
5.30pm: Sound Bath  
7-9pm: Spiritual Development Group

### Other Groups, Courses and Events:

- Sat 1<sup>st</sup>: Sound Bath- Chorley Unitarian Hall**  
**Sun 2<sup>nd</sup>: First Sunday with Jane Robson**  
**Mon 3<sup>rd</sup>: 2-4pm Reiki Chat**  
7.30pm Just Drumming Circle- Steve Williams
- Wed 5<sup>th</sup>: 7.30pm Reiki Share**  
**Fri 7<sup>th</sup>: Feel Good Friday- Health and Wellbeing Day**  
**Sat 8<sup>th</sup>- Sun 9<sup>th</sup>: Heal Your Life- 2-Day Workshop- Lynn Meadowcroft**  
**Mon 10<sup>th</sup>: 7.30 Healing Drum Circle**  
**Wed 12<sup>th</sup>: 7.30pm Mantra Chanting Circle**  
**Sat 15<sup>th</sup>: 11-5pm Chill-out Saturday- Health and Wellbeing Day**  
**Sun 16<sup>th</sup>: 10.30-4.30pm A Day of Drumming**  
**Mon 17<sup>th</sup>: 2-4pm Reiki Share**  
7.30pm Drumming and Mantra Circle
- Mon 17<sup>th</sup>- Tues 18<sup>th</sup>: Reiki level 2 course- Liz**  
**Wed 19<sup>th</sup>: EFT Tapping Circle with Veronica Simister**  
**Sat 22<sup>nd</sup> -Sun 23<sup>rd</sup>: Reiki Drum Technique course- Liz**  
**Mon 24<sup>th</sup>: 7.30pm Sacred Drumming and Chanting- Linda Ainsworth**  
**Tues 25<sup>th</sup>: 7pm Chorley Moot**  
**Fri 28<sup>th</sup>: 10.30-4.30pm- Reiki Master Practitioner Course- Liz**