

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



April 2018

Drop-in opening times:-

Monday 10.30-6pm

Tuesday 10.30-8pm

Wednesday 10.30-5pm

Thursday 10.30-5pm

Friday 10.30-5pm

Regular Weekly Groups:

Mon: 12.30: Relaxation and Meditation Group

6pm: Gong Relaxation

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

Tues: 12.30pm: Mantra Meditation

2pm: Healing Sounds

7pm: Relaxation and Meditation Group

6.30-8.30pm: WISH Healing

Wed: 2pm: Gardening Group

7.30-9.30pm: 'The Olive Jar' 6-week Course (From Wed 21th)

7.30-9.30pm: 'Step Out Of Thought' 4-week Course (From Wed 28th)

Thurs: 12.30: Lunchtime Relaxation and Meditation Group

2pm: Afternoon Drumming and Mantra Group

Fri: 12.30: Gong Relaxation

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: Liz- Reiki, Integrated Coaching Therapies 07931 534474

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

A colorful 3D 'WELCOME' sign with flowers, positioned at the bottom center of the page.



Other Groups, Courses and Events:

- Mon 2nd: 1.30-3.30pm- A Course In Miracles meet-up group
Wed 4th: 10.30-4.30pm- Reiki level 1 Course
Fri 6th: 10.30-4.30pm- Reiki level 2 Course
10-5pm- Feel Good Friday- Health and Wellbeing Day
Sat 7th: 10.30-1pm Essential Oils in Everyday Life- Andrea and Gerry
Sun 8th: 12-2pm: First Sunday- 'What's in your toolkit?'
2-5pm: 'Simply The Best'- Health and Wellbeing Event
Mon 9th: 1.30-3.30pm Beacon of Light Discussion Circle
7.30-9.30pm- The Olive Jar (evening) Circle
Wed 11th: 10.30-4.30pm- Reiki level 1 Course
7.30pm- Mantra Chanting Circle
Fri 13th- Sun 15th: Yoga and Sound Retreat, Kendal
Mon 16th: 1.30-3.30pm- Pathways Circle
7.30pm- Healing Drum Circle
Wed 18th: 7-9pm- EFT Tapping Circle
Fri 20th: 10.30-4.30pm: Reiki level 1 Course
7pm: Gong Meditation, The Tao Temple, Little Hulton
Sat 21st: 4.30-9pm: Circles of Sound
(Community Sound Event at Chorley Unitarian Chapel Hall)
Sun 22nd: Retreat Day at The Hub
7pm- Sound Bath at Accrington School of Healing
Mon 23rd: 1.30-3.30pm- The Olive Jar (afternoon) Circle
7.30pm- Drumming and Mantra Circle
Wed 25th: 7.30pm- Reiki Share
Fri 27th- Sun 29th: The Witness Retreat, Kendal
Sat 28th: 10-5pm- Chill-out Saturday- Health and Wellbeing Day
Sun 29th: 11-1pm- Earthsong Gatherings: Beltane
Mon 30th: Sacred Drumming and Chanting Circle

