

# The Harmony Hub

15 Queen's Road, Chorley

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



## August 2018

### Drop-in 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

6pm: Gong Relaxation (except first Monday of the month)

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

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

Denise- Reflexology, Metamorphic Tech, Indian Head 07843903559

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





**Other Groups, Courses and Events:**

**Fri 3<sup>rd</sup>: 10-5pm- Feel Good Friday- Health and Wellbeing Day**

**Sat 4<sup>th</sup>- Sun 5<sup>th</sup> Reiki Drum Technique Course with Liz**

**Mon 6<sup>th</sup>: 1.30-3.30pm- A Course In Miracles meet-up group**

**7.30-9.30pm- Reiki Share at The Sanctuary of Healing**

**Wed 8<sup>th</sup>: 7.30-9pm- Mantra Circle**

**Sat 11<sup>th</sup>- Sun 12<sup>th</sup>- Wellbeing for Healers- weekend workshop**

**Sun 12<sup>th</sup>: Hub Sunday- Introduction to Paganism with Caroline**

**Mon 13<sup>th</sup>: 1.30-3.30pm Beacon of Light Discussion Group**

**7.30pm- Healing Drum Circle**

**Wed 15<sup>th</sup>:10-12- Colour for Wellbeing Workshop with Denise**

**7-9pm- EFT Tapping Circle**

**Fri 17<sup>th</sup>: 1.30-3pm- Stillness Group with Helen**

**7pm- Gong Meditation, The Tao Temple, Little Hulton**

**Sat 18<sup>th</sup>: 10-5pm- Chill-out Saturday- Health and Wellbeing Day**

**10-1pm- Yoga and Ayurveda Workshop with Jenny**

**4.30-9pm: Circles of Sound**

**(Community Sound Event at Chorley Unitarian Chapel**

**Hall) Sun 19<sup>th</sup>: 10.30-4.30pm- Retreat Day at The Hub**

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

**Mon 20<sup>th</sup>: 1.30-3.30pm- Pathways Circle with Chris G**

**7.30pm-9pm- Drumming and Mantra Circle**

**Mon 27<sup>th</sup>: 7.30pm-9pm- Sacred Drumming and Chanting Circle**

**Wed 29<sup>th</sup>: 7.30pm- Reiki Share**

**Fri 31<sup>st</sup>: 11-4.30pm- Reiki level 1 course with Liz**

