

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



February 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: Mindfulness Meditation

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

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





Other Groups, Courses and Events:

Fri 2nd: Feel Good Friday- Health and Wellbeing Day

7.30pm: Gong Meditation, The Tao Temple, Little Hulton

Sat 3rd: 2-4pm- Button Craft Workshop

Sun 4th: 11-1pm- Earthsong Gatherings: Imbolc

2-4pm- First Sunday Talk- Journey to Recovery

Mon 5th: 1.30-3.30pm A Course In Miracles meet-up group

7.30pm- The Olive Jar (evening) Circle

7.30pm Reiki Share at the Sanctuary

Sat 10th: 2-4pm- Funky Textures Craft Workshop

Mon 12th: 1.30-3.30pm Beacon of Light Cafe

7.30pm- Healing Drum Circle

Wed 14th: 7.30pm- Mantra Circle

Sat 17th: 10.30-5pm Chill-out Saturday- Health and Wellbeing Day

4.30-9pm: Circles of Sound

(Community Sound Event at Chorley Unitarian Chapel Hall)

Sun 18th: 10.30-4.30pm- Retreat Day at The Hub

7pm- Sound Bath at Accrington School of Healing

Mon 19th: 7.30pm- Drumming and Mantra Circle

Wed 21st: EFT Tapping Circle

Fri 23rd- Sun 25th: Reiki Level 2 Retreat (Kendal)

Sat 24th: 2-4pm- Needle Felting Workshop

Mon 26th: 1.30-3.30pm- The Olive Jar (afternoon) Circle

7.30pm- Sacred Drumming and Chanting Circle

Wed 28th: 7.30pm- Reiki Share

