

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



July 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

7.30-9.30pm: 'Step Out Of Thought' course- from 18th-8th August

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- Metamorphic Technique **07843903559**

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



Other Groups, Courses and Events



- Mon 2nd:** 1.30-3.30pm- A Course In Miracles meet-up group
7.30-9.30pm- Reiki Share at The Sanctuary of Healing
- Fri 6th:** 10-5pm- Feel Good Friday- Health and Wellbeing Day
- Sat 7th-Sun 8th:** Reiki level 2 Course with Liz
- Sat 7th:** 10-1pm- Yoga Workshop with Jenny in the Dojo
- Mon 9th:** 1.30-3.30pm Beacon of Light Discussion Circle
7.30pm- Healing Drum Circle
- Wed 11th:**10-12- Colour for Wellbeing Workshop with Denise
- Sun 15th:** Hub Sunday- Complementary Therapies with Karen
- Mon 16th:** 1.30-3.30pm- Pathways Circle with Chris G
7.30pm-9pm- Drumming and Mantra Circle
- Wed 18th:** 10.30-12.30pm- Colour for Wellbeing stage 2
7-9pm- EFT Tapping Circle
- Fri 20th:** 11-4.30pm- Reiki level 1 course with Liz
7pm- Gong Meditation, The Tao Temple, Little Hulton
- Sat 21st:** 10-5pm- Chill-out Saturday- Health and Wellbeing Day
4.30-9pm: Circles of Sound (Community Sound Event)
- Sun 22nd:** 10.30-4.30pm- Retreat Day at The Hub
7pm- Sound Bath at Accrington School of Healing
- Mon 23rd:** 7.30pm-9pm- Sacred Drumming and Chanting Circle
- Wed 25th:** 7.30pm- Reiki Share
- Sat 28th-Sun 29th:** The Witness Weekend Workshop

