

# The Harmony Hub

15 Queen's Road, Chorley  
Phone: 07931 534474 / theharmonyhub.co.uk



## June 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 (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: 10.30-12.30: 4-week weight loss course (From 6<sup>th</sup>)  
2pm: Gardening Group  
Thurs: 10-12: 'Step Out Of Thought' 4-week Course (From 7<sup>th</sup>)  
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:

- Fri 1<sup>st</sup>:** 10-5pm- Feel Good Friday- Health and Wellbeing Day  
**Sun 3<sup>rd</sup>:** 2-4pm Hub Sunday- Qabalah Talk and Workshop  
**Mon 4<sup>th</sup>:** 1.30-3.30pm- A Course In Miracles meet-up group  
7.30-9.30pm- The Olive Jar Circle  
7.30-9.30pm- Reiki Share at The Sanctuary of Healing  
**Fri 8<sup>th</sup>:** 6-7pm- Yoga with Lisa Heaps in the Dojo  
**Fri 8<sup>th</sup>- Sun 10<sup>th</sup>:** Yoga and Sound Retreat with- Kendal  
**Sat 9<sup>th</sup>:** 10.30-12.30- Colour for Wellbeing workshop with Denise  
**Sun 10<sup>th</sup>:** 10-3pm- Inviting Angels part 1 with Andrea  
**Mon 11<sup>th</sup>:** 1.30-3.30pm Beacon of Light Discussion Circle  
7.30pm- Healing Drum Circle  
**Wed 13<sup>th</sup>:** 10.30-4.30pm- Reiki level 1 Course  
7.30pm- Mantra Chanting Circle  
**Fri 15<sup>th</sup>:** 7pm- Gong Meditation, The Tao Temple, Little Hulton  
**Sat 16<sup>th</sup>:** 10-5pm- Chill-out Saturday- Health and Wellbeing Day  
4.30-9pm: Circles of Sound  
(Community Sound Event)  
**Sun 17<sup>th</sup>:** 10-3pm- Inviting Angels part 2 with Andrea  
11am- Earthsong Gatherings- Withnell Fold with Caroline  
7pm- Sound Bath at Accrington School of Healing  
**Mon 18<sup>th</sup>:** 1.30-3.30pm- Pathways Circle  
7.30pm- Drumming and Mantra Circle  
**Wed 20<sup>th</sup>:** 7-9pm- EFT Tapping Circle  
**Mon 25<sup>th</sup>:** 1.30-3.30pm- The Olive Jar Circle  
7.30- Sacred Drumming and Chanting Circle  
**Wed 27<sup>th</sup>:** 7.30pm- Reiki Share  
**Sat 30<sup>th</sup>:** 10.30-1pm- Vision Boarding with Gerry and Andrea

