

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



April 2019

Cuppa and Chat 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 1st Monday of the month) (Dojo)
7.30pm: Drumming Circle (see over page for details)
Tues: 6.30-8.30pm: WISH Healing
Wed: 12.30pm: Healing Moves- Anne Kingston (Dojo)
2pm: Healing Sounds (Dojo)
2-4pm: Gardening Group
7.30pm: 'Step Into Peace' 4 week course- Liz
Thurs: 12.30: Lunchtime Relaxation and Meditation Group- Liz
2pm: Afternoon Drumming and Mantra Group- Chris
7pm: One Heart Healing Meditation Group- Jill (4th & 18th)
12.30: Gong Relaxation (Dojo)
Sat: 2-3.30pm: Yoga with Gail (Dojo)

Therapists available:

Mon: Vicky- Reflexology, Aroma, Massage, Facials, Reiki 07463 255175

Tuesday: Kelly- Massage, Reiki, Indian Head 07762 184617

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

Chris- Sound Therapy, Reiki 07931 532533

Jenny- 1:1 Yoga, Ayurveda and Massage

Thurs: Denise-Reflexology, Metamorphic Tech, Indian Head 07843903559

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





Other Groups, Courses and Events:

- Mon 1st:** 10-12- 'Moody Bitches' Menopause Support- Denise
1.30-3.30pm- A Course In Miracles Meet-Up Group
7.30-9pm- Earthsong Moon Drumming Circle (Dojo)
7.30-9pm- Reiki Share at The Sanctuary of Healing
- Tues 2nd:** 10-12- Colour for Wellbeing (Stage 2) course- Denise
- Wed 3rd:** 7.30-9.30pm- Mindfulness Stress Reduction (Course)- Liz
- Thurs 4th:** 10-12- Pathways (Stage 2) (4 week Course)- Chris G
- Fri 5th:** 10-5pm- Feel Good Friday- Treatment Taster Day
- Fri 5th- Mon 8th:** Yoga and Sound Retreat, Kendal- Jenny, Liz, Chris
- Mon 8th:** 10-12- 'SOAR' Survivors of Abuse Rise- Denise
1.30-3.30pm- Beacon of Light Discussion Group- Janet
7.30pm- Healing Drum Circle- Chris
- Wed 10th:** 7.30-9pm- Mantra Circle- Chris
- Thurs 11th:** 7.30-9.30pm- Olive Jar Circle- Veronica
- Fri 12th:** 10.30-4.30pm- Reiki (Level 1) Course- Liz
1.30-3pm- Eckhart Tolle Stillness Group- Helen
6pm & 7.30pm-Sound Chill-Out- Chetham Farm Retreat
- Sun 14th:** 2-4pm- Hub Sunday- EFT for Pain & Fatigue- Veronica
- Mon 15th:** 1.30-3.30pm- Pathways Circle with Chris G
7.30pm-9pm- Drumming and Mantra Circle- Chris
- Tues 16th:** 10-12am- Colour for Wellbeing (intro) course- Denise
- Wed 17th:** 7-8.30pm- EFT Tapping Circle- Sheila
- Fri 19th:** 7.30pm- Gong Meditation, The Tao Temple, Little Hulton
- Sat 20th:** 10-5pm- Chill-out Saturday- Health and Wellbeing Day
- Sun 21st:** 7.30pm- Sound Bath at Cannon Street, Accrington
- Mon 22nd:** 7.30-9pm- Sacred Drumming and Chanting- Linda
- Tues 23rd:** Colour for Wellbeing (Stage 3) course- Denise
- Wed 24th:** Reiki Share at The Hub- Julie, Karen, Chris
- Fri 26th:** Reiki (Level 2) Course- Liz
- Sat 27th:** 4.30-9pm- 4.30-9pm: Community Sound Event- (Dojo)
- Sun 28th:** 10.30-4.30pm: Retreat Day at The Hub- Liz, Chris, Julie

