

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



January 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 first Monday of the month)

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

7.30-9.30pm- The Olive Jar 6-week Course (Starts 9th)

Thurs: 12.30: Lunchtime Relaxation and Meditation Group

2pm: Afternoon Drumming and Mantra Group

7pm: Astrology Group- Philip Heaton

7.30-9pm- One Heart Healing Meditation Group- Jill

Kirkham

Fri: 11-12: Pilates with Rachel (Dojo)

12.30: Gong Relaxation (Dojo)

Therapists available:

Mon: Vicky- Reflexology, Aroma, Massage, Facials, Reiki 07752 382726

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

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

Chris- Sound Therapy, Reiki 07931 532533

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

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

WELCOME

Other Groups, Courses and Events:



Tues 1st: Welcome 2019 Gong Bath

Fri 4th: 10-5pm- Feel Good Friday- Treatment Taster Day

Mon 7th: 10-12- 'Moody Bitches' Menopause Support- Denise
1.30-3.30pm- A Course In Miracles meet-up group- Jane
7.30-9.30pm- The Olive Jar Circle- Veronica
7.30-9pm- Earthsong Moon Drumming Circle (Dojo)
7.30-9pm- Reiki Share at The Sanctuary of Healing

Tues 8th: Colour for Wellbeing Workshop- Denise

Wed 9th: 7.30-9pm- Mantra Circle- Chris/Liz

Fri 11th: 1.30-3pm- Eckhart Tolle Stillness Group- Helen

Sat 12th: 10.30-4.30pm- Vision Board Workshop- Liz/Chris/Julie

Mon 14th: 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 16th: 10.30-1.30- Reiki 1 Day 1- Liz

7-8.30pm- EFT Tapping Circle- Sheila

Fri 18th: 7.30pm- Gong Meditation, The Tao Temple, Little Hulton

Sat 19th: 10-5pm- Chill-out Saturday- Health and Wellbeing Day

4.30-9pm: Circles of Sound

(Community Sound Event at Chorley Unitarian Chapel

Hall)

Sun 20th: 10.30-4.30pm- Retreat Day at the Hub- Chris/Julie/Liz

7.30pm- Sound Bath at Cannon Street, Accrington

Mon 21st: 1.30-3.30pm- Pathways Circle- Chris G

7.30pm-9pm- Drumming and Mantra Circle

Mon 28th: 1.30-3.30pm- The Olive Jar Circle- Veronica

7.30-9pm- Sacred Drumming and Chanting- Linda

