

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



January 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
10.30-12.30: Step Out Of Thought 4-week course (starting 8th)
10.30-12.30: The Olive Jar 6-week course (starting 22nd)
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
7.30-9.30pm: The Olive Jar 6-week course (starting 24th)
7.30-9.30pm: Step Out Of Thought 4-week course (starting 31st)
- Thurs:** 12.30: Lunchtime Relaxation and Meditation Group
2pm: Afternoon Drumming and Mantra Group
- Fri:** 12.30: Gong Relaxation
2.30-4.30pm: Pathways to Self-Discovery 6-week course (Starting 19th)

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:

Mon 1st: 12.30: New Year Gong Meditation

Fri 5th: Feel Good Friday- Health and Wellbeing Day

Mon 8th: 1.30-3.30pm A Course In Miracles meet-up group
1.30-3.30pm Cygnus Community Cafe
7.30pm Healing Drum Circle

Wed 10th: EFT Tapping Circle

Fri 12th: 10.30-4.30pm- Reiki level 1 Course

Sat 13th: 11-4,30pm- Reiki level 1 Course

Sun 14th: 12-2pm Sunday at The Hub- Reflexology with Kate
2pm-6pm Charity Clothes Swap Fashion Shop

Mon 15th- Tues 16th: Reiki level 2 Course

Mon 15th: 7.30pm Drumming and Mantra Circle

Tues 16th: Chorley Charitable Crafting

Fri 19th: Gong Meditation, The Tao Temple, Little Hulton

Sat 20th: 11-5pm Chill-out Saturday- Health and Wellbeing Day
4.30-9pm: Circles of Sound

(Community Sound Event at Chorley Unitarian Chapel Hall)

Sun 21st: 10.30-4.30pm- Retreat Day at The Hub

7pm- Sound Bath at Accrington School of Healing

Mon 22nd: 7.30pm Sacred Drumming and Chanting Circle

Fri 26th- Sun 28th: Winter Mindfulness Meditation Retreat (Kendal)

