

# The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / [theharmonyhub.co.uk](http://theharmonyhub.co.uk)



## April

### Regular Weekly Groups:

**Mon: 12: Mindfulness Meditation**

**6pm: Gong Relaxation (except first Monday)**

**7.30pm: Drumming Circle (see over page for details)**

**Tues: 12 o'clock: Lunchtime Relaxation and Meditation- Janet**

**1pm: Sleepy Yoga with Cheryl**

**2.30pm: Healing Sounds**

**7pm: Relaxation and Meditation Group- Liz**

**6.30-8.30pm: WISH Healing**

**Wed: 11-3pm: Woolly Wednesdays**

**12 o'clock: A Course in Miracles Meditation**

**2pm: Gardening Group**

**Thurs: 12.30: Lunchtime Relaxation and Meditation Group**

**2pm: Afternoon Drumming and Mantra Group**

**7-8.30pm: Yin Yoga with Cheryl**

**Friday: 12.30: Lunchtime Gong Meditation**

**5.30pm: Gong Relaxation**

**7-9pm: Spiritual Development Group**

## **Other Groups, Courses and Events:**

**Sun 2<sup>nd</sup>: 2-4pm- First Sunday- Angels and Fairies**

**Mon 3<sup>rd</sup>: 1.30- 3.30pm A Course in Miracles Meet-up group**

**Wed 5<sup>th</sup>: 7.30pm- Reiki Share**

**Fri 7<sup>th</sup>: Reiki level 1 course- Liz**

**Feel Good Friday- Health and Wellbeing Day**

**Sat 8<sup>th</sup>: 7pm Spheres of Sound- (Chorley Unitarian Chapel Hall)**

**Sun 9<sup>th</sup>: Spiritual Children and Young People's Group**

**Mon 10<sup>th</sup>: 1.30-3.30pm Cygnus Community Cafe**

**7.30 Healing Drum Circle**

**Wed 12<sup>th</sup>: 7.30pm Mantra Chanting Circle**

**Fri 14<sup>th</sup>: 7pm Spheres of Sound- (The Sanctuary of Healing)**

**Sat 15<sup>th</sup>: 11-5pm Chill-out Saturday- Health and Wellbeing Day**

**4pm Circles of Sound**

**(Community Sound Event at Chorley Unitarian Chapel Hall)**

**Sun 16<sup>th</sup>: 10-4.30pm- Retreat Day at The Hub**

**Mon 17<sup>th</sup>-Tues 18<sup>th</sup>: 11-4.30pm Reiki level 2 course- Liz**

**Mon 17<sup>th</sup>: 7.30pm Drumming and Mantra Circle**

**Wed 19<sup>th</sup>: 7pm EFT Tapping Circle with Veronica Simister**

**Sat 22<sup>nd</sup>-Sunday 23<sup>rd</sup>: The Witness with Veronica**

**Mon 24<sup>th</sup>: 1.30-3.30pm Cygnus Community Café**

**1.30-3.30pm The Olive Jar Meet-Up Group**

**7.30pm Sacred Drumming and Chanting Circle**

**Fri 28<sup>th</sup>: 7.30pm Kirtan Evening**

