

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



August

Opening times:-

Monday 10.30-7.30pm

Thursday 10.30-5pm

Tuesday 10.30-8pm

Friday 10.30-5pm

Open Wednesday, most evenings and weekends for pre-booked appointments, courses, events and groups.

Regular Weekly Groups:

Mon: 10.30-12.30: The Olive Jar (starting 31st July)

12: Mindfulness Meditation

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

Tues: 12 o'clock: Lunchtime Relaxation and Meditation

7.30pm: Relaxation and Meditation Group

7.30pm: The Olive Jar (starting 1st August)

6.30-8.30pm: WISH Healing

Wed: 2pm: Gardening Group

Thurs: 12.30: Lunchtime Relaxation and Meditation Group

2pm: Afternoon Drumming and Mantra Group

5pm: Gong Relaxation

7.30pm: Step out of Thought (Starting 27th July)

Friday: 12.30: Lunchtime Gong Meditation



Other Groups, Courses and Events:



- Fri 4th: Feel Good Friday- Health and Wellbeing Day**
Mon 7th: 1.30-3.30pm: A Course in Miracles Meet-up group
7.30pm: The Olive Jar Circle
7.30pm: Reiki Share (at The Sanctuary of Healing)
Wed 9th: 6.15pm: Qi Gong
7.30pm Mantra Chanting Circle
Fri 11th: 2.30pm Sacred Womens' Circle
7.30pm: Gong Meditation (at The Tao Temple)
Sat 12th: 7pm Spheres of Sound- (Chorley Unitarian Chapel Hall)
Sun 13th: 2-4pm-Hub Sunday "Opening to Healing Sounds".
Mon 14th- Tues 15th: Reiki level 2 course
Mon 14th: 1.30-3.30pm Cygnus Community Cafe
6pm Gong Relaxation
7.30pm Healing Drum Circle
Wed 16th: EFT Tapping Circle
Fri 18th: 10.30-4.30pm Reiki level 1 course
7pm Spheres of Sound (The Sanctuary of Healing)
Sat 19th: 11-5pm Chill-out Saturday- Health and Wellbeing Day
4.30pm Circles of Sound
(Community Sound Event at Chorley Unitarian Chapel Hall)
Sun 20th: 10-4.30pm- Retreat Day at The Hub
Mon 21st: 6pm Gong Relaxation
7.30pm Drumming and Mantra Circle
Fri 25th: 10.30-4.30: Reiki Master Practitioner course
2.30pm Sacred Womens' Circle
Sat 26th/Sun 27th: The Witness Weekend Workshop
Mon 28th: 1.30-3.30pm The Olive Jar Circle
7.30pm Sacred Drumming and Chanting Circle

