

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



August 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: 10-12: Daytime courses with Liz (see over page for details)

12.30: Relaxation and Meditation Group

1.30-3pm: Afternoon Groups (see over page for details)

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

7.30-9.30pm: Evening Courses with Liz (see over page for details)

Thurs: 12.30: Lunchtime Relaxation and Meditation Group- Liz

2pm: Afternoon Drumming and Mantra Group- Chris

7pm: One Heart Healing Meditation Group-Jill (1st and 15th)

Fri: 12.30: Gong Relaxation (Dojo)

Sat: 12.15: Tai Chi with Paul (Dojo)

Therapists available:

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

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

Julie Murphy- HYL 1:1, Reiki, Face, Neck, Shoulder, Tropic

Facials

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

Jenny- 1:1 Yoga, Ayurveda and Massage

Thurs: Chris- Sound Therapy, Reiki **07931 532533**

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





Other Groups, Courses and Events:

- Fri 2nd: 10-5pm- Feel Good Friday- Treatment Taster Day**
6pm and 7.30pm- Chetham Farm Retreat Sound Bath- Liz
- Sat 3rd and Sun 4th: Earthsong Lammas Sabbat at the Tipi**
- Mon 5th: 1.30-3.30pm- A Course In Miracles Meet-Up Group- Jane**
2-4.30pm- 'Joyce's Crafty Felters' Craft Group
7.30-9pm- Reiki Share at The Sanctuary of Healing
7.30-9.30pm- Olive Jar Circle- Veronica
- Thurs 8th: 7-9pm- 'Mindfulness for a Happier Life' Meet-up- Liz**
- Fri 9th: 10.30-4.30pm- Reiki (Level 2) Course- Liz**
- Sat 10th-Sun 12th 10.30-5pm- The Munay Ki Foundation Rites**
- Mon 12th: 11-12.30pm- Qabalah Group- David**
1.30-3.30pm- Beacon of Light Discussion Group
7.30pm- Healing Drum Circle- Liz and Chris
- Wed 14th: 7.30-9pm- Mantra Circle**
- Fri 16th: 10.30-4.30pm- Reiki (Level 1) Course- Liz**
7-8.30pm- Temple Gong Meditation, Little Hulton
- Sat 17th: 10-5pm- Chill-Out Saturday- Health and Wellbeing Day**
4.30-9pm- 4.30-9pm: Community Sound Event- (Dojo)
- Sun 18th: 12 o'clock- Canine Hubbits Dog Walk- Dee**
2-4pm- Exploring Intuition- Chris G
7.30pm- Sound Bath at Cannon Street, Accrington
- Mon 19th: 2-4pm- Mindful Writing with Jill R**
7.30-9pm- Drumming and Mantra Circle- Chris
- Wed 21st: 7-8.30pm- EFT Tapping Circle- Sheila**
7.30-9.30pm- 'Step Into Peace' (4 week course)- Liz
- Fri 23rd: 1.30-3pm- Eckhart Tolle Stillness Group- Helen**
- Sat 24th-Sun 25th: Heal Your Life Weekend Workshop- Julie M**
- Mon 26th: 7.30-9pm- Sacred Drumming and Chanting- Linda**
- Wed 28th: Reiki Share at The Hub- Julie, Karen, Chris**

