

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



February

Regular Weekly Groups:

Mon: 12: Mindfulness Meditation

6pm: Gong Relaxation

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

10.30-12.30: The Olive Jar- Veronica (6 weeks from 20th)

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

1pm: Sleepy Yoga with Cheryl

2.30pm: Healing Sounds

6.30pm: Relaxation and Meditation Group- Liz

6.30-8.30pm: W.I.S.H. Spiritual Healing

Wed: 11-3pm: Woolly Wednesdays

12: Using The Tarot (Part 1): (8 week Course from 1st)

2pm: Gardening Group

Thurs: 12.30: Lunchtime Relaxation and Meditation Group

2pm: Afternoon Drumming and Mantra Group

7-8.30pm: Yin Yoga with Cheryl

7-9pm: The Olive Jar- Veronica (6 week Course from 23rd)

Friday: 12: Lunchtime Gong Meditation

5.30pm: Gong Relaxation

7-9pm: Spiritual Development Group



Other Groups, Courses and Events:

Wed 1st: 7.30pm Reiki Share

Fri 3rd: Feel Good Friday- Health and Wellbeing Day

Fri 3rd-Mon 6th: Lake District Retreat

Sat 4th: 2-4pm Ground Your Intuition- Karen Stancliffe

Sun 5th: First Sunday: Past Life Regression

Mon 6th: 1.30- 3.30pm A Course in Miracles Meet-up group

7.30pm Just Drumming Circle

Wed 8th: 6.15pm Qi Gong- Paul Blundell

7.30pm Mantra Chanting Circle

Fri 10th: Reiki level 1 course- Liz

Sat 11th: 7pm Spheres of Sound- (Chorley Unitarian Chapel Hall)

Mon 13th: 1.30-3.30pm Cygnus Community Cafe

7.30 Healing Drum Circle

Wed 15th: 7pm EFT Tapping Circle with Veronica Simister

Fri 17th: 11-4.30 Reiki Master Practitioner Course- Liz

Sat 18th: 11-5pm Chill-out Saturday- Health and Wellbeing Day

4pm Circles of Sound - (Community Sound Event at Chorley Unitarian Chapel Hall)

Sun 19th: 10-4.30pm- Retreat Day at The Hub

Mon 20th-Tues 21st: 11-4.30pm Reiki level 2 course- Liz

Mon 20th: 7.30pm Drumming and Mantra Circle

Fri 24th: 7.30pm Kirtan Evening

Sat 25th- Sun 26th: 10.30-5pm- Reiki Drum Course

Mon 27th: 7.30pm Sacred Drumming and Chanting Circle

