

# Chanting Circle

Chanting powerful Mantras brings a peace and calm that enhances physical and mental health. Meets on the second Wednesday of each month at 7.30pm-

9<sup>th</sup> December      9<sup>th</sup> March  
13<sup>th</sup> January      13<sup>th</sup> April  
10<sup>th</sup> February      11<sup>th</sup> May

Contact Liz for more information- 07931 534474



For further details of what's on offer at The Hub visit our website:  
[www.theharmonyhub.weebly.com](http://www.theharmonyhub.weebly.com)