

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



July

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 prebooked appointments, courses, events and groups.

Regular Weekly Groups:

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

12: Mindfulness Meditation

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

Tues: 12 o'clock: Lunchtime Relaxation and Meditation

7pm: Relaxation and Meditation Group

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

Friday: 12.30: Lunchtime Gong Meditation





Other Groups, Courses and Events:

Sat 1st/Sun 2nd: The Witness Weekend Workshop
Mon 3rd: 1.30-3.30pm: A Course in Miracles Meet-up group
Fri 7th: Feel Good Friday- Health and Wellbeing Day
Sat 8th: 7pm Spheres of Sound- (Chorley Unitarian Chapel Hall)
Sun 9th: 2-4pm-Hub Sunday “Turning Illness into Wellness”
Mon 10th- Tues 11th: Reiki level 2 course
Mon 10th: 1.30-3.30pm Cygnus Community Cafe
 6pm Gong Relaxation
 7.30 Healing Drum Circle
Wed 12th:7.30pm Mantra Chanting Circle
Fri 14th: 2.30pm Sacred Womens’ Circle
Sat 15th: 11-5pm Chill-out Saturday- Health and Wellbeing Day
Mon 17th: 7.30pm Drumming and Mantra Circle
Wed 19th: EFT Tapping Circle
Fri 21st: 10.30-4.30pm Reiki level 1 course
 7pm Spheres of Sound (The Sanctuary of Healing)
Sat 22nd/Sun 23rd: The Witness Weekend Workshop
Mon 24th: 1.30-3.30pm The Olive Jar Circle
 6pm Gong Relaxation
 7.30pm Sacred Drumming and Chanting Circle
Fri 28th: 10.30-4.30: Reiki Master Practitioner course
 2.30pm Sacred Womens’ Circle
 7.30pm Kirtan Evening
Sat 29th: 4.30pm Circles of Sound
(Community Sound Event at Chorley Unitarian Chapel Hall)
Sun 30th: 10-4.30pm- Retreat Day at The Hub

