

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



July 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: 12.30: Relaxation and Meditation Group
1.30-3pm: Discussion/Meet-up 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 (4th & 25th)
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

A colorful 3D 'WELCOME' sign with a small figure and balloons. The letters are in various colors (red, yellow, green, blue, purple) and have a 3D effect. A small figure is visible inside the letter 'O', and there are colorful balloons above the sign.



Other Groups, Courses and Events:

Mon 1st: 1.30-3.30pm- A Course In Miracles Meet-Up Group- Jane
7.30-9.30pm- Olive Jar Circle- Veronica
Thurs 4th: One Heart Meditation- Jill K
Fri 5th: 10-5pm- Feel Good Friday- Treatment Taster Day
6pm and 7.30pm- Chetham Farm Retreat Sound Bath- Liz
Sun 7th: 2-4pm- Exploring Intuition- Chris G
Mon 8th: 1.30-3.30pm- Beacon of Light Discussion Group
7.30pm- Healing Drum Circle- Chris H
Wed 10th: 7.30-9pm- Mantra Circle
Thurs 11th: 7-9pm- 'Mindfulness for a happier Life' Meet-up- Liz
Fri 12th: 10.30-4.30pm- Reiki (Level 1) Course- Liz
Sat 13th: 10.30-5pm- Reiki Support Day
Sun 14th: 10.30-4.30pm- Retreat Day at the Hub
Mon 15th: 1.30-3.30pm- Pathways Circle with Chris G
7.30pm-9pm- Drumming and Mantra Circle- Chris H
Wed 17th: 7-8.30pm- EFT Tapping Circle- Sheila
7.30-9.30pm- Practical Meditation (4 week course)- Liz
Fri 19th: 10.30-4.30pm- Reiki (Level 1) Course- Liz
Sat 20th: 10-5pm- Chill-out Saturday- Health and Wellbeing Day
4.30-9pm- 4.30-9pm: Community Sound Event- (Dojo)
Sun 21st: 2pm- Community Dog Walk and Picnic- Dee
7.30pm- Sound Bath at Cannon Street, Accrington
Mon 22nd: 7.30-9pm- Sacred Drumming and Chanting- Linda
Thurs 25th: 7.30pm- Astrology with Phillip
Fri 26th: 1.30-3pm- Eckhart Tolle Stillness Group- Helen
Sat 27th-Sun 28th- Indian Head Massage Course- Jilly
Mon 29th:10-12- Pathways to Self-Discovery course- Chris G
2-4pm- Mindful Writing with Jill R
Wed 31st: Reiki Share at The Hub- Julie, Karen, Chris

