

The Harmony Hub

15 Queen's Road, Chorley

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June

Regular Weekly Groups:

- Mon: 10.30-12.30: The Olive Jar (starting 12th)**
12: Mindfulness Meditation
6pm: Gong Relaxation (except first Monday)
7.30pm: Drumming Circle (see over page for details)
- Tues: 12 o'clock: Lunchtime Relaxation and Meditation- Janet**
7pm: Relaxation and Meditation Group- Liz
6.30-8.30pm: WISH Healing
- Wed: 11-3pm: Woolly Wednesdays**
12 o'clock: A Course in Miracles Meditation
2pm: Gardening Group
7pm: The Olive Jar (starting 14th June)
- Thurs: 12.30: Lunchtime Relaxation and Meditation Group**
2pm: Afternoon Drumming and Mantra Group
5pm: Gong Relaxation
7-8.30pm: Yin Yoga with Cheryl
- Friday: 12.30: Lunchtime Gong Meditation**
5.30pm: Gong Relaxation (most weeks)





Other Groups, Courses and Events:

Fri 2nd: Feel Good Friday- Health and Wellbeing Day

Fri 2nd- Mon 5th: Inner Harmony Retreat- Kendal

Sun 4th: 2-4pm- First Sunday- ‘Law of Attraction in action’

Mon 5th: 1.30-3.30pm: A Course in Miracles Meet-up group

Wed 7th: 7pm- Introduction to EFT with Sheila Ormerod

Fri 9th: 10.30-4.30pm- Reiki level 1 course

Sat 10th: 7pm Spheres of Sound- (Chorley Unitarian Chapel Hall)

Mon 12th: 1.30-3.30pm Cygnus Community Cafe

7.30 Healing Drum Circle

Wed 14th: 6.15pm Qi Gong

7.30pm Mantra Chanting Circle

Fri 16th: 2.30pm Sacred Womens’ Circle

7pm Spheres of Sound- (The Sanctuary of Healing)

Sat 17th: 11-5pm Chill-out Saturday- Health and Wellbeing Day

**4.30pm Circles of Sound - (Community Sound Event at
Chorley Unitarian Chapel Hall)**

Sun 18th: 10-4.30pm- Retreat Day at The Hub

Mon 19th-Tues 20th: Reiki level 2 course

Mon 19th: 7.30pm- Drumming and Mantra Circle

Wed 21st: EFT Tapping Circle

Fri 23rd: 10.30-4.30: Reiki Master Practitioner course

7.30pm Kirtan Evening

Mon 26th: 1.30-3.30pm Cygnus Community

7.30pm- Sacred Drumming and Chanting Circle

