

# The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / [theharmonyhub.co.uk](http://theharmonyhub.co.uk)



## May

### Regular Weekly Groups:

**Mon: 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**

**Thurs: 12.30: Lunchtime Relaxation and Meditation Group**

**2pm: Afternoon Drumming and Mantra Group**

**7-8.30pm: Yin Yoga with Cheryl**

**Friday: 12.30: Lunchtime Gong Meditation**

**5.30pm: Gong Relaxation**



**Other Groups, Courses and Events:**

**Mon 1st: 1.30-3.30pm: A Course in Miracles Meet-up group**

**Wed 3rd: 7pm- The Witness follow-up group**

**Fri 5th: Feel Good Friday- Health and Wellbeing Day**

**Sun 7th: 2-4pm- First Sunday- 'Becoming a Priestess'.**

**Mon 8th: 1.30-3.30pm Cygnus Community Cafe  
7.30 Healing Drum Circle**

**Wed 10th: 11-3pm- Past Life Regression 1:1 with Cathi  
7.30pm Mantra Chanting Circle**

**Sat 13th: 7pm Spheres of Sound- (Chorley Unitarian Chapel Hall)**

**Sun 14th: Spiritual Children and Young People's Group**

**Mon 15th: 7.30pm Drumming and Mantra Circle**

**Wed 17th: EFT Tapping Circle**

**Fri 19th: 2.30pm- Sacred Women's Circle**

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

**Sat 20th: 11-5pm Chill-out Saturday- Health and Wellbeing Day**

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

**Sun 21st: 10-4.30pm- Retreat Day at The Hub**

**Mon 22nd: 1.30-3.30pm Cygnus Community**

**7.30pm- Sacred Drumming and Chanting Circle**

**Fri 26th: 10.30- 4.30pm- Reiki Level 1 Course**

**7.30pm Kirtan Evening**

**Sat 27th- Sun 28th: Sounds and Infinite Silence**

