

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



November

Opening times:-

Monday 10.30-7.30pm

Thursday 10.30-5pm

Tuesday 10.30-8pm

Friday 10.30-5pm

Wednesday 10.30-5pm

Regular Weekly Groups:

Mon: 10.30-12.30: 'The Olive Jar' (Starting 6th Nov)

12: Mindfulness Meditation

6pm: Gong Relaxation

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

Tues: 12.30pm: Mantra Meditation

2pm: Healing Sounds- with Gongs

7pm: Relaxation and Meditation Group

6.30-8.30pm: WISH Healing

Wed: 2pm: Gardening Group

7.30-9.30pm 'The Olive Jar' (Starting 8th Nov)

7.30-9.30pm 'Stay out of Thought' (Starting 15th Nov)

Thurs: 12.30: Lunchtime Relaxation and Meditation Group

2pm: Afternoon Drumming and Mantra Group

Friday: 12.30: Lunchtime Gong Meditation

Saturday: 2-4.30pm- Craft n' Chat 'til Christmas

Therapists available:

Monday: Liz- Integrated Coaching Therapies 07931 534474

Tuesday: Kelly- Massage, Reiki, Indian Head 07762 184617

Wednesday: Karen- Reiki, Personal Development 07985 102245

Thursday: Liz- Reiki, Integrated Coaching Therapies 07931 534474

Friday: Kate- Massage, Reflexology, Reiki 07492 641116



Other Groups, Courses and Events:



Fri 3rd: Feel Good Friday- Health and Wellbeing Day

10.30-4.30pm- Reiki 1 course

Sat 4th: 10.30-4.30- Reiki Masters- Passing Attunements

1.30-4pm- Mindful Colouring

Mon 6th: 7.30pm: The Olive Jar Circle

Sat 11th: 10-5pm- Coffee and Cake Charity event

10.30-4.30- Reiki Masters- Teaching Reiki

7pm- Spheres of Sound (Chorley Unitarian Chapel Hall)

Sun 12th: 2-4pm- Sunday at The Hub- An Introduction to Dowsing

Mon 13th: 1.30-3.30pm Cygnus Community Cafe

6pm Gong Relaxation

7.30pm Healing Drum Circle

Wed 15th: 7pm EFT Tapping Circle

Fri 17th: 7pm Spheres of Sound (The Sanctuary of Healing)

Sat 18th: 11-5pm Chill-out Saturday- Health and Wellbeing Day

4.30pm Circles of Sound

(Community Sound Event at Chorley Unitarian Chapel Hall)

Sun 19th: 10-4.30 Retreat Day at The Hub

Mon 20th: 1.30pm- 'Food For Thought'

6pm Gong Relaxation

7.30pm: Mantra and Drumming Circle

Wed 22nd: 7.30pm- Reiki Share at The Hub

Fri 24th: 7.30-9.30pm Kirtan Evening

Fri 24th-26th: The Witness Weekend Retreat- Kendal, Veronica/Liz

Mon 27th: 10-12- Parenting Workshop (1)

1.30-3.30pm- The Olive Jar (afternoon) Circle

6pm- Gong Relaxation

7.30pm- Sacred Drumming and Chanting Circle

