

The Harmony Hub

15 Queen's Road, Chorley

Phone: 07931 534474 / theharmonyhub.co.uk



November 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)
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: 1.30-3.30pm: Eckhart Tolle New Earth Group- Helen P
2pm: Healing Sounds (Dojo)
2-4pm: Gardening Group
Thurs: 10.30pm: Healing Moves (14th and 21st) Anne Kingston (Dojo)
12.30: Lunchtime Relaxation and Meditation Group- Liz
2pm: Afternoon Drumming and Mantra Group- Chris
7pm: One Heart Healing Meditation Group- Jill (7th and 21st)
Fri: 10.30: Tai Chi with Julie Swift (Dojo)
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- Coaching, Reiki, Massage, Facials 07788 876522

Jill Kirkham- Healing Massage, Mental Health Support 07837 184068

Wed: Kate- Massage, Reflexology, Reiki, Indian Head 07492 641116

Thurs: Chris- Sound Therapy, Reiki 07931 532533

Peace- Womens' Health/ Abdominal Health

Friday: Kate- Massage, Reflexology, Reiki, Indian Head 07492 641116

By Appointment: Liz- Coaching, Reiki, Mindfulness 1:1 07931 534474

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Other Groups, Courses and Events:



- Fri 1st:** 10-5pm- Feel Good Friday- Treatment Taster Day
7-8.30pm- 'Shine Your Light' with Janet Crosby
- Sat 2nd:** 3pm- Incense Blending Workshop with Earthsong (Dojo)
7.30pm- Ancestors' Moon Drumming Circle-Earthsong (Dojo)
- Sun 3rd:** Samhain Sabbat Gathering with Earthsong (Dojo)
- Mon 4th:** 1.30-3.30pm- A Course In Miracles Intro Group- Stuart
7.30-9pm- Sanctuary Reiki Share
7.30-9.30pm- Olive Jar Circle- Veronica S
- Fri 8th:** 10.30-4.30pm- Reiki Masters Practitioner's Course (Liz)
7.30pm- Terry Oldfield and Soraya concert (Dojo)
- Sat 9th:** 10.30-4.30pm- Reiki Masters: Passing Attunements (Liz)
- Sun 10th:** 10.30-4.30pm- Vision Board Retreat Day
- Mon 11th:** 11am- Qabalah Group (David)
1.30-3.30pm- Beacon of Light Discussion Group
7.30pm- Healing Drum Circle- Chris H
- Wed 13th:** 7.30-9pm- Mantra Circle
- Fri 15th:** 7pm- Gong Meditation at the Tao Temple, Little Hulton
- Sat 16th:** 10-5pm- Chill-out Saturday- Health and Wellbeing Day
4.30-9pm: Community Sound Event- (Dojo)
- Sun 17th:** 11am- Community Dog Walk- Dee
- Mon 18th:** 7.30pm-9pm- Drumming and Mantra Circle- Chris H
- Wed 20th:** 7-8.30pm- EFT Tapping Circle- Sheila
- Thurs 21st:** 7-9pm- 'Mindfulness for a happier Life' Meet-up (Liz)
- Sun 20th:** 7-8.30pm- Sound Bath at Cannon Street, Accrington
- Fri 22nd:** 1.30-3pm- Eckhart Tolle Stillness Group- Helen P
- Sun 23rd:** 10-4pm- 'Love Circles' Astrology Workshop- Philip H
- Fri 22nd-Mon 25th:** Reiki Master Teacher Retreat- Kendal
- Mon 25th:** 7.30-9pm- Sacred Drumming and Chanting- Linda
- Tues 26th:** 1-3pm- 'Heal Your Life' Meet-up Group- Julie Murphy
- Wed 27th:** 7.30-9pm- Reiki Share
- Fri 29th:** 10.30-4.30- Reiki (Level 1) Course- Liz
- Sat 30th- Sun 1st December:** Overnight Gong Puja- Dojo

