

# The Harmony Hub

15 Queen's Road, Chorley

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



## September

### Opening times:-

Monday 10.30-7.30pm

Thursday 10.30-5pm

Tuesday 10.30-8pm

Friday 10.30-5pm

Open Wednesday, most evenings and weekends for pre-booked appointments, courses, events and groups.

### Regular Weekly Groups:

**Mon: 12: Mindfulness Meditation**

6pm: Gong Relaxation (except Mon 4<sup>th</sup>)

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

10.30: The Olive Jar (starting 25<sup>th</sup> September)

**Tues: 12.30pm: Lunchtime Relaxation and Meditation**

2pm: Healing Sounds- with Gongs

7.30pm: Relaxation and Meditation Group

6.30-8.30pm: WISH Healing

**Wed: 2pm: Gardening Group**

7.30pm: The Olive Jar (starting 27<sup>th</sup> September)

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

2pm: Afternoon Drumming and Mantra Group

7.30pm: Step out of Thought (starting 15<sup>th</sup> September)

**Friday: 10.30am Step out of Thought (starting 14<sup>th</sup> September)**

12.30: Lunchtime Gong Meditation



## Other Groups, Courses and Events:



- Fri 1<sup>st</sup>: Feel Good Friday- Health and Wellbeing Day**  
**Sun 3<sup>rd</sup>: 2-4pm- Hub 1<sup>st</sup> Sunday “Past Life Regression”**  
**Mon 4<sup>th</sup>: 1.30-3.30pm: A Course in Miracles Meet-up group**  
**7.30pm: The Olive Jar Circle**  
**7.30pm: Reiki Share (at The Sanctuary of Healing)**  
**Wed 6<sup>th</sup>: Reiki level 1 course**  
**Fri 8<sup>th</sup>- Mon 11<sup>th</sup>: The Witness Enhanced Retreat**  
**Mon 11<sup>th</sup>: 1.30-3.30pm Cygnus Community Cafe**  
**6pm Gong Relaxation**  
**7.30pm Healing Drum Circle**  
**Wed 13<sup>th</sup>: 6.15pm: Qi Gong**  
**7.30pm Mantra Chanting Circle**  
**Fri 15<sup>th</sup>: 7pm Spheres of Sound (The Sanctuary of Healing)**  
**Sat 16<sup>th</sup>: 11-5pm Chill-out Saturday- Health and Wellbeing Day**  
**4.30pm Circles of Sound**  
**(Community Sound Event at Chorley Unitarian Chapel Hall)**  
**Sun 17<sup>th</sup>: Infinite Silence Gathering at Gorton Monastery**  
**Mon 18<sup>th</sup>: 1.30pm- ‘Food For Thought’**  
**7.30pm: Mantra and Drumming Circle**  
**Tues 19<sup>th</sup>: 2-4pm Chorley Charitable Crafting**  
**Wed 20<sup>th</sup>: 7pm EFT Tapping Circle**  
**Fri 22<sup>nd</sup>: 7.30pm: Gong Meditation (at The Tao Temple)**  
**Sat 23<sup>rd</sup>/Sun 24<sup>th</sup>: The Witness Weekend Workshop**  
**Mon 25<sup>th</sup>: 1.30-3.30pm The Olive Jar (afternoon) Circle**  
**6pm Gong Relaxation**  
**7.30pm Sacred Drumming and Chanting Circle**  
**Wed 27<sup>th</sup>: 7.30pm- Reiki Share at The Hub**  
**Sat 30<sup>th</sup>: 10-5pm- ‘Working with Angels’ (Andrea Holbrook)**  
**10.30-4.30: Reiki Master course- Attunements- Liz**

