

The Harmony Hub

15 Queen's Road, Chorley

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September

Weekly Groups:

- Mon:** 11.30: Gong Meditation
12.30-2.30: The Olive Jar- Veronica Simister (6 week Course)
6pm: Gong Relaxation
- Tues:** 12: Angel Meditation
7pm: Relaxation and Meditation Group
7-8.30pm: W.I.S.H. Spiritual Healing
7-9pm: Heal Your Life Weight Awareness course with Lynn
- Wed:** 12: Mindfulness and Awareness Group
12-2pm: Creative Writing Group
2pm: Gardening Group
- Thurs:** 10.30-12.30: Heal Your Life 10 week course (from 15th September)
12.30: Lunchtime Relaxation and Meditation Group
2pm: Afternoon Drumming and Mantra Group
6pm: Angel Meditation
7-8.30pm: Inviting Angels- 5 week course (from 15th September)
7-9pm: Heal Your Life- 10 week course (from 15th September)
7-9pm: The Olive Jar- 6 week Course (from 29th September)
- Friday:** 11.30: Lunchtime Gong Meditation
5.30pm: Sound Bath
7-9pm: Spiritual Development Group

Other Groups, Courses and Events:

- Fri 2nd:** Feel Good Friday- Health and Wellbeing Day
- Sat 3rd:** 11-4.30pm Reiki 1 Course- Liz
6.15pm: Laughter Yoga
- Sun 4th:** First Sunday- Feminine Archetypes- Margaret Walton
- Mon 5th:** 2-4pm Reiki Chat
7.30pm Just Drumming Circle- Steve
- Wed 7th:** 7.30pm Reiki Share
- Sat 10th:** 4pm Circles of Sound
7pm: Gong Bath- Chorley Unitarian Chapel
- Sun 11th:** Energy Workshop- Jackie Furby
- Mon 12th:** 7.30 Healing Drum Circle
- Wed 14th:** 7.30pm Mantra Chanting Circle
- Fri 16th:** 10.30-4.30pm- Reiki with Crystals Workshop- Liz
- Sat 17th:** 11-5pm Chill-out Saturday- Health and Wellbeing Day
- Sun 18th:** 10-4.30pm- Retreat Day at The Hub
- Mon 19th:** 2-4pm Reiki Share
7.30pm Drumming and Mantra Circle
- Mon 19th- Tues 20th:** 10.30-4.30pm Reiki level 2 course- Liz
- Wed 21st:** 7pm EFT Tapping Circle with Veronica Simister
- Sun 25th:** 2-5pm Aromatherapy with Bev Higham
- Mon 26th:** 7.30pm Sacred Drumming and Chanting- Linda
- Tues 27th:** 7.30 Chorley Moot
- Fri 30th:** Reiki Master Practitioner Course- Liz

