

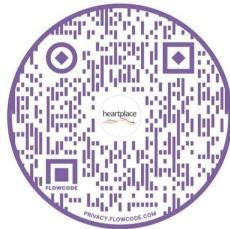
# heartplace®



compassion connection community

We offer a wide variety of Classes for Shared Practice:  
Yoga, Qigong, Mindfulness, Meditation, Dance & Song.  
Yoga for Mental Health, Healing & Trauma Informed.

To View our Event Calendar, Class Timetable & Booking  
Visit [heartplace.org.au](http://heartplace.org.au)



Like and visit us on Facebook & Instagram.  
See Timetable on back of this page.

**Our Purpose:** To create safe spaces & communities for growth,  
Healing & transformation.

**Our Vision:** A compassionate world where we are responsive  
To the suffering of ourselves & others.

**Our Mission:** To provide educational, healing and community  
based activities that promote compassion, connection and  
community.

**Our Focus:** Three interrelated areas of healing relationship:  
Our-self, each other and the land.

Heart place is a non-profit embracing the Family Nurturing  
Centre, Mental Health Station and the healing heart of  
the Home of Yoga. We are proud partners of Act-Belong-  
Commit. Located at Fremantle Fibonacci Centre on Whadjuk  
land of the Noongar nation



[sydel@heartplace.org.au](mailto:sydel@heartplace.org.au)  
[www.heartplace.org.au](http://www.heartplace.org.au)



## MONTHLY TIMETABLE: - Current at: April 1<sup>st</sup>

Visit our face book page and [heartplace.org.au](http://heartplace.org.au) for changes, additions & updates. To subscribe to our newsletter email [sydel@heartplace.org.au](mailto:sydel@heartplace.org.au) and ask for your free heart place class pass.

PLEASE BOOK via our website [heartplace.org.au](http://heartplace.org.au) to attend classes.

NOTE: Classes with the \*\* are not included in Heart place class packs.

<b>MONDAY</b> <ul style="list-style-type: none"> <li>• 9.00am</li> <li>• 6.45pm</li> </ul>	Transformational Yoga **Kemetic Yoga	Sydel Nadir
<b>TUESDAY</b> <ul style="list-style-type: none"> <li>• 9.00am</li> </ul>	Heart Flow Yoga	Sydel
<b>WEDNESDAY</b> <ul style="list-style-type: none"> <li>• 9.00am</li> <li>• 5.45pm</li> <li>• 7.00pm</li> </ul>	Trauma Informed Yoga Aligned Flow Mindful Restorative Yoga	Sydel Mira Sydel
<b>THURSDAY</b> <ul style="list-style-type: none"> <li>• 5.30pm</li> </ul>	Spinal Flow	Kirstie
<b>FRIDAY</b> <ul style="list-style-type: none"> <li>• 9.00am</li> </ul>	Yin Yang	Rob
<b>SATURDAY</b> <ul style="list-style-type: none"> <li>• 8.00am</li> <li>• 9.30am</li> <li>• 10.00am</li> </ul>	Styles varies always Transformational. Community Chai & Chat **Qigong	Teacher rotation from Home of Yoga Club Partner Act-Belong-Commit Alex Lim
<b>SUNDAY</b>	Check our Events Calendar for workshops & Trainings	

**NEW TERMS** commencing April: Parent & Baby, Essentials for Beginners. Grief Movement & Embodied Wisdom, Heart Place Choir and more.

**REGULAR DONATION BASED MEDITATION** classes are offered follow face book, subscribe to our newsletter, visit our website.

**EVENT CALENDAR:** Please visit [heartplace.org.au](http://heartplace.org.au) for a full calendar of upcoming events, terms & Trainings.

**YOGA BUDE** shares our space for more class times visit [yogabude.net.au](http://yogabude.net.au)