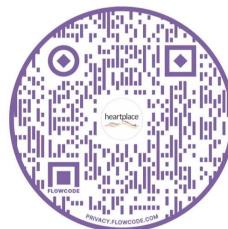




compassion connection community

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



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
www.heartplace.org.au





compassion connection community

MONTHLY TIMETABLE: - Current at: April 1st

Visit our face book page and heartplace.org.au for changes, additions & updates. To subscribe to our newsletter email sydel@heartplace.org.au and ask for your free heart place class pass.

PLEASE BOOK via our website heartplace.org.au to attend classes.

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

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

YOGA BUDE shares our space for more class times visit yogabude.net.au