



We offer a wide variety of Classes for Shared Practice:
Yoga, Movement, Dance, Mindfulness, Art & 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





MONTHLY TIMETABLE: - Current for May 2022

Visit our face book page & heartplace.org.au for changes, additions & updates. To subscribe to our newsletter email sydel@heartplace.org.au & 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** &/or may run by term dates + be open or closed to casual attendance – Please check our website.

MONDAY <ul style="list-style-type: none"> • 9.15am • 6.45pm 	Transformational Yoga Kemetic Yoga	Sydel Weinstein Nadir Shihata
TUESDAY <ul style="list-style-type: none"> • 8.00am • 9.30am 	Hatha Yoga Tend & befriend (Trauma Informed)**	Rob Findlay Sydel Weinstein
WEDNESDAY <ul style="list-style-type: none"> • 9.00am • 10.30am • 10.15am • 7.00pm 	Lyrical Flow Movement ** Heartplace Choir ** Parent & Baby Yoga & Support ** Mindful Restorative Yoga	Christine Jaroszewski Kavisha Mazzella Sydel Sydel
THURSDAY <ul style="list-style-type: none"> • 11.00am • 5.30pm • 6.45pm 	Creative Expression** Spinal Flow Yoga Lyrical Flow Movement **	Sharon Cody Kirstie Peddersen Christine Jaroszewski
FRIDAY <ul style="list-style-type: none"> • 9.00am • 12.30pm • 6.00pm 	Yin Yang Yoga Relax & Rejuvenate:Gyrokinesis Yoga** Theatre Skills – a mindful play.**	Rob Findlay Christine Jaroszewski Ralf Rauker
SATURDAY <ul style="list-style-type: none"> • 8.00am • 9.30am 	Teacher rotation from Home of Yoga Styles varies always Transformational. Community Chai & Chat	Nadia/Jodie/Bowen/Sydel Home of Yoga Club Partner Act-Belong-Commit
SUNDAY	Check our Events Calendar for workshops & Trainings	

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