



compassion connection community

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](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)





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## MONTHLY TIMETABLE: - Current for May 2022

Visit our face book page & [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) & 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 &/or may run by term dates + be open or closed to casual attendance – Please check our website.

<b>MONDAY</b> <ul style="list-style-type: none"><li>• 9.15am</li><li>• 6.45pm</li></ul>	Transformational Yoga Kemetic Yoga	Sydel Weinstein Nadir Shihata
<b>TUESDAY</b> <ul style="list-style-type: none"><li>• 8.00am</li><li>• 9.30am</li></ul>	Hatha Yoga Tend & befriend (Trauma Informed)**	Rob Findlay Sydel Weinstein
<b>WEDNESDAY</b> <ul style="list-style-type: none"><li>• 9.00am</li><li>• 10.30am</li><li>• 10.15am</li><li>• 7.00pm</li></ul>	Lyrical Flow Movement ** Heartplace Choir ** Parent & Baby Yoga & Support ** Mindful Restorative Yoga	Christine Jaroszewski Kavisha Mazzella Sydel Sydel
<b>THURSDAY</b> <ul style="list-style-type: none"><li>• 11.00am</li><li>• 5.30pm</li><li>• 6.45pm</li></ul>	Creative Expression** Spinal Flow Yoga Lyrical Flow Movement **	Sharon Cody Kirstie Peddersen Christine Jaroszewski
<b>FRIDAY</b> <ul style="list-style-type: none"><li>• 9.00am</li><li>• 12.30pm</li><li>• 6.00pm</li></ul>	Yin Yang Yoga Relax & Rejuvenate:Gyrokinesis Yoga** Theatre Skills – a mindful play.**	Rob Findlay Christine Jaroszewski Ralf Rauker
<b>SATURDAY</b> <ul style="list-style-type: none"><li>• 8.00am</li><li>• 9.30am</li></ul>	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
<b>SUNDAY</b>	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](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)