



heartplace® TIMETABLE



FEELING ALIGNED WITH OUR VISION & MISSION? WE HAVE SPACE FOR HIRE!

Email: sydel@heartplace.org.au MB: 0414636459

(Winter Timetable)

MONDAY

9.15am-10.30am

****Transformational Yoga**

w/ Sydel Weinstein

12pm-1pm

© Lunchtime Yoga

w/ Stefani Losch

6.45pm-8.15 pm

© Kemetic Yoga

w/ Nadir Shihata

TUESDAY

9.30am-10.30am

****Embodied Movement**

w/ Shan Kennedy

6.00pm-7.00pm

© Yoga & Meditation

w/ Lewanna

7.15pm-8:30pm

© Kandyan Dance

w/ Kishani Wijesinghe

WEDNESDAY

9.00am-10.30am

© Shanti Yoga & Wellbeing

w/ Laura Benzoni

6.00pm-7.00pm

© Flow Tai Chi

w/ Eric Konigsdorfer

7.00pm-8:15pm

****Mindful Rest**

w/ Sydel Weinstein

THURSDAY

9am-10.30am

See Terms/Available for Hire

5.30pm-6.45pm

****Spinal Flow Yoga**

w/ Kirstie Peddersen

FRIDAY

9am-10.30am

****Mindful Movement**

w/ Shan Kennedy + Sydel

SATURDAY

8am-9.30am

****Weekly Celebratory Class**

w/ Nadia, Bowen, Sydel

10am-11.30am

© Qigong

w/ Alex Lim

KEY:

**** = Heartplace Community Teacher**

(Book & pay online / included in class pass)

© = Heartplace Collaborator

(Book online & payment directly to teacher)

Class Booking: Scan QR code
or visit www.heartplace.org.au



Visit our Website for Events,
Trainings & Pop Ups

Location: 19 Blinco st.

(Fremantle Fibonacci Centre above Hinata Cafe)

We acknowledge the Whadjuk people of the Noongar Nation as the Traditional Custodians of Walyalup (Fremantle), the land on which we gather. We pay our respects to their Elders past, present, & emerging & recognise their enduring connection to this land, waters & community..

We acknowledge that Sovereignty was never Ceded.





Heart Place VISION & MISSION



OUR VISION:

A compassionate world where we are responsive to suffering & have capacity for trauma integrative community.

OUR PURPOSE:

To create safe spaces & communities for growth, healing & the practice of compassionate care.

OUR MISSION:

To provide educational, healing & practice-based activities that promote compassion, connection, & community.

OUR FOCUS:

Three interrelated areas of healing our capacity to care: for ourselves, each-other & the land.

OUR VALUES:

We believe in the sanctity of all life.

That to end the cycle of trauma, empathy & compassion cannot be selective.

We believe that the suffering of one is the suffering of all, that we are interconnected.

We believe in the the principle of universality of human rights

www.heartplace.org.au



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