

# heartplace®



**compassion connection community**

## **WELCOME TO HEART PLACE: CLASS BOOKING & TIMETABLE**

**Heart Place is a wholistic community centre** with a range of offerings in line with our Vision & Mission. We are a **community of practice** building the capacities and competencies for a peaceful and compassionate world through movement, art, story, song, mindfulness-meditation, play and theatre.

For more information on our overall Vision click onto the **VISION & MISSION** box on our homepage.

It takes a **team of teachers & collaborators** to bring our vision to life. Our hope is that this is reflected in our timetable. Visit the **'Meet Your Teacher'** tab to get to know our team.

We also offer a range of events, to view see our **'Event Calendar'** tab and explore our **'PROGRAMS'**. Additionally see **'MIND-BODY CONSULTATIONS'** to view consultants available through our centre.

**This Information sheet is to support you in how to book into classes, view our Timetable and make the most of what Heart Place has to offer in this way.**

Information below is relevant to the **'Class Booking & Timetable'** tab & page underneath the **'CLASSES & EVENTS'** tab on the home page of our website [www.heartplace.org.au](http://www.heartplace.org.au)

Please note when you come to the **'Class Booking & timetable Page'** page it does take a few moments for the page to fully download, an opportunity to **pause and breathe**.

**Booking Registers your attendance in classes and is separate from payment or shop.** We need you to book, it is a way to support Heart Place and to inform us on how many are attending a particular class. **Please do not stress if for some reason booking is not going smoothly - come anyway! SMS your teacher if possible. Check Facebook & the Pop up** for messages or changes.

**Advantages to Booking:** Booking automatically subscribes you to our newsletter and sends a SMS to your teacher. You also receive a reminder and can reschedule. Booking boosts our website on google land. It also makes it easier on the rare occasion there is a need to cancel a class, as we have all your details in one click.

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**Categories:** Classes are organised into categories of:

- **SPECIAL CLASSES & POP UP's:** This covers special meetings like our Trauma Informed Community Meets, Creative Expression, Theatre etc. Or a one-off Pop-Up class on the timetable.
- **MOVEMENT CLASSES:** Our regular timetable of yoga, dance, mindful movement, Qigong classes.
- **TERM CLASSES:** For classes offered as a series that may be open for casual attendance or may be closed.
- **FAMILY CLASSES:** Parenting & Pregnancy, Kids & Teen

NOTE: Categories only show when there is a class listed.

**To Book:**

- Look for the little purple box **BOOK**
- Follow the prompts, look for the **date and time** that suits and is available.
- **Create an account** so it is quicker next time, and you receive our newsletters.
- You will receive a **reminder**.

**Contributions & Pricing:**

- **Heart Place Pass: Classes are coded with \*\***

Teachers volunteer and funds received help us to offer our services, cover overheads and increase our capacity to fulfill our vision. **Heart Place Pass classes operate on a sliding scale of economy.** We have a suggested donation at full value, then suggested concession. Our third option is '**Pay What You Can**'. We want you to come, please use this option if you are struggling on low income to feed yourself or your family etc. You also contribute by coming and strengthening through practice compassion-based society. Also, there are other ways to contribute, as there is always something to do at Heart Place, to clean or garden or make a food offering for the café to share.

- **Collaborators: Heart Place values our collaborators**, together as a team, we bring Heart Place's vision to life. We invite you to explore the different offerings and show your appreciation for the skills our collaborators bring to Heart Place. **Most collaborators take payment directly through**

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**their own websites or systems, usually direct at class. These classes are not part of the Heart Place Pass.** Booking via the Heart Place website even if you have booked a term for example sends a direct SMS to your teacher confirming your attendance on that day. **Please continue to Book** into individual days and times.

- **Membership:** Did you know we are a non-profit. A membership offering is in the pipeline. We are also exploring a **'Pass it Forward'** option.

**Newsletter:** Monthly newsletters share community news and resources. Whilst we aim to offer a **consistent core of class times**, as we know you plan around the timetable, we also add new classes, special classes and Pop Ups from time to time. In addition, new events are constantly added. **We encourage you to stay connected via our newsletter.** You automatically subscribe when creating a booking account or ordering from the shop and can unsubscribe at any time.

**Pop up:** The Pop Up that appears when you first open the website and shows the **'Coming Classes' for the next few days** is a good way to give quick messages and is put away with the little cross x in the top corner.

Finally, there is a **PDF Version of the Flyer** we will try keep current for those who like to place Flyers on your fridge at home or support Heart Place by putting up on café noticeboards around town for example.

**Thank you for your commitment to practice and being part of our community. Your feedback and suggestions are listened to and appreciated.**

**The Heart Place Team**

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