

heartplace®



compassion connection community

We offer a wide variety of Classes for Shared Practice:
Yoga, Movement, Rest, Dance, Mindfulness, Art & Song.
Yoga for Mental Health, Healing & Trauma Informed.
As well as Community Programs & Events,
Mind-Body Therapeutic consultations.

To View our Event Calendar, Class Timetable & Booking,
Visit heartplace.org.au

Like & visit us on Facebook & Instagram.
See Timetable on back of this page.

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

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

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: ourselves, each-other & the land.

Heart place is a non-profit embracing the Family Nurturing Centre, Mental Health Station & 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 .



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MONTHLY TIMETABLE: Current May-June 2024

View heartplace.org.au for Changes, Pop Up's
Term Events & Special Classes.

Visit heartplace.org.au 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](http://heartplace.org.au) to attend classes.

NOTE: Only Classes with ** are included in Heart place class packs.

Check out our team of Collaborators & their wonderful class offerings!

MONDAY <ul style="list-style-type: none"> 9.15am 12.00pm 6.45pm 	**Transformational Yoga YogaBude Kemetic Yoga	Sydel Weinstein Stefani Losch Nadir Shihata
TUESDAY <ul style="list-style-type: none"> 9.00am Night 	**Hatha Yoga See www for Tues. Meets/Pop Ups	Rob Findlay
WEDNESDAY <ul style="list-style-type: none"> 9.30am 5.30pm 7.00pm 	Shanti Yoga & Wellbeing Yoga & Qigong **Mindful Rest	Laura Benzoni Karen Green Sydel
THURSDAY <ul style="list-style-type: none"> 9.00am 6.30pm 	YogaBude **Spinal Flow Yoga,	Stefani Losch Kirstie Peddersen
FRIDAY <ul style="list-style-type: none"> 9.00am 	**Hatha Yoga	Rob Findlay
SATURDAY <ul style="list-style-type: none"> 7.00am 8.00am 9.30am 10.00am 12.45pm 	Flow Tai Chi **Home of Yoga Club Rotation Community Chai & Chat Qigong Jungle Motion	Eric Konigsdorfer Nadia/Bowen/Sydel HOY Club Alex Lim Dee Verran
SUNDAY		Check our Events Calendar for workshops & Trainings

VENUE: We are in the Fremantle Fibonacci Centre above the Hinata Café.

REGULAR DONATION BASED MEDITATION classes are offered follow face book.

'PAY WHAT YOU CAN': Heart Place Class Pass also offers Sliding Scale of Economy.

EVENT CALENDAR: Please visit heartplace.org.au for a full calendar of upcoming events, terms & Trainings.