

# heartplace®



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)



The Family Nurturing Centre Inc. Mentally Healthy WA



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## MONTHLY TIMETABLE: Current March-April 2024

View [heartplace.org.au](http://heartplace.org.au) for Changes, Pop Up's  
Term Events & Special Classes.

Visit [heartplace.org.au](http://heartplace.org.au) 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: Only Classes with \*\* are included in Heart place class packs.  
Check out our team of Collaborators & their wonderful class offerings!

<b>MONDAY</b> <ul style="list-style-type: none"> <li>• 9.15am</li> <li>• 12.00pm</li> <li>• 6.45pm</li> </ul>	<b>**Transformational Yoga</b> YogaBude KemetiC Yoga	Sydel Weinstein Stefani Losch Nadir Shihata
<b>TUESDAY</b> <ul style="list-style-type: none"> <li>• 9.00am</li> </ul>	<b>**Hatha Yoga</b>	Rob Findlay
<b>WEDNESDAY</b> <ul style="list-style-type: none"> <li>• 9.30am</li> <li>• 5.30pm</li> <li>• 7.00pm</li> </ul>	Shanti Yoga & Wellbeing Yoga & Qigong <b>**Mindful Rest</b>	Laura Benzoni Karen Green Sydel
<b>THURSDAY</b> <ul style="list-style-type: none"> <li>• 9.00am</li> <li>• 6.30pm</li> </ul>	YogaBude <b>**Spinal Flow Yoga,</b>	Stefani Losch Kirstie Peddersen
<b>FRIDAY</b> <ul style="list-style-type: none"> <li>• 9.00am</li> </ul>	<b>**Hatha Yoga</b>	Rob Findlay
<b>SATURDAY</b> <ul style="list-style-type: none"> <li>• 8.00am</li> <li>• 9.30am</li> <li>• 10.00am</li> </ul>	<b>**Home of Yoga Club Rotation</b> Community Chai & Chat Qigong	Nadia/Bowen/Sydel HOY Club Alex Lim
<b>SUNDAY</b>		Check our Events Calendar for workshops & Trainings

VENUE: We are located 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](http://heartplace.org.au) for a full calendar of upcoming events, terms & Trainings.