

# 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)





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## MONTHLY TIMETABLE: Current July 2023 – View [www](http://www.heartplace.org.au) for Changes.

Visit our face-book page & [heartplace.org.au](http://heartplace.org.au) for changes, [Pop Up classes](#) & 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://www.heartplace.org.au) to attend classes.

NOTE: Only Classes with \*\* are included in Heart place class packs. The rest are class offerings from our Collaborative Team. They may also be run in Terms & be open or closed to casual attendance.

<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>8.00am</li> <li>5.30pm</li> <li>6.45pm</li> </ul>	<b>**Hatha Yoga</b> Embodied Living Flow (Term) Meditation by Donation	Rob Findlay Mira Rao Martha Farat
<b>WEDNESDAY</b> <ul style="list-style-type: none"> <li>7.00am</li> <li>9.30am</li> <li>5.45pm</li> <li>7.00pm</li> </ul>	Trauma Informed Yoga (Term) Shanti Yoga & Wellbeing Creative Expression (Mindful Art) <b>**Mindful Rest</b>	Mira Rao Laura Benzoni Sharon (Booking Essential) 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> <li>10.30pm</li> </ul>	<b>**Hatha Yoga</b> Lyrical Flow-Gyrokinesis Yoga/Dance	Rob Findlay Christine Jaroszewski
<b>SATURDAY</b> <ul style="list-style-type: none"> <li>8.00am</li> <li>10.00am</li> </ul> Home of Yoga Club	<b>**Teacher rotation Home of Yoga Club</b> Styles varies always Transformational. Qigong  Community Chai & Chat	Nadia/Jodie/Bowen/Sydel  Alex Lim  Partner Act-Belong-Commit
<b>SUNDAY</b>		Check our Events Calendar for workshops & Trainings

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. **YOGA BUDE** shares our space -[yogabude.net.au](http://yogabude.net.au)