



heartplace® TIMETABLE



HOME OF YOGA

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

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

Spring Timetable

MONDAY

Transformational Yoga (**)

9.15am-10.30am
w/Sydel Weinstein

Lunchtime Yoga (D)

12.00pm-1.00pm
w/ Stefani Losch

Kandyan Dance (©)

5.15pm-6.30pm
w/ Kishani Wijesinghe

Kemetic Yoga (©)

6.45pm-8.15pm
w/ Nadir Shihata

TUESDAY

Embodied Movement (**)

9.30am-10.30am
w/ Shan Kennedy

Mindful Yoga (**)

6.00pm-7.00pm
w/Sydel Weinstein

WEDNESDAY

Shanti Yoga & Wellbeing (©)

9.00am-10.30am
w/ Laura Benzoni

Flow Tai Chi (©)

6.00pm-7.00pm
w/ Eric Konigsdorfer

Mindful Rest (**)

7.00pm-8.15pm
w/ Sydel Weinstein

THURSDAY

Spinal Flow Yoga (D)

5.30pm-6.45pm
w/ Kirstie Peddersen

FRIDAY

Mindful Movement (**)

9.00am-10.15am
w/ Shan Kennedy/Sydel Weinstein

Flow Tai Chi (©)

4.30pm-5.30pm
w/ Eric Konigsdorfer

SATURDAY

Celebratory Yoga Class (**)

8.00am-9.30am
w/ Nadia/Bowen/Sydel

Qigong (©)

10.00am-11.30am
w/ Alex Lim

KEY

****:** Heartplace Community Teacher
(Book & pay online / included in class pass)

©: Heartplace Collaborator
(Payment directly to teacher collaborator)

D: Donation Based Class

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

**Visit our Website for Events,
Trainings, Monthly Classes,
Terms & 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.

