

Inner Skills For Parents



Calm, clarity & self-regulation for real life
6-week series • Small group • Fremantle area

When we are stressed, clarity disappears.

Most of us try to solve life while rushed, overwhelmed, or exhausted, then wonder why it feels so hard. Inner Skills helps the body and mind settle first, so steadiness, perspective, and choice become available again.

What it is

A grounded, experience-led 6-week series for parents and caregivers.

Not therapy. Not a lecture. Practical skills you can actually use in daily life.

What a session looks like (60–75 mins)

- gentle movement to release tension
- a weekly guided focus
- breath reset for everyday stress
- guided deep rest (yoga nidra style)
- optional reflection + closing

Details

Day/Time: Wed 10:45am-12pm (starts: 18th Feb)

Length: 6 weeks

Location: Heart Place -19 Blinco St Fremantle

Group size: 6-8

Investment: \$210 (6 weeks)

Facilitator: Madhav West

Father, Naturopath, 20+ years supporting people through real-life stress in both individual and group settings using grounded, experience-based work.

Message to request details or book a place:

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