

The logo for 'GROUNDED RENEWAL' features the words in a bold, sans-serif font. 'GROUNDED' is in blue and 'RENEWAL' is in yellow. The text is centered within a light orange square that has a subtle circular gradient effect behind it.

GROUNDED RENEWAL

Grounded Renewal

A 60-Day Journey for Mid-Life Women to Exit Toxic Patterns and Learn their Best Roadmap Into Self-Trust and Joyful Calm through Neuropsychology and Zen-style practices.

Exit the cycles that drain you. Enter the rhythm that renews you

Overview:

Grounded Renewal is a transformational 60-day coaching journey created by Dr. Tanya Nizam for mid-life women navigating transition. Whether you are emerging from years of caregiving, moving through menopause, or simply seeking clarity in the "what now?" season of life, Grounded Cycles is a pathway to self-renewal.

This programme blends Tanya's expertise in adult learning, life coaching, Zen-inspired meditation and background in Psychology and Biochemistry to help you exit toxic cycles of overwhelm and emotional burnout, and establish a calm, clear rhythm that feels fully your own.

Programme Structure: 4 Phases

Each phase is anchored in a specific intention and includes guided practices in breathwork, Zen meditation, self-inquiry, and energy integration. Each week, you will receive a video lesson (up to 20 min), an activity and a 1-on-1 online coaching session (60-80 min).

PHASE 1: EMERGENCY STOP – Breaking the Toxic Cycle (Days 1–15) *Theme: Hit the brakes. Pause the pattern. Begin the detox from chronic overwhelm.*

- **1.1: Awareness Is Power** – Recognize your toxic cycles and begin naming the triggers. Breathwork: Box Breathing. Zen Focus: Observing thoughts as passing clouds.
- **1.2: Interrupt the Pattern** – Introduce somatic pattern-breaking tools. Breathwork: Double inhale, long sigh. Zen Focus: Beginner's Mind.
- **1.3: Space for the Self** – Create physical and emotional space. Breathwork: 4-7-8. Zen Focus: Sacred pause (Ma).

PHASE 2: CURATE, ADD AND DELETE – The Sacred Edit (Days 16–30) *Theme: Edit your life like sacred art. What stays, what goes, what nourishes.*

- **2.1: Truth Inventory** – Self-inquiry into roles, obligations, and identity. Breathwork: Coherent breathing. Zen Focus: Non-judgmental awareness.
- **2.2: Curate What Feeds You** – Reconnect with values, desires, and inner "yes." Breathwork: 3-part breath. Zen Focus: Simplicity in your natural state.

PHASE 3: FIND YOUR SOLAR PANELS – Build Energy & Identity (Days 31–45) Theme: *Find what fuels you. Step into a rhythm that restores and sustains.*

- **3.1: Your True Rhythm** – Sync with natural cycles and design your energetic week. Breathwork: Solar breath. Zen Focus: Walking meditation.
- **3.2: Embodying Renewal** – Build self-trust and energetic presence. Breathwork: Breath of Joy. Zen Focus: Dropping into body wisdom.

PHASE 4: REVIEW & RENEWAL PLAN – Live the Shift (Days 46–60) Theme: *Integration. Trust your tools. Create your next chapter.*

- **4.1: Integration & Identity** – Anchor your practices into daily life. Breathwork: Observational breath. Zen Focus: Koan practice (live the question).
- **4.2: Your Renewal Blueprint** – Design your 90-day calm plan. Breathwork: Intuitive. Zen Focus: Sacred in the ordinary.

Tools & Modalities Used:

- **Zen Meditation** – Inspired by Shikantaza, Ma (pause), and Kinhin practices
- **Breathwork** – Regulating, activating, and intuitive styles
- **Life Coaching** – Transformational inquiry and feminine rhythm mapping
- **Understanding** – through scientific examples, explanations and reflective experience

About Dr. Tanya Nizam:

Founder of the Grounded Renewal Programme and the Good Rain Reiki Academy, Tanya is a meditation facilitator, Reiki master, and Zen-inspired wellness coach with 20+ years in international education. She specializes in helping mid-life women navigate transition through grounded, embodied spiritual practice.

How to Join:

Follow Tanya or book an introductory call

Instagram: @drtanyareiki

WeChat: tanyanizam1

LinkedIn: Dr Tanya Nizam

Facebook: tanyanizam/Grounded Renewal Ltd

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✉ tanyanizam@groundedrenewal.com

Grounded Renewal Ltd. 71-75 Shelton Street, Covent Garden, WC2H 9JQ, UK