



## *Creating a Resilient Life Workshop*

Hosted by Azani Medical Spa, Dr. Lyz DeBoer Kreider – licensed psychologist, & Raw Food Nutritionist, Chef Wendy! Our *Creating a Resilient Life* 6 week workshop is designed to bring **inner and outer balance** to your well being by detoxing both **physically and emotionally**. The end goal is to help you move forward with a **deeper awareness of how to nurture yourself**.

### *Week 1 - February 10*

- *Intro / Plan / Reflect*
- *101 Intro into Detox Juicing for health*

### *Week 2 - February 17*

- *Listening to your Body*
- *Setting intentions*
- *Juice Detox Begins- Individual goals will be discussed*

### *Week 3 - February 24*

- *Nurturing Relationship with Self*
- *Plant based nutrition*
- *Starting a Nutrition Daily Diary*

### *Week 4 - March 2*

- *Nurturing Relationships with Others*
- *Understanding Conflict: Identify what big and what is small. How to manage stress with positive coping skills.*

### *Week 5 - March 9*

- *Move your body ~ Play, Breathe, Meditate*
- *Yin Yoga Breathe work*

### *Week 6 - March 16*

- *Mind Body Synergy*



**Dr. Lyz, LLC**

Lyz DeBoer Kreider, Ph.D.,  
is a licensed psychologist  
in Pennsylvania and New York.  
She specializes in nurturing the  
Mind/Body connection  
in order to promote  
Balance of Self  
and  
Enhanced Relationships.  
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Program starts on Wednesday, February 10th at 6 pm at Azani Medical Spa. The workshop is \$300. A deposit of \$150 can be made with a credit card over the phone **(610) 625-3000** to reserve your spot. A separate payment of \$150 (cash or check) will be received the first day of the workshop. Purchase of optional detox juice cleanse is separate.