“Life is stressful — Unlock your power to inner calm”

About Dr. Robyn Tiger:

Robyn Tiger MD, C-IAYT, RYT-500

Dr. Tiger is passionate about teaching others how to naturally feel calm, grounded, and centered when the world around them and within them is not. She understands firsthand the stressful path of a health care provider. As a physician, certified yoga therapist and meditation teacher with expertise in stress management and trauma, she teaches safe, simple, and evidence-based self-care techniques that restore overall well-being and resiliency. These life-changing techniques produce a ripple effect when shared with patients, families and caretakers so that they too may become the best versions of themselves.

List of Services:

- Private Yoga Therapy Sessions
- Private Meditation Sessions
- Group self-care courses & workshops
- Customized retreats

Pricing (before 15% WCMS member discount)

Private Yoga Therapy & Meditation: $180 per session

*a portion of these funds will support the “Healing Arts Financial Relief Fund” at Asheville Community Yoga which aims to making Yoga Therapy/Meditation services accessible to individuals that are unable to pay at this time.

Website & Scheduling

Contact Dr. Tiger directly to book your session:

yogaheals4life@gmail.com or 609-560-8843

For more information, visit:

https://www.yogaheals4life.com/