

# StressFreeMD™

Robyn Tiger MD, is a physician and founder of StressFreeMD. She uniquely combines her trainings in medicine, yoga therapy, meditation & life coaching to teach physicians how to relieve stress, build resilience and improve their well-being from both a bottom up (body based) and top down (mindset) approach. Her innovative CME accredited courses, coaching, presentations and podcast focus on complete physical, mental, and emotional well-being and resilience.

Dr. Tiger is lead faculty and subject matter expert in stress management for the American College of Lifestyle Medicine, host of the StressFreeMD Podcast, Western Carolina Medical Society Healthy Healer Partner, SurgeOn App Self-Care Key Opinion Leader for Surgeons, O2X Human Performance Specialist for first responders, and faculty for Trauma Informed Yoga Therapy.

She received her BS degree in Natural Science and Psychology from Muhlenberg College. She earned her MD, completed an Internal Medicine internship and Diagnostic Radiology residency at the Medical College of Pennsylvania and also completed a fellowship in Body Imaging at Thomas Jefferson University Hospital.

Her strong desire to help physicians grew out of her many years in medical practice experiencing and witnessing firsthand the need for physician self-care education. She is deeply passionate about successfully guiding physicians to become the best versions of themselves and live their healthiest most fulfilling lives!

[www.stressfreemd.net](http://www.stressfreemd.net)

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