



# Megan J Robinson Ph.D.

## Tranquil Tiger Meditation and Coaching

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☎ 860-464-0244

📍 Matthews, NC

### EDUCATION

- **Ph.D. Biochemistry**  
*Vanderbilt University, Nashville TN*
- **B.A. Biology**  
*University of Tennessee Knoxville*

### SKILLS

- Mindfulness Meditation
- Coaching
- Curiosity
- Change Management
- Science & Medicine
- Emotional Intelligence

### CERTIFICATIONS

- Certified Meditation Teacher, May 2023, 60-hour training. Certificate number 4890-EC8.
- Certified Yoga Nidra Teacher, August 2023, 30-hour training. Certificate number 4890-EC14.
- Certified Health and Life Coach, December 2023. Certificate number 1745879.
- Mindfulness Based Stress Reduction program graduate, Duke University, March 2024.
- Yin Yoga for emotional release, 10 hour CEU, August 2023.

### PROFILE

Meditation, mindfulness, and Yoga Nidra teacher with decades of experience in science and healthcare. Passionate about helping others on their journey of self-discovery. A yoga and meditation practitioner for over 25 years. Executive leadership experience. Comfortable teaching both 1:1 and group sessions, virtually or in person. A certified health and life coach with a focus on transforming personal energy using mindfulness practices to achieve goals and live a fulfilling life.

### WORK EXPERIENCE

**Matthews Yoga Collective | Yoga Nidra teacher**  
*2024 – Present*

**Certified Health and Life Coach**  
*2024 – Present*

**Erickson Senior Living/ Wellness lecturer**  
*2024 - present*

**Town of Matthews Parks and Recreation | Meditation teacher**  
*2023 - present*  
Mindful Living: Strategies for Stress Reduction series.

**Pfizer Worldwide Research, Development & Medical**  
*1999-2023*

Multiple roles including lead scientist, organization effectiveness, business operations, continuous improvement lead, and scientific education lead. Energized and educated employees while creating effective work process for the business.

### LINKS

[My webpage](#)

[LinkedIn](#)

[Facebook](#)

[Insight Timer Meditation app](#)