

Through [Mindful Type A Wellness](#), Robyn Fehrman helps high impact (and often high strung!) leaders at all levels cultivate more focus, resilience, and joy by nourishing their bodies, minds, and spirits. Through contemplative practices, leaders benefit by learning to decrease their attachment to outcomes, increase connection to and compassion for themselves and others, and pay more attention to the present moment.

After completing an initial, free 30-minute consultation via phone or Zoom to ensure fit, Robyn offers a several packages for one-on-one, virtual services.

Private Yoga	Mindfulness Coaching
<p>Over the course of several weeks or months, Robyn works one-on-one with private yoga clients seeking to:</p> <ul style="list-style-type: none"> • Deepen their yoga practice through individualized attention. • Use the physical practice of asana to gain insight into other areas of their lives. • Increase knowledge of yogic philosophy and its applications in modern life. • Connect deeply with a particular theme in each practice. • Cultivate the ability to balance effort and ease and find equanimity both on and off the mat. <p>Each package includes:</p> <ul style="list-style-type: none"> • Weekly 60 minute sessions via Zoom • Personalized support & guided practices • Post-practice email notes • Available email support between sessions • <u>4 Weeks</u>: \$500 \$125 per session • <u>8 Weeks</u>: \$760 \$95 per session • <u>12 Weeks</u>: \$1,020 \$85 per session 	<p>Over the course of several weeks or months, Robyn works one-on-one with coaching clients who want to:</p> <ul style="list-style-type: none"> • Learn the practical, science-based methods for increasing self-awareness, emotional regulation, empathy, and leadership skills. • Receive custom guided-meditations to increase full embodiment, authenticity, calm and clarity. • Benefit from external accountability for weekly progress toward goals. • Integrate mindfulness into all facets of life, including work, relationships and health. <p>Each package includes:</p> <ul style="list-style-type: none"> • Weekly 60 minute sessions via phone or Zoom • Personalized support & guided practices • Suggested homework • Email support in between sessions • <u>4 Weeks</u>: \$500 \$125 per session • <u>8 Weeks</u>: \$760 \$95 per session • <u>12 Weeks</u>: \$1,020 \$85 per session

Payment accepted via Venmo (@RobynFehrman), PayPal (paypal.me/MindfulTypeA), check, or credit card (fees apply).

Payment plans available; reach out to discuss.

