



INTRODUCING

Robin Forbes

Certified Yoga Therapist



When a grain of sand enters an oyster, it becomes an irritant — yet over time, that irritation transforms into a pearl. Life’s challenges can feel much the same. Whether you are living with chronic pain, navigating increased stress at work or home, or adjusting to a new medical diagnosis, these experiences can become barriers to the life you envision.

Yoga Therapy offers a supportive space to explore and transform those challenges. Through personalized movement, breath-work, meditation, and mindset practices, I work collaboratively with clients to address the physical, mental, and emotional layers of their experience. Together, we focus on building resilience, restoring balance, and creating meaningful change.

My goal is to help you transform life’s challenges into sources of strength — turning your “sand” into a shining pearl.

EDUCATION & CERTIFICATIONS

- M.S. Yoga Therapy
- Certified Member of International Association of Yoga Therapists
- Yoga Alliance E-500 RYT Experienced Registered Yoga Teacher
- NCBTMB Board Certified Massage Therapist
- B.A. Psychology
- B.A. Dance

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