

WAYS TO WORK WITH ME

Tiffany Shepeard

C-IAYT Yoga Therapist | 500-Hour RYT | Living with MS

START HERE

Thriving with Chronic Illness Membership

- Growing library of chair, floor, and restorative yoga practices, designed for bodies that don't always cooperate
- Guided breathwork, meditations, and yoga nidra
- Mini audio trainings on mindset, nervous system regulation, and living with chronic illness
- Community space to connect with others navigating chronic illness
- 7-day free trial

\$47/month **\$37/month for Hello Pain Peeps**

Use [this checkout link](#) to get special pricing.

GO DEEPER

Thriving with Chronic Illness Group Coaching

A 12-week group program for women navigating chronic illness who are ready to move past just managing symptoms and actually build a life that feels sustainable. We work through six phases together, from mapping your energy and capacity, to shifting the mindset patterns keeping you stuck, to building the daily systems that make life easier.

Book a free consultation call to see if it's a fit. Get on my calendar [here](#).

WORK WITH ME 1:1

Private Yoga Therapy Sessions

This is not just a generic yoga class. Yoga therapy is a collaborative process where we figure out what practices work for your life. You will receive a wellness plan built around your body, your symptoms, and your energy. You will learn how to use all of the parts of yoga, not just movement, to create real change in your life.

Book a free consultation call to get started. Get on my calendar [here](#).

TIFFANY SHEPEARD WELLNESS