



Samara Anderson is an Attorney licensed in both Vermont and New York, 200-hour Registered Yoga Teacher becoming a 500-hour Certified Yoga Medicine™ Instructor, MBSR Instructor-In-Training, and a social entrepreneur teaching mindfulness to stressed professionals. Her long-term goal is to create a non-profit community wellness farm in Vermont, using therapeutic animals, nature and mindfulness to increase the well-being of all beings (because the health of humans is intimately connected to the well-being of the planet). She discovered yoga and

meditation in 2003 when she graduated from Vermont Law School and was in a stressful and busy commercial litigation law firm based in New York City. Her legal work has evolved from complex commercial litigation in New York to public service with the State of Vermont, initially as an Assistant Attorney General, an in-house legal and policy advisor for the State of Vermont

Her mindfulness and wellness practice has deepened over the past eleven years, culminating in completing her first 200-hour yoga teacher training in 2013 and, in 2024, completing her 500-hour Yoga Medicine™ teaching certification. Since 2016, Samara has combined her mindfulness practices with the stressful practice of law in her Mindful Practices workshops to reduce stress and increase productivity and happiness. Attorneys and non-attorneys alike exclaim that they have never felt so relaxed and focused at the same time: two qualities that make for highly effective attorneys, and humans. Her mindfulness teachings for lawyers qualify for the Wellness Continuing Legal Education (CLE) credits, so participants in her workshops and sessions can receive CLE credits towards their state licensing requirements.