

## **TARA OWENS ANTONIPILLAI**

Tara Owens Antonipillai is a law firm well-being consultant, speaker, teacher, and author.

She received her J.D. as well as her undergraduate degree from Georgetown University and was a tax associate in Arnold & Porter's D.C. office. She is currently pursuing graduate education in the University of Pennsylvania's Applied Positive Psychology program.

Tara is a certified yoga instructor and meditation teacher, as well as a certified group fitness instructor, who has studied meditation, yoga, pilates, and dance for over 20 years. She is also on the Faculty of the Washington Ballet School.

Tara now helps law firms and other organizations develop and expand workplace well-being programs in a wide variety of formats. She is a frequent speaker at conferences and at law firm retreats, orientations, and other events. Tara combines her unique expertise as a practicing attorney, mindfulness practitioner, yoga and fitness instructor, and psychology student to help attorneys thrive by integrating meaningful well-being interventions into an already busy day.

Among Tara's teaching certifications are the RYT-200, Yoga Teacher 200-hour Certification, Yoga Alliance; and SOMA: Science of Mindful Awareness, Meditation Teacher Certification; and 160-hour Barre Certified by Exhale/NCCA accredited.

Tara is a member of the D.C. Bar's Lawyer Assistance Committee as well as a member of Mindfulness in Law Society.