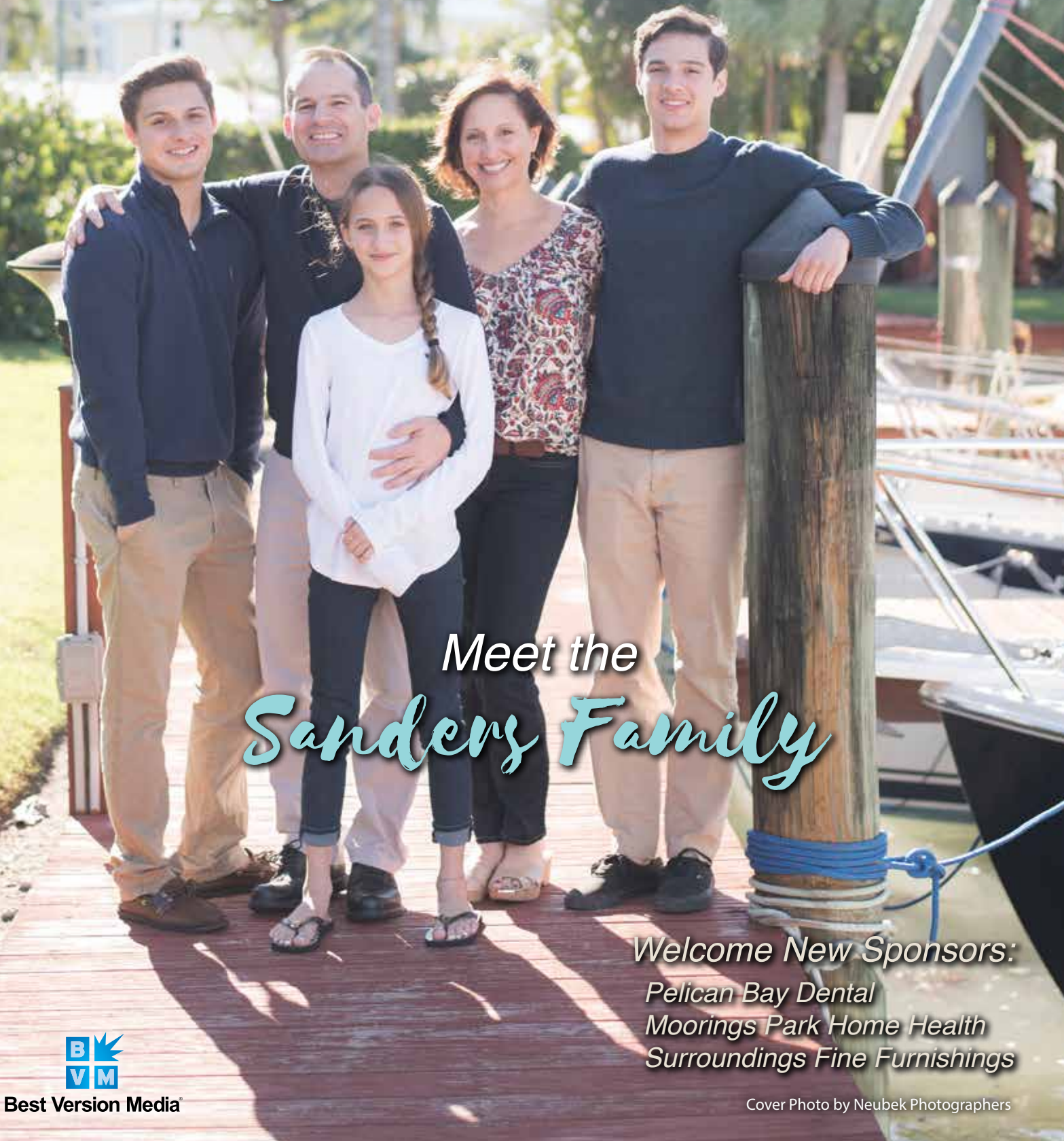


# Waterside

## Neighbors



Meet the  
*Sanders Family*

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# Meet the Sanders Family

BY MELI NEUBEK

PHOTOS BY NEUBEK PHOTOGRAPHERS



If we all had a nickel for every time we told a friend to “take a deep breath” to calm down, we’d probably be well-off. It’s that exact deep breath that we turn to in times of need that can offer us calm every day, if we only know how to use it right.

Angela Sanders is the woman who teaches people how to do just that.

A wife and mother of three, Angela learned over 15 years ago that she needed to find a way to combat the stress in her life, and that’s when she found mindfulness and meditation.

She is now the Founder of Mindful Mindz, a business she started to teach mindfulness and meditation to others.

“We are so busy doing that we forget about being,” Angela said. “The ability to be in the present moment has been the greatest gift I have given to myself and one that keeps on giving to others.”

The Sanders family lives in the Park Shore neighborhood and has been here since 2004. Luke, 19, is the eldest of the children and is currently attending Georgetown University; Alec, 18, is finishing his last year at Naples High School where he is captain of the lacrosse team; and Julie, 11, also plays lacrosse and has recently started babysitting.

Angela’s husband, John, is a Master Franchisor with a lawn care and pest control company, and a lover of all things outdoors, including sailing.

A daughter to Italian immigrants, Angela was born and raised in Philadelphia. When it came time for Angela to go to college, she had to fight for it. It was something that her parents didn’t see much value in at that time.

Her father worked while her mother stayed home and raised her and her brothers; the mentality of the housewife and the working Dad was very prominent then, but Angela knew that she had to go to school, and eventually, she convinced them.

She studied business and graduated from Philadelphia University. Having been the president of the Marketing Society and enjoying that aspect of business, she knew she wanted to work in marketing, so right out of college she got a job at a small advertising firm. However, it quickly became clear that her primary responsibility of cold calling was less than ideal.

“I can’t do anything unless my heart is 100 percent in it,” Angela said. “For me, work has to be like playing. I have to be learning and creating. Of course there’s hard work, too, but when you love it, it’s like playing.”

So, she quit. It wasn’t long before she landed a job that she really loved working at Merck, one of the largest pharmaceutical companies in the world. She worked in brand management and marketing.

During that time, between 1991 and 1997, she met her husband, John and they got married.

Shortly after getting married, she decided she wanted more flexibility in her work schedule, and decided to become a marketing consultant. With a very specialized expertise in direct-to-consumer advertising in the pharmaceutical industry, she did well.

It was during her time as a consultant that the stress of work, being a wife and parenting, became too much.

“On the outside, it appeared that everything was wonderful,” Angela said. “But on the inside I felt empty and lost. I was so hard on myself. The stress in my life robbed me of every day joy and self-love. It wasn’t until I started meditating that I realized how the mind and the body are connected.”

Now, Angela has her daily 20-minute meditation practice and has her daily responsibilities of a mother and a wife, but she is dedicating the rest of her time to teaching others how to bring

mindfulness and meditation into their lives.

She teaches a 4-week Mindfulness foundations course that meets once a week in the evenings. The course is designed for beginners; no experience or previous knowledge of meditation required. The course is taught four times each year. Information can be found at [www.mindfulmindz.com](http://www.mindfulmindz.com).

Angela has also taught her course at local wellness retreats in the area, and in May, will be a part of the Stay in May Festival, which exists to introduce people to the local arts.

She will be teaching three different classes throughout the month: “Mindfulness Meditation” on April 26, “Your Happiness Set Point” on May 6 and “Music, Mindfulness & the Brain” on May 10. Information can be found at [www.stayinmay.com](http://www.stayinmay.com).

“It’s not an overstatement when I say that meditation saved my life,” Angela said. “I want people to know that they are worth the time it takes to develop this practice and that they will be amazed by how beautiful the present moment can be.”





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