



Samantha Fitzgerald –

Samantha Fitzgerald is a Registered Yoga Teacher with specialized training in Y4A Yoga for Amputees (adaptive yoga), Vinyasa, Ashtanga, and Children’s Yoga. She discovered yoga fifteen years ago and was immediately drawn to the sense of grounding and connection it offered—helping her feel truly at home in her own body. Samantha completed her first yoga teacher training while attending law school at the University of Maryland.

In May 2024, Samantha’s sister experienced a life-changing accident resulting in an above-the-knee amputation. This deeply personal event reshaped Samantha’s approach to teaching, inspiring her to create more inclusive and accessible practices. Motivated to support others facing limb loss or difference, she completed the Y4A Yoga for Amputees Teacher Training Program in March 2025.

Professionally, Samantha is a full-time commercial litigation attorney licensed in New Jersey State and District Court, with a focus on insurance coverage and defense. She brings her strong background in research, advocacy, and analysis to her service on the Y4A board, where she aims to help advance the organization’s mission and reach.

Outside of her legal work, Samantha enjoys spending time outdoors, hiking, being with her family, snuggling with her beloved cat Wilbur, and teaching yoga on the weekends. She has recently partnered with a local prosthetist to bring adaptive yoga events to her community, making wellness more accessible to all.