

ANDREA SANDERS



Short bio:

Andrea Sanders lives in Boulder, Colorado and is the director and founder of Be Zero, a non-profit focused on inspiring, educating, and activating individuals to rethink their plastic and trash footprint and to create simple and sustainable lifestyle habits. Learn more about Andrea and her zero waste mission at www.bezero.org. She shares daily zero waste inspiration on Instagram @BeZeroWasteGirl

Longer bio:

Andrea Sanders lives in Boulder, Colorado and is the director and founder of Be Zero, a non-profit focused on inspiring, educating, and activating individuals to rethink their plastic and trash footprint and to create simple and sustainable lifestyle habits.

From an early age, Andrea became involved with local conservation efforts in both marine and zoological fields, as well as mindfulness through her trainings in meditation and yoga.

Andrea worked with the public in Florida and Colorado with local wildlife centers developing and sharing educational and conservation programs for all ages. Her yoga and meditation teachings span over 1,000 hours of public and private classes, retreats and workshops, with over 600 hours in classical and mainstream Buddhist and yogic studies and trainings. She believes by developing a relationship with our mind through meditation we can see how interconnected we are with each other and the planet.

Andrea quietly started her zero waste lifestyle back in 2007, with the online inspiration of Bea Johnson, the founder of the Zero Waste Home. She learned different ways to employ simplicity, resourcefulness, and mindfulness in her life. Through the years she challenged the idea of personal consumerism and waste by learning to live with few possessions and a very small trash can.

Andrea created Be Zero to share this message and to take a whole-lifestyle approach with educational programs to engage individuals, families, and communities to rethink consumer and lifestyle habits and to activate personal power in the face of environmental change.

In all of her endeavors, Andrea has actively supported individuals in understanding more about themselves and how they connect to the world around them.