



Cynthia A. Pensoneau, JD, (Cindy) is the founding partner of The Pensoneau Firm, PC in Memphis, TN. Cindy graduated from Vanderbilt University (B.A. 1998) and from The University of Memphis (J.D. 2002).

Cindy is a lawyer, mediator, coach, yoga teacher, wellness trainer and presenter/speaker. She has practiced law for 20 years, primarily in family law, litigation, Collaborative divorce and mediation. Cindy is General Civil Mediator and is listed in the International Academy of Collaborative Professionals as a trained Collaborative practitioner attorney. In addition to her law practice, Cindy coaches and presents to individuals and companies with her business partner, retired Judge Steve Hornsby, on professional and well-being development in their business, Summa Vita.

Cindy leads classes for individuals and groups in yoga, meditation and mind/body vitality practices at studios and business offices. She is also a frequent presenter on other topics, including Collaborative law practice, Mindful Communication, and personal and professional development.

Cindy has practiced yoga for 25 years and recently earned her 500-hour YTT certification. She has been teaching yoga for 13 years. She became a Certified Life Coach in 2022.

She serves on the Board of the Mindfulness in Law Society (MILS), is Co-Chair of the Wellness Committee of the Memphis Bar Association, is on the managing Board of the Memphis Collaborative Alliance and is active at her son's school.