



With gratitude to all who have contributed to the development of mindfulness at Bangor over the last 20 years including:

All past and present members of the training team: Trish Bartley, Michael Chaskalson, Cindy Cooper, Rebecca Crane, Susannah Crump, Pamela Duckerin, David Elias, Alison Evans, Estrella Fernandez, Annee Griffiths, Gemma Griffith, Eluned Gold, Vanessa Hope, Mariel Jones, Karunavira, Jody Mardula, Bridgette O'Neil, Ciaran Saunders, Judith Soulsby, Barbara Reid, Bethan Roberts, Sophie Sansom, Ciaran Saunders, Christina Shennan, David Shannon, Sarah Silverton, Taravajra, Sud Ubayasiri, and Elaine Young.

The developers of MBSR and MBCT on which our work stands: Jon Kabat-Zinn, Mark Williams, Zindel Segal and John Teasdale.

Senior teachers who have shared their wisdom and supported our journey: Ferris Buck Urbanowski, Melissa Blacker, Pamela Erdmann, Saki Santorelli, Florence Meleo-Meyer, Elana Rosenbaum.

Colleagues we have closely collaborated with including Willem Kuyken, Clara Strauss, Robert Marx, Kay Octigan, Lynn Koerbel, Eric Loucks.

Past and present team members and colleagues within Bangor University: Sharon Hadley, Gary Smith, Katherine Betteridge, Caroline Creasey, Sholto Radford, Catrin Eames, Frances Hooton, Heather Melville, Lucy Bryning, Ian Russell, Alon Williams, Huw Ellis, Becca Henderson, Emily Hughes, Rhiannon Rowlands, Lisa Buckley, Cerys Gadd, Richard Hastings.

Past and present team members and colleagues within The Mindfulness Network including: Ken Lunn, Alison Evans, Ruth McDonald, Sophie Sansom, Bridgette O'Neill, Anna Murch, Emma Dillon, Teresa Gane, Esther Elize, Joelle Marie-Morgan, Jo Shannon, Halley Cohen, Gary Smith, Kate Oliver, the supervision and retreat lead teams, and the board of trustees.

Our trainees over the last 20 years who have shaped the development of our training process through their engagement and care.

Thank You