

According to the British Association for Mindfulness-based Approaches (BAMBA) [Good Practice Guidelines for teaching mindfulness-based courses](#), mindfulness teachers should receive regular supervision with an experienced mindfulness-based teacher. To this end, within the Mindfulness Association, we have a group of supervisors who can provide supervision for Mindfulness teachers, particularly for people who are engaged in, or have completed the MA teacher-training pathway.

All of the supervisors recommended by the MA adhere to BAMBA's [Good Practice Guidelines for Supervisors of Mindfulness Based Teachers](#), as well as our own internal guidelines.

Most supervisors offer both one-to-one and group supervision, either in person or online, so it is not necessary to have a supervisor who lives geographically close to you. Anyone interested in receiving supervision should contact the Mindfulness Association at info@mindfulnessassociation.net for further information.

When someone is looking for group supervision, it is easiest if you can form a group of 3 (or 4 if you wish to continue in the same group that formed following the teaching skills) and approach a supervisor together. If this isn't possible, please contact the MA directly, and we can contact the supervisors to find if anyone currently has a space in a group.

The supervisors currently approved by the Mindfulness Association are:

Fay Adams (Individual supervision only) - fay@mindfulnessassociation.net

Fay Adams is a lead tutor and Core Management Team member within the Mindfulness Association. She teaches on the University of Aberdeen's Studies in Mindfulness MSc and is a teacher trainer. She has been supervising with the MA for 4 years and lives in Mow Cop, 20 minutes north of Stoke-on-Trent.

She spent 6 years living on the Holy Isle retreat Island off the west coast of Scotland and first became a mindfulness practitioner through her journey with chronic pain.

Graeme Armstrong (Individual supervision only) - graemearmstrong4@gmail.com

Graeme is a Lead Tutor and Supervisor for the Mindfulness Association, and lives in the Newcastle upon Tyne area. He is also a psychological therapist working with individuals, couples and families and has worked for over 10 years as a mental health counsellor in Primary Care settings. He trained as a therapeutic supervisor for Relate Northumberland and Tyneside and was a member of the Senior Team of supervisors there for nearly 10 years.

Angie Ball (Individual supervision only) - ball.angie@ymail.com

Angie has been a part of the Mindfulness Association's teaching team since its inception in 2012 initially studying with founder Professor Rob Nairn.

She is a long time student of Tibetan Buddhism, having studied at Kagyu Samye Ling in the Scottish Borders for over 40 years, during which time she also trained in an East-West therapy, 'Tara Rokpa' a comprehensive therapeutic process aimed at developing health and well-being through a number of creative interventions including a self-reflective writing process, 'back to the beginnings.' She is also a

trained counselor in Transpersonal Psychology and holds a post-graduate certificate in mindfulness, compassion and insight through Aberdeen University. She has been teaching and running workshops since the 1980's both at Kagyu Samye Ling, throughout the UK and Europe. Her teaching style is interactive, experiential, fun and informative as well as with a strong emphasis on practice.

Angie has been a supervisor for the Mindfulness Association for a number of years. She aims to support trainee tutors of mindfulness on this inspiring journey held within a supportive and empathetic atmosphere, offering mainly 1-1 sessions via, skype, zoom, phone or whatever medium suites the supervisee which can be discussed in the initial session.

Gillian Duncan - gilliand@btinternet.com

Gillian is a Mindfulness Association trained teacher based in Edinburgh. She has practised mindfulness for over 15 years and has been teaching mindfulness since 2011. In 2015, Gillian set up her own mindfulness training company after a long career as a marketing professional in the corporate sector. She currently teaches mindfulness full-time.

Gillian regularly teaches both the MA's Mindfulness Based Living Course and the Compassion Based Living Course to the general public. She also delivers mindfulness training in organisations and schools. Gillian is a Mindfulness in Schools Project (MiSP) accredited teacher, for both the .b and Paws b courses, and runs regular mindfulness retreats and workshops.

What Gillian says about her motivation: "I experience such joy teaching mindfulness and I never cease to be amazed by the transformation it brings into people's lives. As a supervisor, I love to support other teachers as they develop their skills in sharing this wonderful practice with others."

Joan Flannelly - flannellyjoan@gmail.com

Joan has been practicing mindfulness since 2005 and was inspired to teach from the incredible transformation she experienced in her own life. She has been teaching intensively since 2017 and is based in the west coast of Ireland. She is the founding teacher of Heart Space and teaches both the MBLC and CBLC throughout the year. She works with a wide range of community groups such as the Mayo Recovery College, Mental Health Ireland, Narcotics Anonymous, Mayo Drug & Alcohol Support Group and many others.

She works extensively with The Sanctuary, a mindfulness and meditation center based in Dublin that offers mindfulness courses and professional development to the general public as well as to health and social care workers in Ireland. . She is a tutor on The Sanctuary's being present, responding with compassion and teaching skills courses and is a frequent contributor to their weekly online drop in sessions.

Joan trained to supervise mindfulness teachers with the Mindfulness Association and is happy to provide both one-to-one and group supervision.

She is devoted to the practice of meditation and is eager to share the benefits of compassion based mindfulness. She teaches mindfulness full time

Tina Gilbert - tinagilbert41@yahoo.com

Tina has been teaching mindfulness since 2011, she trained with Rob Nairn and the Mindfulness Association team undertaking the 3 years of mindfulness, compassion, insight and wisdom training. Tina is a clinical Nurse Specialist in Cancer Nursing of over 30yrs and started delivering the 8 week mindfulness MBLC program to people diagnosed with cancer. She has worked for Macmillan Cancer Support and smaller local charities too. Since 2011 Tina has travelled all over Scotland, London and Poland teaching and presenting mindfulness to various groups, charities, organisations and businesses including Royal Bank of Scotland, Sky TV, GP's, SAMH, GAMH, EDAMH, Glasgow's Women's centre, nurses, general public and many more. Tina has presented mindfulness at 2 conferences; an international conference for healthcare professional in Poland and practice nurses in Scotland. As well as being a nurse Tina is also a Sivananda Hatha Yoga teacher, teaching since qualifying in 2005.

Tina now teaches on the teacher training modules for the Mindfulness Association, module 1 & 2 and the teaching skills retreat and has taught many years of level 1, mindfulness training course and level 2, compassion training courses across Scotland and London. She has been supervising since 2018, is a member of BAMBA.

Tina is passionate about the benefits of mindfulness, she practices daily, retreats at least once a year, sometimes more, attending retreats led by Tara Brach, Chris Germer and Kristin Neff, Christina Feldman, John Peacock and many more. She has experienced the enormous benefits mindfulness can bring and has seen it transform many people's lives.

Heather Grace Bond (Presently unable to accept any new supervisees)

Heather Grace Bond is a mindfulness and compassion teacher (children and adults) and author of self-help book, 'Awakening Child: A journey of inner transformation through teaching your child mindfulness and compassion'. She has taught mindfulness to children of all ages and stages in both school and family settings and is currently in her final year of studying for a PhD in Education with the University of Aberdeen, researching the role (if any) of self-compassion in Scottish secondary schools. As part of her PhD, Heather created the Mindfulness Based Living Course for Young Adults (MBLC-YA) which is the Mindfulness Association's curriculum for 11-18 year-olds. As well as delivering the MBLC-YA teacher-training for the Mindfulness Association, Heather teaches the MBLC in her home town of Strathaven in Scotland. She is also a trainee person-centred psychotherapist.

Key Interests: mindfulness and social justice; mindfulness and educational practice; adolescents and children; counsellors/psychotherapists using mindfulness and compassion in clinical work.

Rosina Morrison - rosinaem@hotmail.com

Rosina teaches the MBLC course locally and has also taught with the Mindfulness Association on the one year Mindfulness and Compassion courses. She has completed the Diploma of Studies in Mindfulness with the University of Aberdeen in 2013, and has attended a course in Mindfulness Supervision training with Bangor University. She has worked as a humanistic counsellor, and offered training and supervision in related fields, for over 25 years.

Kristine Mackenzie-Janson - kristine@mindfulnessassociation.net

Having practised mindfulness meditation since 2000, Kristine is an Honorary Teaching Fellow at the MSc in Mindfulness Studies at the University of Aberdeen. Since 2010, she has been teaching for the Mindfulness Association on their mindfulness, compassion and teacher trainings. She also teaches under her own steam both locally and further afield, delivering the 8-week MBLC, introduction courses and in-company training. Kristine has completed supervision training with Bangor University in 2013 and since then has enjoyed exploring the intricacies of the teaching process with the people she supervises. Kristine is based in Edinburgh.

Jane Negrych (Presently unable to accept any new supervisees)

Jane Negrych is currently the Program Manager of the Sanctuary in Dublin, Ireland. The Sanctuary is a mindfulness and meditation centre that offers mindfulness courses and professional development to the general public as well as to health and social care workers in Ireland. Previously, she has been teaching mindfulness, compassion and mindfulness teacher training courses with the Mindfulness Association throughout the UK and Europe. She has also been teaching the MBLC course to Service Users, Service Providers and family members at the Recovery College in DCU (Dublin) since 2015. She has completed and is an Honorary Teaching Fellow on the MSc: Studies in Mindfulness with the University of Aberdeen.

Jane trained to supervise mindfulness teachers with the Mindfulness Association UK and supervises via Skype from her home in Wicklow, Ireland.

Annick Nevejan (Individual supervision only) - anevejan@xs4all.nl

Annick is independent professional trainer, coach, and counsellor (contemplative psychology), MSc in Mindfulness and has her own company, Bureau Nevejan, in Amsterdam. She has been a lead tutor and supervisor for the Mindfulness Association (MA) since 2010 and delivers the MA's trainings, retreats and teaching skills trajectory both in the UK and in Europe. She was for 5 years an University of Aberdeen Honorary Teaching Fellow on the MSc: Studies in Mindfulness. Currently Annick is also involved in an ongoing training in group dynamics with the Systems-Centered Training and Research Institute (USA). Her work as mindfulness and compassion trainer is deeply influenced by her practice and study of Tibetan Buddhism (Mahamudra) for the last 25 years.

Dr. Bill Paterson - bemindful_fife@hotmail.com

Bill has been teaching mindfulness for over 5 years in Fife. He has worked at the front line of mental health, teaching MBCT to adults with anxiety and depression. Bill is a Mindfulness in Schools Project (MiSP) accredited teacher, for .b. He has taught in both schools and at the Children and Adolescent Mental Health Services (CAMHS) during a two-year secondment. He regularly teaches both the MA's MBLC and the CBLC to the general public. At Edinburgh and Stirling University, Bill has delivered mindfulness and writing workshops to Honours and MA students. He regularly organises and facilitates one day and weekend mindfulness retreats.

Key interests: children and adolescents, teachers, NHS staff, paramedics, police, mental health, writing.

Jacky Seery - jacky.seery@gmail.com

Jacky is the Communications Manager, a Tutor and Core Management Team member within the Mindfulness Association. She is a tutor on Level One, Level Two and Teacher Training Courses as well as having developed and led the new Stillness Through Movement Course.

Jacky graduated in 2018 with the MSc Studies in Mindfulness, having researched the impact of mindfulness practice and compassion with family carers. She has also integrated mindfulness and supportive practices for the dying.

Having spent 15 years as a senior manager for a large global corporation, she now dedicates her time to practicing and teaching Mindfulness, Compassion, Tai Chi, QiGong and Yoga, as well as being committed to her communications role for the Mindfulness Association.

Key interests: Family Carers, Mindful Movement with QiGong and Tai Chi, Mindfulness for end of life and integrating Mindfulness in business.

Gareth Williams - mowcopmystic@yahoo.com

Having begun to practice mindfulness in the 1990s and teaching since 2013, Gareth has primarily taught groups of people experiencing anxiety, low mood, and/or chronic illness. With 20 years of experience in the field of mental health and wellbeing, he has a keen interest in the contributions mindfulness and compassion can make to the process of psychotherapy and healing.

Since Masters studies focused on shamanism, music and altered states of consciousness in 1995, Gareth has explored a variety of therapies and transpersonal psychologies. He is deeply interested in spirituality, both in sacred and secular forms. Over the past few years he has been facilitating ecotherapy and mindfulness in nature events. He loves his work and has a deep commitment to living creatively and with gratitude. Gareth's work is based in North Staffordshire/South Cheshire.

Anna Zubrzycki - azubrzycka108@gmail.com

Anna is the founder and director of the Mindfulness Association Poland. A practitioner of both Buddhist and Mindfulness meditation since 1993. She completed her MSc in Mindfulness at Aberdeen University, Scotland; supervision training at Bangor University and at the Mindfulness Association U.K. She is a certified teacher of MBLC, CBLC, and facilitates and teaches all of the UK Mindfulness Association courses and teacher training pathway in Poland. She is an actress, and teaches the 'Coordination Technique', a Mindfulness-based actor training program, as well as vocal techniques in Poland and internationally. She leads retreats and workshops in Mindfulness and Compassion meditation and supervises Mindfulness and Compassion teachers. She is bilingual: English-Polish.