



Gabriel Ostend

916092678

Director Information

Title	Mr	Honours	
Name	Gabriel Ostend	Number	916092678
Postcode	IG1 4LZ	Address	118/120 Cranbrook Road Ilford Essex
Date of birth	December 1958	Nationality	British
Total current directorships	5		

List of Current Directorships

Company Name	Number	Company Status	App. Date	Res. Date	Position
SILVA METHOD (GB) LTD	15354689	Active - Newly Incorporated	15/12/2023		Director
BRAINBRIDGE LTD	15192691	Active - Newly Incorporated	06/10/2023		Director
THE LOPPING ENDOWMENT CORPORATE TRUSTEE LIMITED	09943247	Active - Accounts Filed	25/05/2023		Director
HETTON HOUSE RTM COMPANY LIMITED	12554463	Non-Trading	14/04/2020		Director
MINDFUL AGILE LIMITED	12244888	Active - Accounts Filed	04/10/2019		Director

List of Previous Directorships

Company Name	Number	Company Status	App. Date	Res. Date	Position
MINDFULNESS EDUCATION CIC	07674333	Company is dissolved	20/06/2011		Director