



**Gabriel Ostend**

**916092678**

## Director Information

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