

Susan Carol Stone is a senior teacher with the Insight Meditation Community of Charlottesville and an instructor of Mindfulness Based Stress Reduction at UVA's Mindfulness Center. A graduate of spirit Rock's CDL program, she currently mentors in the online Mindfulness Meditation Teacher Training Certification program offered by Jack Kornfield and Tara Brach. She has lived at the Bhavana Society, a Theravadan monastery in west Virginia and at Shasta Abbey, a Zen monastery in California. A Zen lay priest, Susan is author of the *Sati Trilogy*, historical fiction set in the time of the Buddha, and *At the Eleventh Hour*, a memoir about mindfulness and caregiving.

Ron Vereen is a practicing psychiatrist and psychotherapist in Durham, N.C., a Consulting Associate in the Department of Psychiatry and Behavioral Sciences at Duke University, and an instructor in the Mindfulness Based Stress Reduction Program at Duke Integrative Medicine. After completing the Community Dharma Leader program he co-founded the Triangle Insight Meditation Community and serves as one of their guiding teachers. He has been practicing mindfulness since 1992 and feels immense gratitude for having Rodney Smith as his root teacher.