Andy Puddicombe
Co-Founder, Headspace

In his early twenties, Andy was a typical student, midway through earning a Sports Science degree. When life took a series of sudden turns, he made the radical decision to give it all up and set off to Asia to become a Buddhist monk.

Over the next decade, Andy studied as a lay-person and novice monk in the traditions of South East Asia, and then took full ordination in the Kagyu Lineage of Tibet. This life-affirming journey led to another when Andy returned to the UK with just one goal in mind: to demystify meditation and make it accessible to all.

After several years in private practice, Andy had a chance meeting with co-founder Rich Pierson. Together they created a vision for bringing meditation to people everywhere. Headspace launched in 2010 as an events company, and the Headspace app soon followed.

Now reaching a community of more than 42 million members in 190 countries through this platform, Andy, Rich and the dedicated team at Headspace are delivering on their mission to improve happiness and health around the world.

Andy lives in Santa Monica, California, with his wife and two children.

Follow Andy on Twitter: @andypuddicombe