

Information for people using Maitreya House

The centre is for quiet contemplation and spiritual unfolding or training only. We ask all people visiting to respect the [Five Precepts](#).

What to bring

- Please bring your own single sheet, pillowcases, duvet cover and towel (if you forget, some linen is available in the bathroom but if you use it, wash and hang on leaving – there is a washing machine in the studio kitchen).
- Hand towels and tea towels are provided but please wash and hang before you leave.
- Waterproofs and wellies or walking boots for outdoor activities
- Open sandals or flip-flops for pacing outside
- No shoes are allowed in the house, so you may want to bring slippers or thick socks
- Meditation stool or cushion if you have one
- Torch (flashlight) in case you occupy a cabin

How to get to Maitreya House

Address: Maitreya House, Lower Maescoed, Hereford HR2 0HP

See google pin at <https://goo.gl/maps/3zTNbrXrDC6W4fea7>

and see <https://www.maitreyahouse.org.uk/contact-location/>

Other information

- There is wifi in the studio but it is not accessible over most of the site, and mobile reception is poor. There is a landline for emergency use only in the studio
- Please respect our neighbours in respect of noise, parking etc.
- Any damage should be notified and replaced or meet the cost of repair
- The property and grounds should be left spotlessly clean and tidy
- Rubbish will be placed in the bins or taken home if the bins are full
- We have oil-fired central heating but ask you to use it minimally to save costs and in terms of climate impact
- The heating system should be left on the frost setting when leaving, and please turn off any electrical appliances and leave fridges off and open
- Group leaders are liable and responsible for the health and safety of participants

The centre is a charity run by volunteers and depends in part on donation, so contributions are most appreciated: <https://www.totalgiving.co.uk/charity/the-crystal-group>