



## Overnight Guidelines

### To Help Keep This Place for You

Start your journey with Love,

Spend your journey with Love,

End your journey with Love.

1. Please remain as quiet as possible as soon as you enter the premises. You may enjoy quiet conversations during your meals. This is for the benefit of all our guests – you included.
2. This is your Home. If you see litter, discard it; if you see anything looking disorderly, please arrange it. Please report any damage that you see to us for fixing or that needs attention. We kindly ask that you do not fix things yourself.
3. The Meditation Hall is a very sacred space; please treat it with great respect for your benefit. It opens at 7 am and closes at 10 pm to allow it to rest and recharge. Food and drink are prohibited in the Meditation Hall and your bed rooms.
4. Shoes are not to be worn in the Meditation Hall. If you brought slippers, you may wear them indoors but not in the Meditation Hall.
5. It is requested that you do not sleep in the Heart Room. Sleeping overnight is prohibited in the Meditation hall. As the Mediation Hall closes at 10pm overnight sleeping here is not permitted.
6. Guest check-out time is 12 noon. If you are departing early in the morning, you are asked to check-out the night before. We ask that you try to depart between the hours of 7am and 10 pm.

7. Times of various spiritual films, discourses, meditations, classes, etc will be posted. Walking maps, train and bus schedules, car rental information and local attractions are available at Reception or may be in the black informational book found in all bed rooms.
8. Please close doors silently as slamming doors will disturb those around you. Please keep your room locked at all times for safety of property.
9. If you have any dietary restrictions or preferences, please inform the manager upon your arrival or at booking request so that we may accommodate your needs.
10. As you may be aware, our rooms are shared accommodations and some contain bunk beds. If you would like to request a room on your own, you may do so by emailing us and we will assist you the best we can.
11. Please keep your room tidy by not having items or clothes scattered around the room. Please use under bed storage and do not disturb an unused clean bed.
12. Please make your own bed and keep your bed space tidy (sheets, duvet, etc.) Fresh sheets are exchanged on an as needed basis in the Laundry Room.
13. When using the bath or shower, please clean it for the next person using it.
14. The fireplace in the Heart Room and Dining Room will only be lit by the staff. We ask all guests not to touch or play with the fire for health and safety reasons.
15. Please feel free to use the Creacon Café at your own cost.
16. We offer an infrared sauna in our Healing House for €15 per hour use or you can share it with someone for €12 each.
17. Music shall not be played after 10pm or if someone is sleeping in your room.
18. No candles or incense will be allowed to be burned in your bedrooms due to insurance reasons.
19. If needed, earplugs are available at Reception and basic toiletries are provided for you in the Laundry Room.
20. Reflective jackets for walking at night are required and are available at Reception. Please return after use.
21. If you do smoke cigars or cigarettes, we kindly ask that you do so outside the back gate or as a last resort, in the car park. We thank you for keeping our air clean.
22. If you would like to offer healing sessions or facilitate a workshop of any kind, please speak with Reception and we will accommodate your request the best that we can.
23. If you would like to volunteer your time for Service work (light maintenance) around the Centre or kitchen duty, please inform a member of our staff or see the Seva Board in the main hall.

24. If you require any laundry, please leave your clothes at Reception before 8am each morning. Dry cleaning bags and forms are provided in your closets. Clean laundry will be returned on the next business day.
25. \*\*\*Washing Machine and Dryer are for tea towels/table cloth laundering only.\*\*\*
26. Be certain to turn in your room keys to Reception upon check-out. Lost keys will result in a fee of €20.
27. Gates are opened at 8am and locked at 9pm to cars, if you are returning late please inform us for access. Taxi pickups are not encouraged when the gates are closed. Lights out around the Centre is at 10:00 pm (10:30 pm for summer hours = June – August) within your bedrooms at latest midnight.
28. Paper, cardboard, and magazines are to be placed in the designated recycling bin. Napkins are not to be recycled but disposed of in the Waste bins.
29. Plastic bottles, aluminium cans, plastic wrapping and plastic items are to be placed in the designated Recycling bins. Milk jugs must be thoroughly rinsed and crushed before placing them in the Recycling bins. Yogurt, cream, and butter containers are not to be recycled but disposed of in the Waste bins.
30. Clean pillow cases, sheets, bath towels, hand towels, and bath mats are available in the Laundry Room under the respective signage. Changing of sheets and towels should be conducted on an as needed basis, keeping in mind the necessity to save energy and water. Dirty sheets/pillow cases and dirty towels should be placed in laundry basket under the stairs.
31. Breakfast starts at 0830 and the Dining Room closes at 0930.
32. Sunday breakfast is delayed by 30 minutes.
33. Lunch starts at 1300 prompt, service stops at 1330 and the Dining Room closes at 1400.
34. Dinner starts at 1800 prompt, service stops at 1830 and the Dining Room closes at 1930.
35. Toilet roll and facial tissues are available in the Laundry Room as well as cleaning supplies and paper towels for use when cleaning your own bathroom, as necessary.
36. We are here to heal and Love All Serve All. Most of all treat others as you would like to be treated.
37. Use common sense and all will be well. Enjoy your stay and thank you for your cooperation.
38. Suggestions for smoother running operation are always welcome to improve the Centre!
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We trust you will enjoy your stay!