

MAITREYABANDHU

MINDFULNESS & MEDITATION
TEACHER FROM LONDON
BUDDHIST CENTRE

Maitreyabandhu was ordained into the Triratna Buddhist Order in 1990 and given the name Maitreyabandhu. Since then he has lived and worked at the LBC, teaching Buddhism and meditation, and leading retreats. He has written three books on Buddhism, *Thicker than Blood: Friendship on the Buddhist Path* (2001), *Life with Full Attention: A Practical Course in Mindfulness* (2009), and *The Journey and the Guide: A Practical Guide in Enlightenment* (2015), all published by Windhorse Publications.

Maitreyabandhu is also a prize-winning poet having written three poetry collections with Bloodaxe Books. Maitreyabandhu founded PoetryEast in 2010 where he interviews well-known artists and writers, including Antony Gormley, Dr Rowan Williams, and Colm Tóibín. He is the co-founder, with Dr Paramabandhu Groves, of Breathing Space, the LBC's health and wellbeing project.

Check out his website:

.londonbuddhistcentreonline.com

connect on instagram [@ldnbuddhist](https://www.instagram.com/@ldnbuddhist)

