



# Atisha News

Autumn 2017

Atisha Buddhist Centre is a Tibetan Buddhist meditation centre, providing opportunities for study and practice of a spiritual path, where people can develop their natural wisdom and compassion.

## COMING UP

**Buddhist Studies Programme**  
"37 Practices of Bodhisattvas"  
recommences 17th February

### "Losar"

Tibetan New Year  
26th February

**Vajrasattva Retreat**  
19th - 23rd February

### Open Day

12th March

**Golden Lamp Retreat**  
14th - 23rd April  
Easter Retreat 2017



*Have a Happy  
and Enlightened  
New Year!*

Geshe Rabten has been with us for a year now and people are realising the benefits to be derived from attending and listening to teachings given by a lama with such qualifications, qualities and understanding. Geshela has already taught on a number of topics and texts. Traditionally, in the monasteries in the past, students would have had to wait years to receive such teachings.

All we have to do is turn up once or twice a week and sit and listen and question.

For those who have regularly attended, please do continue to come. For everyone else, please take advantage of this incredible opportunity and check out these teachings which are spectacularly translated by Venerable Lozang Dorje.

*Fridays in February ongoing...*

## Relaxation Meditation

with Carole Donne

**10:00 for refreshments  
and a chat.**

**Meditation starts at 11:00am**  
Atisha Centre Meditation Hall

**First date...10th February**

*cost by donation*



**Community Day and  
Children's Dharma Club**

12th February and  
9th April

*Everyone is welcome!*



## OPEN DAY

### "A Day at Atisha"

*A fun day for the  
whole family*

**12th March**

**Sunday 10:00am  
to 4:00pm**



### The day will include:

- A teaching from Geshe Rabten at 10:00am
- Talks from Venerable Gyatso on Buddhist introduction - lively discussion, questions and reflection.
- Sumptuous vegetarian lunch, prepared by our Vietnamese friends (*available for purchase*)
- Children's activities tent, story-telling, music, arts and crafts.
- Afternoon tea with cakes and vegan treats.
- Half-hourly tours of Centre and Monastery

Many thanks to everyone who attended the New Year's Eve talk by Venerable Gyatso and then stayed for the reading of the "Golden Light Sutra". Over 40 people attended that event.

*A great way to end a year  
and begin a new one.*



Atisha Buddhist Centre recognises His Holiness Dalai Lama as its spiritual leader. It is affiliated with the Foundation for the Preservation of the Mahayana Tradition (FPMT), a network of international Buddhist Centres. It is a registered non-profit incorporated association. ABN: 44 568 476 377

## ATISHA CENTRE DIRECTOR RUBY KARMAY



Dear venerable sangha, members, friends and volunteers.

The last 3 months have again been very productive and joyful with a full study programme, lovely cared for gardens and environment and delicious healthy food from Helen and the kitchen team. Geshe Rabten returned to India for the first time since his arrival at the Centre. Geshela has many students in India who were very happy to have him home for a while, including 3 young nephews. He has also attended the Kalachakra Initiation with His Holiness Dalai Lama in Bodhgaya.

Theresa has instigated a new fortnightly team meeting for staff and volunteers. There has been a good turn-out with productive discussion and dialogue. Thank you to each and every one of you for what you do individually and as a team. We welcome Marcus to our community. Marcus is now managing the accommodation.

The Master Plan for the whole site is nearing completion. We have still to make plans for the new kitchen, café bookshop and offices. Thank you to Peter Weiss, David Robb and Venerable Tsapel who have provided their skill and time to the Atisha Centre plan. Architect John Gray has now joined the team as we submit plans for the kitchen, bookshop and café.

I would like to invite you to join the FPMT e-group and enjoy regular updates of Kyabje Lama Zopa Rinpoche and the wonderful services they provide.

Rinpoche has strongly recommended practising the Six Perfections as an 'Inner Job Description' and checking up at the end of each day - How did I go?

These practices are "giving of love", "protection", "Dharma", and "material items", "patience", "morality", "joyous effort", "concentration" and "wisdom". What we do is just not a job but a practice of transforming our minds. Rinpoche also encourages us to motivate and dedicate each day.

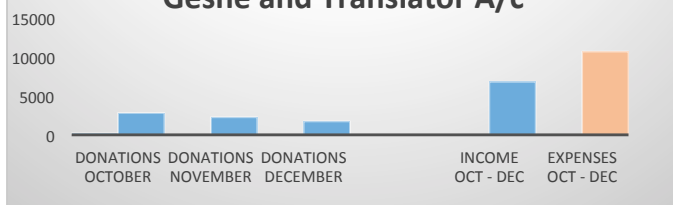
## GESHE AND TRANSLATOR

*"Supporting the Sangha Jewel" ~ our treasured Geshe Rabten and translator Venerable Dorje.*

**We can work together:**

- Reciting the Golden Light Sutra.
- Offering \$10.00 - \$100.00 a month regularly to the teachers fund or whatever you can afford.
- Supporting our fund raising activities during the year.
- Dedicating your support to the "Perfection of Giving" by remembering emptiness and the causes and conditions for the enlightened mind.

## Geshe and Translator A/c



I would like to extend a big thank you to those who have been supporting Geshe Rabten and Venerable Dorje with financial donations. We are truly blessed to have such wonderful teachings from Geshela and a skilled and kind translator. Please continue to support them.

You may make a regular, direct deposit to the Teachers' Fund and bank account:

**Bendigo Bank - BSB: 633000**  
**Account Number: ACC 127235273**  
**Account Name: "Teachers Fund"**

Please mark your donation: **"Geshe Translator Fund"**.  
One-off donations can be made via our website ([back page](#)).

At present we are covering just over half of the expenses for the fund and are relying on savings from 2015, for the rest. Please support Geshe Rabten's wonderful teachings. You may wish to make specific one off donations to airfares, English lessons, or medicines. Please ring the Office.

Thank you, Big Love, **Ruby Karmay**

## THUBTEN SHEDRUP LING MONASTERY



Big love to all from the monks at the monastery. January is retreat time for us, with Yeshe doing preliminary practices, Jampa completing his sadhana retreat, and Lhundrup, myself, and Dorje doing what has to be done. Andy Weber's student, Crystal, has brought our Chenrezig image to life by painting the faces and the eyes on all the hands. We have commissioned a 1.6 metre high prayer wheel to be made in Kathmandu. It will be housed in the hexagonal celestial pavilion in the garden, created by Bob and John with advice from me.

**Gyatso**

## GREAT STUPA

**Save the date**

The next Festival of Light  
will be held at  
the Great Stupa on  
**Saturday 20th May**

**03 5446 7568**  
**info@stupa.org.au**





# WEEKLY PROGRAMME

**Sunday**

## **BUDDHIST MEDITATION**

*at Atisha Centre Meditation Hall*

**10:00am to 11:00am**

*Guided meditation and short introductory talk. Join us afterwards for tea and refreshments in the dining room; meet people and check out our books and gift shop. Fantastic for beginners and experienced practitioners.*

**Tuesday**

## **BEGINNERS' MEDITATION**

*Anderson Room, St Paul's Anglican Cathedral,  
8 Myer Street, Bendigo.*

*Enter by the rear - Bush's Lane off Mollison Street*

**5:45pm to 6:45pm**

*A great way to unwind after a busy day.*

**Attendance is by donation**

**Friday**

## **RELAXATION MEDITATION**

**Come for refreshments and a chat from 10:00am.**

**Meditation starts at 11:00am**

*Atisha Centre Meditation Hall*

**Wednesday**

## **LAM RIM TEACHINGS**

**with Geshe Rabten**

**7:00pm to 8:30pm**

*Atisha Centre Meditation Hall*

*Geshe Rabten, our resident teacher, continues with his excellent teachings of the "Graduated Path to Enlightenment" using Patrul Rinpoche's well-known text, "Words of My Perfect Teacher". These teachings are suitable for everybody. In fact they are a presentation of the complete path to Enlightenment, an all-you-need-to-know synthesis of the total teachings of the Buddha. The text is available to buy from the Atisha shop.*

# MONTHLY PROGRAMME

## **PUJAS AND PRECEPT DAYS**

*Everyone is welcome to attend these group practices which are held in the Atisha Centre meditation hall. If you know of anyone who has intense suffering, has a life threatening illness, or has recently died, please give details to Atisha Centre Office. You may also sponsor a *puja* for someone who is unwell by providing offerings yourself and/or making a donation (Please see website: [www.atishacentre.org.au](http://www.atishacentre.org.au)).*

For further details contact [spc@atishacentre.org.au](mailto:spc@atishacentre.org.au)

**Guru Pujas:**

**6th and 21st February and 3rd March**

**6th and 21st April at 6:00pm**

**Medicine Buddha Pujas:**

**< Tuesday 14th and 28th February, 14th and 28th March and 11th April at 11:00am**

**Note  
new  
times**

**Tara Pujas:**

**< Wednesday 7th February, 7th March and 4th April at 11:00am**

**For bookings and any other information about our programme, please contact the Atisha Office on 03 5446 3336**



## **SOUP AND MOVIE NIGHT**

*All proceeds go to supporting Geshe Rabten and Venerable Dorje*

**Friday 10th February and 24th March**

**6:00pm to 8:00pm**

**Suggested donation = \$15**



## **COMMUNITY DAY AND DHARMA CLUB FOR CHILDREN**

**12th February, 12th March and 9th April**

*On Community Days, our resident teacher Geshe Rabten will give a public talk in the Atisha Centre meditation hall at 10:00am. This is followed by a shared lunch (please bring a plate) in the dining room/courtyard at 11:30am. This is a great opportunity to meet people and find out about the Centre.*

**Dharma Club:** This is an exciting children's programme which draws on activities to guide you and the children in your life towards making a positive difference in the world. Please bring along something special to share e.g. food, flowers, drinks, ideas. Dharma Club will be held in the small meditation room from 10:00am to 11:00am.



MON	TUE	WED	THU	FRI	SAT	SUN
		1	2	3	4	5 <b>Meditation 10am</b>
					<b>Feng Shui Workshop</b>	<b>Feng Shui Workshop</b>
6 <b>Guru Puja 6:00pm</b>	7 <b>Tara Puja 11:00am</b> Beginners' Meditation 5:45pm Anderson Room	8 <b>'Lam Rim' Geshe Rabten</b> Atisha Centre 7:00pm	9	10 <b>Relaxation Meditation Morning 11:00am</b> <b>Movie Night</b> with Soup and Bread	11 <b>One Day Meditation Course</b> 9.00am-4.00pm	12 <b>Community Day</b> Children's Dharma Club 10:00am <b>Geshe Rabten</b> Morning talk
13	14 <b>Medicine Buddha Puja 11:am</b> Beginners' Meditation 5:45pm Anderson Room	15 <b>'Lam Rim' Geshe Rabten</b> Atisha Centre 7:00pm	16	17 <b>Relaxation Meditation Morning 11:00am</b> <b>37 Practices</b> <b>Geshe Rabten</b> 7:00pm - 8:30pm	18 <b>37 Practices</b> <b>Geshe Rabten</b> Atisha Centre 9:00am - 4:00pm	19 <b>Meditation 10am</b> <b>Vajrasattva Retreat</b> with Ven.Jampa
20 <b>Vajrasattva Retreat</b> with Ven.Jampa	21 <b>Guru Puja 6:00pm</b> Beginners' Meditation 5:45pm Anderson Room <b>Vajrasattva Retreat</b>	22 <b>'Lam Rim' Geshe Rabten</b> <b>Vajrasattva Retreat</b>	23 <b>Vajrasattva Retreat</b> with Ven.Jampa	24 <b>Relaxation Meditation Morning 11:00am</b>	25 "Introduction to Buddhism" 9.00am-4.00pm	26 <b>Meditation 10am</b> <b>LOSAR</b>
27	28 <b>Medicine Buddha Puja 11:am</b> Beginners' Meditation 5:45pm Anderson Room			<div>                     Always double check our on-line calendar at <a href="http://www.atishacentre.org.au">www.atishacentre.org.au</a> for the most up-to-date information.                 </div>		

## BUDDHIST STUDIES PROGRAMME

### "The 37 Practices of Bodhisattvas"



with

**Venerable Geshe Rabten**

**Friday 7:00pm to 8:30pm and  
Saturday 9:00am to 4:00pm**

**17th-18th February  
17th-18th March  
7th-8th April**

Venerable Geshe Rabten continues his teachings with Venerable Dorje translating, of the important *lojong* text by Gyalse Tokme Zangpo. In 37 verses, it gives instructions on how to follow the bodhisattva path.



There is no set fee for these teachings but we suggest an offering to the Centre of between \$5 and \$20 for the Friday night and between \$20 and \$50 for the Saturday. This supports the Dharma, helps to maintain the Centre and keeps the teachings available.

Our teachings are recorded. If you are unable to attend a session or would like to re-hear the teachings, the audios can be accessed by contacting the Spiritual Programme Coordinator:

**[spc@atishacentre.org.au](mailto:spc@atishacentre.org.au)**

See our website to arrange supper for Friday night, breakfast and lunch for the Saturday: \*

**[www.atishacentre.org.au](http://www.atishacentre.org.au)**

**\*NB: Please book this by the Thursday prior to event.**



MON	TUE	WED	THU	FRI	SAT	SUN
		1 <b>'Lam Rim'</b> <b>Geshe Rabten</b> Atisha Centre 7:00pm	2	3 Guru Puja 6:00pm Relaxation Meditation Morning 11:00am <b>37 Practices</b> 7:00pm - 8:30pm	4 <b>37 Practices</b> <b>Geshe Rabten</b> Atisha Centre 9:00am - 4:00pm	5 Meditation 10am
6	7 Tara Puja 11:00am Beginners' Meditation 5:45pm Anderson Room	8 <b>'Lam Rim'</b> <b>Geshe Rabten</b> Atisha Centre 7:00pm	9	10 Relaxation Meditation Morning 11:00am	11 One Day Meditation Course 9.00am-4.00pm	12 Open Day Children's Dharma Club 10:00am
13	14 Medicine Buddha Puja 11:am Beginners' Meditation 5:45pm Anderson Room	15 <b>'Lam Rim'</b> <b>Geshe Rabten</b> Atisha Centre 7:00pm	16	17 Relaxation Meditation Morning 11:00am <b>37 Practices</b> <b>Geshe Rabten</b> 7:00pm - 8:30pm	18 <b>37 Practices</b> <b>Geshe Rabten</b> Atisha Centre 9:00am - 4:00pm	19 Meditation 10am
20	21 Beginners' Meditation 5:45pm Anderson Room	22 <b>'Lam Rim'</b> <b>Geshe Rabten</b> Atisha Centre 7:00pm	23	24 Relaxation Meditation Morning 11:00am Movie Night with Soup and Bread	25 "Introduction to Buddhism" 9.00am-4.00pm	26 Meditation 10am
27	28 Medicine Buddha Puja 11:am Beginners' Meditation 5:45pm Anderson Room	29 <b>'Lam Rim'</b> <b>Geshe Rabten</b> Atisha Centre 7:00pm	30	31 Relaxation Meditation Morning 11:00am		

## VAJRASATTVA RETREAT

led by Venerable Jampa



Cost: \$275.00  
(less 10% - Members)

Includes all meals, course materials and offerings to the teacher.

For information or accommodation costs contact Atisha Office.

Sunday 6:00pm Supper to Thursday Lunchtime

19th - 23rd February

A gentle, yet powerful retreat suitable both for beginners and more experienced practitioners. Using the meditational deity Vajrasattva you will be introduced to one of the strongest purification meditation practices, guaranteed to remove aeons of negative karma.

No particular requisites for attending, other than a wish to generate a positive attitude to benefit others.

For bookings and other information, please contact the Office on 03 5446 3336

## INTRODUCTION TO BUDDHISM

led by Venerable Jampa

Venerable Jampa will lead a one day introductory Buddhism course in his usual inimitable style.

Open to all - Buddhist, non-Buddhist, faith, no faith!

Everyone will benefit and enjoy these courses.



Saturdays  
25th February  
25th March  
9:00am - 4:00pm

BYO lunch  
Cost: \$35.00  
(less 10% - Members)

## ONE DAY MEDITATION COURSE

led by Venerable Tsapel

Venerable Tsapel continues her very successful introductory meditation retreats.

This retreat is open to people of all ages, all faiths (or no faith), all levels of meditation experience.



Cost: \$35.00  
(less 10% - Members)

BYO lunch

Saturday 11th February - 9:00am - 4:00pm

MON	TUE	WED	THU	FRI	SAT	SUN
<p><i>Always double check our on-line calendar at <a href="http://www.atishacentre.org.au">www.atishacentre.org.au</a> for the most up-to-date information.</i></p>					1	2 Meditation 10am
3	4 Tara Puja 11:00am Beginners' Meditation 5:45pm Anderson Room	5 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	6 Guru Puja 6:00pm	7 Relaxation Meditation Morning 11:00am 37 Practices Geshe Rabten 7:00pm - 8:30pm	8 37 Practices Geshe Rabten Atisha Centre 9:00am - 4:00pm	9 Community Day Children's Dharma Club 10:00am Geshe Rabten Morning talk
10	11 Medicine Buddha Puja 11:am Beginners' Meditation 5:45pm Anderson Room	12 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	13	14 Golden Lamp Retreat with Geshe Rabten	15 Golden Lamp Retreat with Geshe Rabten	16 Meditation 10am Golden Lamp Retreat with Geshe Rabten
17 Golden Lamp Retreat with Geshe Rabten	18 Beginners' Meditation 5:45pm Anderson Room Golden Lamp Retreat	19 Golden Lamp Retreat with Geshe Rabten	20 Golden Lamp Retreat with Geshe Rabten	21 Guru Puja 6:00pm Golden Lamp Retreat with Geshe Rabten	22 Golden Lamp Retreat with Geshe Rabten	23 Meditation 10am Golden Lamp Retreat with Geshe Rabten
26	25 Beginners' Meditation 5:45pm Anderson Room	26 'Lam Rim' Geshe Rabten Atisha Centre 7:00pm	27	28	29	30 Meditation 10am

## EASTER COURSE 2017

### The Golden Lamp Retreat

Venerable Geshe Rabten  
will teach  
Lama Atisha's  
"Lamp of the Path"  
over a 9 day retreat at Easter.

14th to 23rd April



**There is no set cost for the retreat.**

However, donations welcomed (suggested daily amount \$40.00). Accommodation is available and 3 daily meals are available at \$25.00 per day.

**Please book**



For bookings and other information, contact the Office on 03 5446 3336



## Members and Volunteers WANTED!

If you are not already a member of Atisha Centre, please consider becoming one. Through membership you support and keep the Centre going which in turn preserves and perpetuates the Dharma and its availability.



Also, we are always in need of volunteers to help run the Centre - co-ordinating courses and events, working in the grounds, helping in the shop and many more activities.

**Please contact the Office for both these areas - on 03 5446 3336**



## Cartwright Optometrists & Associates

Serving the Community of Bendigo for Over Sixty Years.

**Our new address: Shop 18 Killian's Walk Bendigo**

### Family Eye Health Care, Bulk Billing

Digital Retinal Imaging now available  
Eye health checks (cataract, diabetes, glaucoma, macula)  
Visual Field Testing, Children's Vision, Contact Lens Fittings  
Prescription Sunglasses, Safety Standard Prescription Eyewear  
Veteran Affairs Provider  
Victorian Eye Care Service (VES) Provider, Government subsidised  
glasses for Healthcare card holders, Pensioners and Aboriginal Communities  
Private Health Insurance Claiming

**Phone 5443 5137** [www.cartwrighteyecare.com.au](http://www.cartwrighteyecare.com.au)

Optometrist: Yien Law BSc.Optom M.Optom (Uni.Melb)

Yien Law is a member and past Director of Atisha Buddhist Centre.



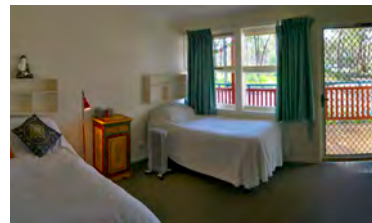
### 'Alaya' Retreat for Rent

Private, quiet, one room shack situated on 35 acres in the beautiful Howqua Valley with river frontage. Perfect for a retreat or some time in

nature. The space is set up. All you need to bring is linen, towels, food and your own personal items.

Nestled between the townships of Mansfield and Jamieson in NE Victoria. Short and long stays are welcome, with very reasonable rates.

**Please contact Nic Aunger: 0402 195 514 or e-mail [nicaunger@hotmail.com](mailto:nicaunger@hotmail.com) for further information.**



### Atisha Centre ACCOMMODATION AVAILABLE

### House of Peaceful Bliss

Two Shared rooms with En-suite bathroom, a lounge and five comfortable bedrooms with shared bathrooms.

Hiring the Centre and group bookings available.  
Accommodation is available for up to 20 people and we offer camping options.

Contact Theresa: 03 5446 3336 to book accommodation.

100 Sailors Gully Rd  
Eaglehawk 3556

Phone: 03 5446 1027

## Naturopath

**Robyn McFarlane N.D.**

Bowen Therapy, Remedial Therapy, Homeopathy, Herbs,  
Massage, Iris Diagnosis.

Health fund rebates and pensioner discounts available.



**Clarelee**  
Belgrave Boutique  
Accommodation  
Terry's Ave, Belgrave  
0409 257 280

[www.clarelee.com.au](http://www.clarelee.com.au)  
[lee\\_emmett@hotmail.com](mailto:lee_emmett@hotmail.com)

Half price Monday - Thursday for Atisha Centre  
Members with all proceeds being donated to Atisha  
Centre. Take advantage of this very generous offer from  
**Lee at Clarelee**



## ATISHA CENTRE BOARD

**Director:** Ruby Karmay 03 5446 3336  
~ director@atishacentre.org.au  
**Spiritual Programme:** Andy Melnic 03 5446 3336  
~ spc@atishacentre.org.au  
**Secretary and Public Officer:** Carla Lewinsmith 03 5446 3336  
~ secretary@atishacentre.org.au  
**Treasurer:** Cameron Young 03 5446 2634  
~ treasurer@atishacentre.org.au  
**Machig Labdron Nunnery:** Venerable Tsapel 0447 975 131  
**Acting Chairperson:** Peter Lane: 0407 117 737  
**Other Board Members:** Diane Gee

## KEY PERSONNEL

**Centre Management:** Ruby Karmay  
**Office Manager:** Theresa Smith  
**Financial Manager:** Wendy Buchan  
**Membership:** Kathy Rice  
**Website:** Marilyn Chambers /Andy Melnic  
**Property Manager:** Steve Williams  
**Gompa Keeper:** Peter Lane  
**Kitchen Manager:** Helen Sleswick  
**Accommodation Manager:** Marcus Travaglia  
**Newsletter / Publicity:** Andy Melnic  
**Facebook:** Carla Lewinsmith  
**Shop Manager:** Charlie Robinson  
**EGroups / Archive Site:** Andy Melnic  
**Holy Objects:** Liam Chambers



All Board members volunteer their time and service.

## MEMBERSHIP UPDATE

Thank you to the following who have renewed their membership to Atisha Centre over the past three months. *Karina de Wolf, Josephine Ford, Fern Pringle, Pauline Waldon, Min Li Chong, Rima Truchanas and Suraj Bryson* and a warm welcome to new members: *Keltia Lyndsay and Susan Taylor*.

To all our members, those who make regular monthly debits and those who pay either yearly or half yearly, we extend our sincere "thank you" and wish you and your families a very happy 2017.

Your financial contributions to Atisha Centre are most warmly welcomed.

**Kathy Rice, Membership**

**If you would like to become a new member of Atisha Centre please contact the Office on 03 5446 3336**

## CENTRE MEMBERSHIP

### BENEFITS FOR INDIVIDUALS

**Being an Atisha Centre member entitles you to:**

- subscription to our quarterly newsletter;
- half-yearly copy of FPMT Mandala Magazine;
- the joy of knowing that you are helping to provide a refuge for the benefit and happiness of all sentient beings;
- 10% discount in gift shop and on course fees;
- Atisha Centre library membership;
- Two nights basic accommodation per year, free;
- members' picnics and celebrations;
- all voting members may stand for the Board;
- family and concession membership available

### BENEFITS FOR OUR CENTRE

**Membership fees help:**

- to provide a Dharma centre for the benefit of all sentient beings;
- to support the ongoing day-to-day cost of running a Dharma centre;
- to create and maintain the beautiful, serene environment for the study of the Dharma;
- to renew and maintain the infrastructures such as the meditation rooms for teachings and meditation, the accommodation facility necessary for extended and private retreats, kitchen/dining areas so essential for our Community Days and gatherings and the administration and bookshop facilities.

[membership@atishacentre.org.au](mailto:membership@atishacentre.org.au)



**Atisha Buddhist Centre Bendigo**



**Atisha Buddhist Centre**

## KADAMPA STUPA PROJECT

We wish to build a Kadampa Stupa on the grounds of the Centre. Its location will be on the north side of the path joining the yellow brick road. It will be 6 metres in height with a 3.4 metre base.

*If you would like to donate to this project, please deposit to:*

**Bendigo Bank - BSB: 633000  
Account Number: ACC 145953428  
Account Name: "Holy Objects"**

So far we have raised \$8878 through donations. Stage one = \$10,000.

*This is a wonderful opportunity to make merit.*



[www.atishacentre.org.au](http://www.atishacentre.org.au)

Phone: 03 5446 3336. Address: PO Box 97, Eaglehawk, Victoria, 3556. 25 Sandhurst Town Road.

Atisha Centre is located just 15 minutes from the heart of Bendigo. Follow the Loddon Highway through Eaglehawk and turn left at the Allies Hotel (Allies Road). Turn right into Sandhurst Town Road.