

Australia Shitro Practice by Zoom On February 10th

Date : January 27, 2020

at 18:00 (GMT+10)

Dear Vajra Family,

[Namgyalgar practitioners](#) are deeply thankful for all your support, kind messages and committed practices over the last few weeks.

On Monday the 10th of February we will dedicate a Shitro practice to all beings that have suffered from the fires.

Time: 6pm (GMT+10)

Link of practice: <https://zoom.us/j/8616749815>

As the practice will be streamed on Zoom and that we have a limit of 100 connections, please try to participate in groups to limit the number of connections.

Thank you everyone and all the very best in your daily practices.

Namgyalgar & Practicing Together Team.