



Abdy has an ancient, indescribable gift which allows people to attune to the vibration they need to receive [st] for themselves.

"There is no name for what you receive."
- Abdy

ABDY

LONDON, UK

SUNDAY 6 NOVEMBER
SELF ALIGNMENT DAY

10am-4.45pm

Exchange: £120

**CONNECTING TO THE
SOURCE SESSIONS**

Session: 5.00pm - 6.30pm

Exchange: £40

**Location: Tara Yoga Centre
Export House, 25-31,
Ironmonger Row, London, EC1V 3QW**

**Info: Yoga mats, blankets are provided. Dress
comfortably to lie on the floor and bring
your own water bottle.**

**No Booking is required to attend a session.
Please come to the venue directly.**

**Contact: Kayoko
07426875144
connect@abdy.info**

Connect: abdy.info

