



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

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

CONNECTING TO THE SOURCE
SESSIONS WITH

ABDY

New York, NY

Thursday, December 1

Session One: 6:15 pm-7:45pm

Session Two: 8:00pm-9:30pm

Exchange: **\$50.00 per session. You can pay cash at the venue or book online:**
<http://abdy.info/when-and-where/sessions>

Location: **Jan H Presbyterian Church
351 East 74th Street,
New York City New York 10021 United States
(Between 1st and 2nd. Entrance closer to 1st Ave)**

Info: **Please bring a yoga mat or a blanket and a pillow, and dress comfortably to lie on the floor.**

Please bring your own water bottle.

Contact: **Val Tignini
Valsecrets@gmail.com
9173022900**

Connect: **abdy.info**



PHOTO CREDIT: JANE SIBBETT