



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

ABDY

WASHINGTON, DC

SELF ALIGNMENT DAY

Sunday, December 4, 2016
10:00AM-5:00PM

Exchange: \$220.00 for one-day event.

You can pay cash or check at the venue or book online:

<http://abdy.info/when-and-where/sessions>

Location: TBA

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