



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](http://abdy.info)**



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